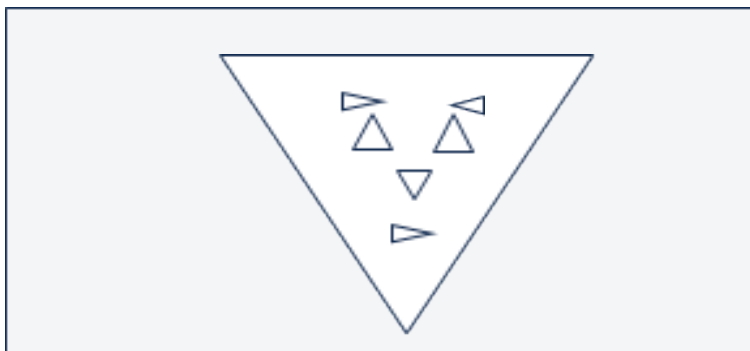


# Drawing Faces

## Step 1

- Choose one shape to create a face. See example below.
- Draw a face using only the shape you chose for all the features (eyes, nose, mouth, eyebrows, etc.).
- Be creative. You are not trying to create a realistic face.
- Once you complete the drawing, write the emotion word below the drawing that you think the face most closely reflects, for example, scared, angry, or silly.



## Step 2

- Now draw another face using the same shape you chose earlier, but this time change the shape that you use for the eyes.
- Once you complete this drawing, write the emotion word that you think this face represents. Is it different from your other drawing?

## Insights:

- How is it that changing only one aspect of the drawing gave your person a different outlook?
- Just as a small change in a drawing can evoke a different emotion, making small changes in our response to worry can lead to a shift in our feelings.

## Reflection:

- Reflect on a specific worry or anxiety that you are experiencing now or very recently.
- Now, identify one aspect of your response to that worry that you can change. For example, this could involve reframing thoughts, considering something about the situation you are grateful for, or seeking support from others.
- How might making this change impact your feelings about anxiety?
- If it would be helpful, draw a picture of the way you would like to feel the next time you are tempted to be worried about something.

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