Calm Through Colour: Anger & Big Feelings

How might a line feel?

You can draw, point, write or talk it through with someone.

Have a go

Imagine a character whose paper tower has just tipped over. Draw a line for how the character might feel. Try a curve, a zigzag or a mark of your own.

Try another step

Draw the line again with a change in size, pressure or spacing. Tell, point to or circle the change you made.