

Color Your Feelings Together

A Faith & Strength Activity for Moms & Teen Girls

Feelings can be difficult to put into words, but they often become easier to understand when we express them creatively. This simple activity invites you and your teen to slow down, reflect on your week, and talk honestly about what you've each been feeling.

There are no right or wrong answers. Every color, shape, pattern, and conversation is unique because every heart is unique. As you create together, listen with curiosity, encourage one another, and remember that God can use every emotion, both joyful and difficult, to help us grow closer to Him.

What You'll Need

- Markers, crayons, colored pencils, watercolor paints, or chalk
- A quiet place to talk
- About 20-30 minutes

Directions

Step 1: Create

Without using words, choose **two emotions** you've experienced this week.

Represent each one using colors, shapes, lines, or patterns inside one of the boxes below.

Examples might include:

- swirling red lines
- calm blue waves
- bright yellow dots
- tangled gray scribbles
- soft purple circles

There is no "correct" picture. Create whatever feels right to you.

Step 2: Reflect

Under each drawing, write a few sentences answering:

- What emotion does this picture represent?
- What happened that made you feel this way?
- How did you respond?
- Looking back, what do you think God may be teaching you through this experience?

Step 3: Share

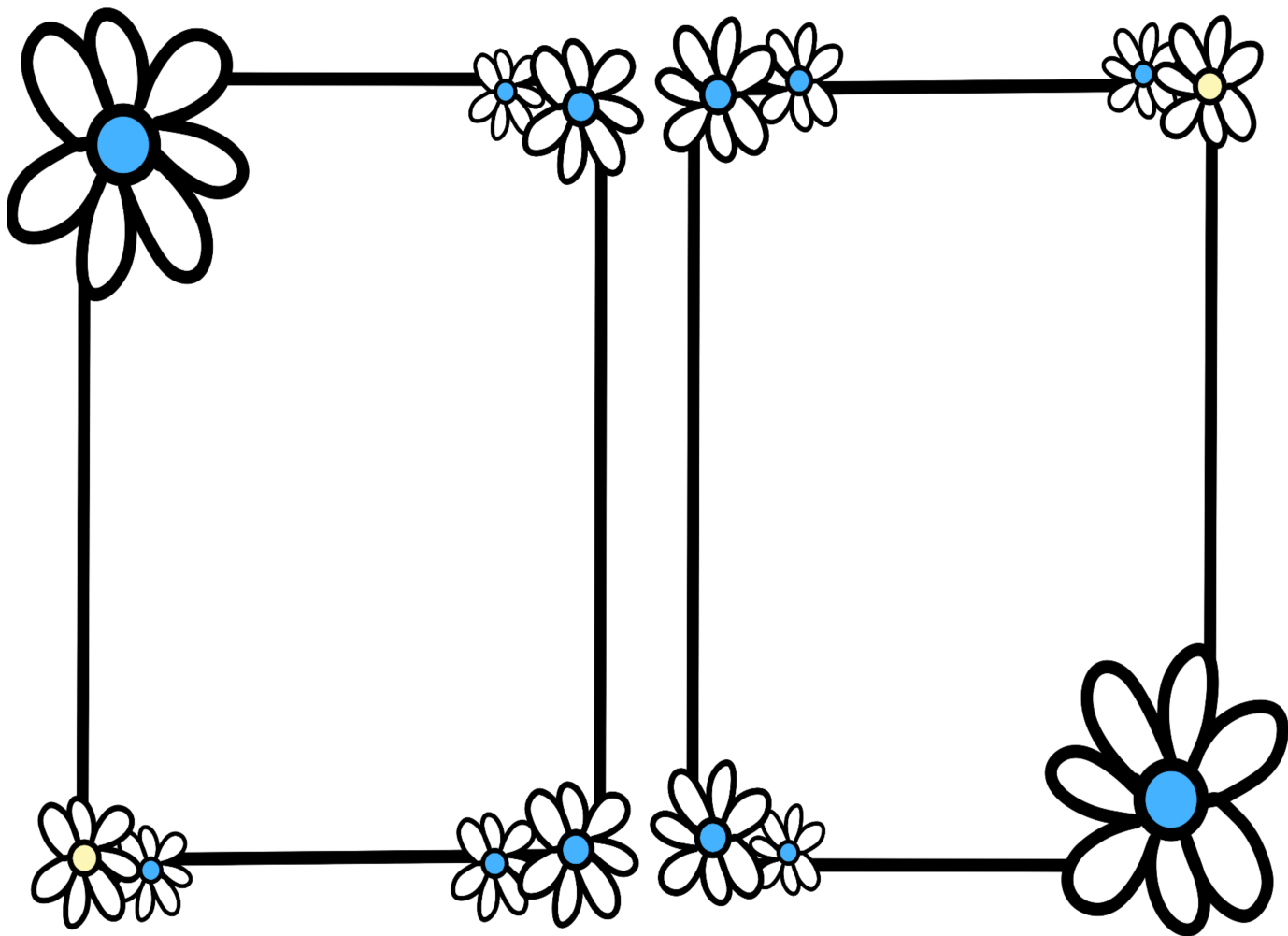
Take turns explaining your pictures to one another.

As each person shares:

- Listen without interrupting.
- Ask thoughtful questions instead of offering quick solutions.
- Thank one another for being honest.
- If appropriate, share a time when you've experienced similar feelings.

Step 4: Pray Together

Close by thanking God for walking with you through every emotion, whether joyful or difficult. Ask Him to give both of you wisdom, peace, courage, and confidence as you continue growing together.



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Now, can you each choose one emotion to share by describing what caused it, how you responded, and what God may be teaching you through the experience?