

# River of Feelings Directive

*Adapted from Jen Alexander's Building Trauma Sensitive Schools (2014) book*

## Supply List (**Have these supplies available if attending this presentation**)

- Paper
- Can use any art supplies
  - Note: I typically use drawing or painting supplies

## Script

Emotions are like a river and flow through our bodies. Feelings are important and it's always okay for them to be there. I want you to imagine your feelings are a river. You may close your eyes if you want to, but don't have to. Think about what kind of river your feelings may be.

Are your feelings a big or small river?

Is the river flowing fast or slow? Or is the river still?

Is your river straight or curvy?

What color is the water in your river?

Are there any animals or fish in your river? Are there people nearby your river?

Does your river have any rocks or wood in or around the river?

Are there any plants or trees near your river?

Is there anything else in or nearby your river?

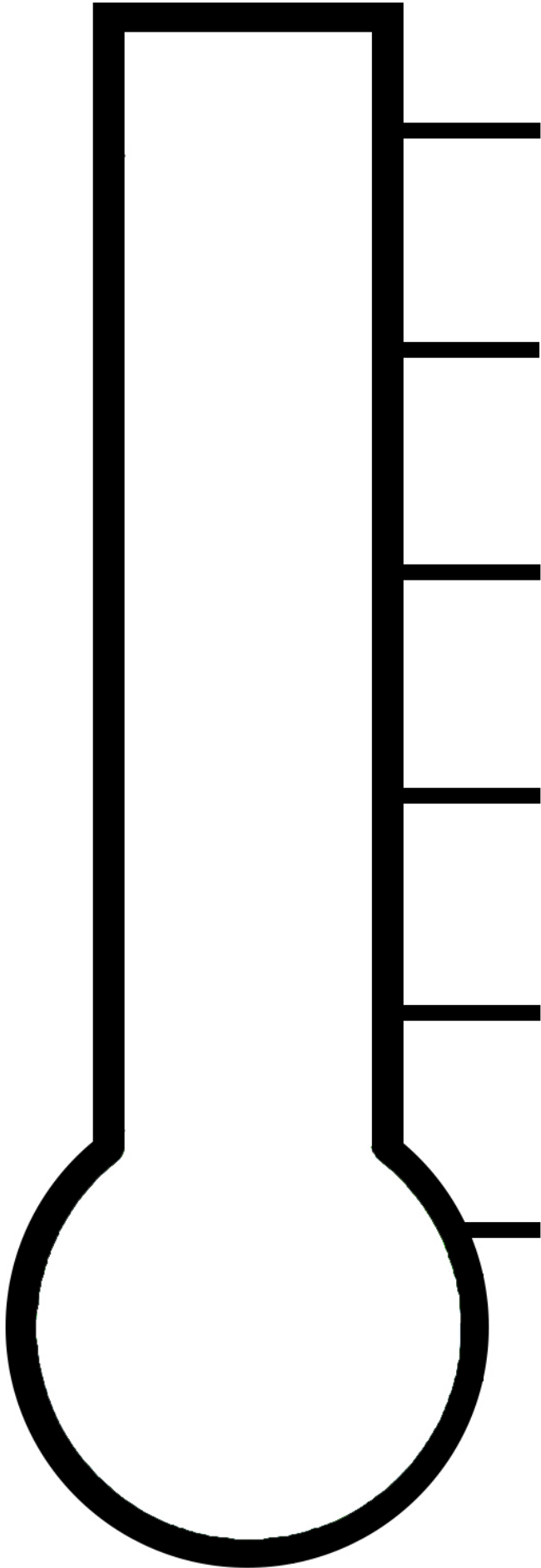
Does your river have anything going over the river, like a bridge?

Where is your river? Is it in a city? Is it in a town? Is it in a forest? Is it in the mountains?

When you are ready, draw a picture of your river of feelings.

## Additional prompts-

- Additions to can be added to the script for adolescents or adults, with questions such as, is the water shallow or deep?
- When processing the art with the client, you can also ask is the river connected to another body of water, such as a lake, pond, waterfall, etc.
  - If the river is connected to another body of water, ask what happens to the feelings when the river flows into the other body of water
- Ask what steps they can take if their river becomes out of control



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Emotion Thermometer