## **EXERCISE: MAP OF EMOTIONS**

Write or draw where the feelings listed here can be felt in your body. You can get an extra piece of paper for this.

Joy

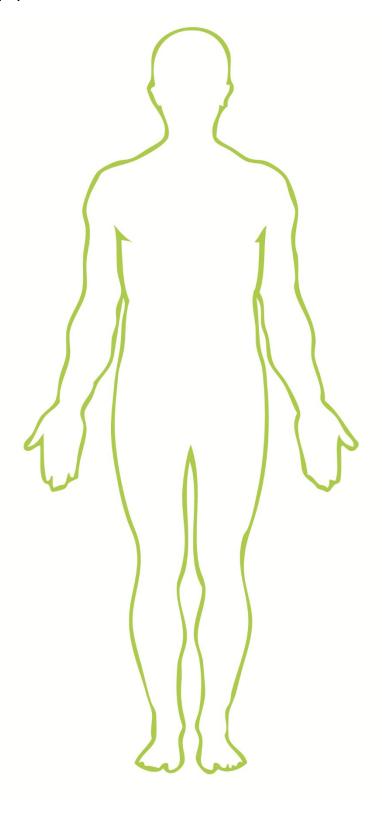
Anger

Excitement

Shame

**Anxiousness** 

Happiness



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