



## Exploring Feelings *and* Art

### A Family Guide

This guide is a tool for helping families process emotions through art and conversation.

**This exhibition may feel or look a little different from exhibitions you've experienced in the past.** You may find it brings up heavy emotions for you or your child. The following are conversation starters to help guide you and your child(ren) through the experience.

**All feelings are okay and serve a purpose.** Some feel more or less comfortable in our bodies. When we have uncomfortable feelings, it can help to name them and then focus on moving through them to feel more at ease.

**Use The Feeling Wheel to explore different but similar emotion words.** (ex. If your child says they feel mad, you might ask, "Do you feel more angry or frustrated? How do those feel different?")

**If you or your child need additional support, Colorado has resources available for immediate and/or long term social, emotional, and mental health concerns.**

### Questions to Explore

**What do you feel when you look at this artwork?**  
**Where do you feel that feeling in your body?**

**What do you do to feel better when you feel uncomfortable?**

**What feelings come up when you think about someone or something you've lost or had to say goodbye to?**

**How do you like to remember someone or something you're missing?**

**Have you ever tried making art when you feel uncomfortable (drawing, making music, dancing, painting)? How does that feel different than when you make art with a comfortable feeling?**

We invite you to explore The Making Space, where we offer some regulating activities to help you calm your nervous system and process any feelings you may have experienced in the exhibition before you re-enter your life outside the Museum.

## The Feeling Wheel



Inspired by The Gottman Institute  
Developed by Dr. Gloria Willcox



Colorado Crisis Services (on-call mental health support) 844-493-8255 | Text "TALK" to 38255



**COLORADO**  
Department of Early Childhood

CDEC Early Childhood Mental Health Support Line 833-326-4411

Created in collaboration with Emily Holden, Secure Starts LLC



**STILL** Clyfford Still Museum