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# ART-BASED EMOTIONAL CHECK-IN PROMPTS

## A STEP BY STEP GUIDE

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# Welcome!

Emotional check-ins are brief pauses that help us notice what is happening internally before we react, suppress, or push through. Emotions often show up first as sensations, energy shifts, or vague impressions rather than clear words. When we slow down and acknowledge them, we create space for more intentional responses.

These art-based tools are designed to support awareness and acknowledgment, not problem-solving or analysis. They can be used for personal self-care or as gentle check-ins within therapy sessions.
You do not need artistic skill. Move at your own pace. Let noticing come before understanding.

Asha Suresh

## ABOUT ME

**I am a Counselling Therapist and Expressive Art practitioner with over 20 years of experience. I support individuals, professionals, and groups in exploring emotions, reducing stress, and building resilience through art-based practices.**

**My work commonly focuses on anxiety and overthinking, stress and life transitions, relationship wounds, identity and self-discovery, past trauma, depression, and grief.**

# PROMPT 1: CIRCLES & WATER COLORS

**PURPOSE:**
**To slow down, observe internal states, and notice emotional movement through sensory experience.**

**MATERIALS**
**• Paper • Water • Watercolours or liquid colours • Brush or dropper**

**STEP BY STEP**

- **Draw 4–5 small circles on the page.**
- **Add a small amount of water inside each circle.**
- **Pause for a moment and check in: How am I feeling right now?**
- **Choose colours that represent what you notice. You may use the same colour in all circles or different colours for each.**
- **Gently drop the colour into the water.**
- **Watch how the pigment spreads, blends, and moves.**
- **Move the pigment slowly with the brush and stay with the process.**

**GENTLE REFLECTION (OPTIONAL)**

1. **What did you notice while watching the colours move?**
2. **Did any circle draw your attention more than the others?**
3. **If one word feels available, write it near the page.**

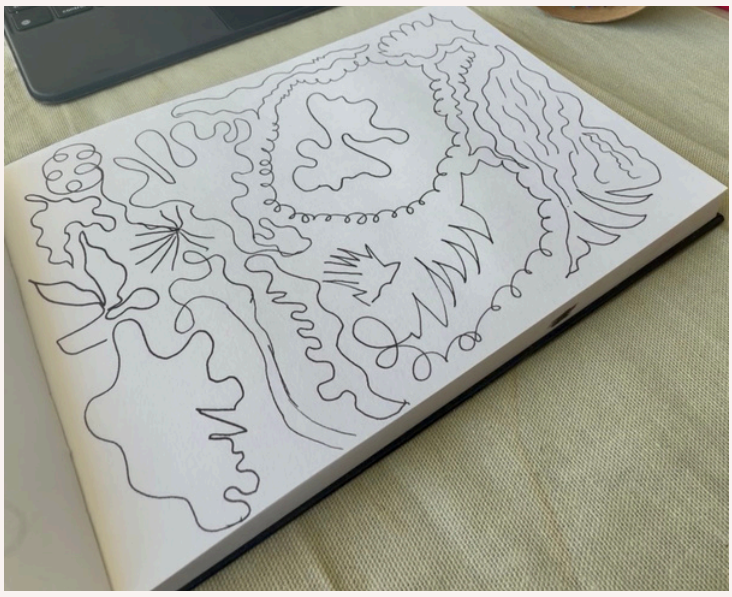
# PROMPT 2: MUSIC & SCRIBBLES

**PURPOSE:**
**To connect with your emotional energy and movement through sound & rhythm,**

**MATERIALS**
**Paper • Markers, pencils, or crayons • A piece of music**

**STEP BY STEP**

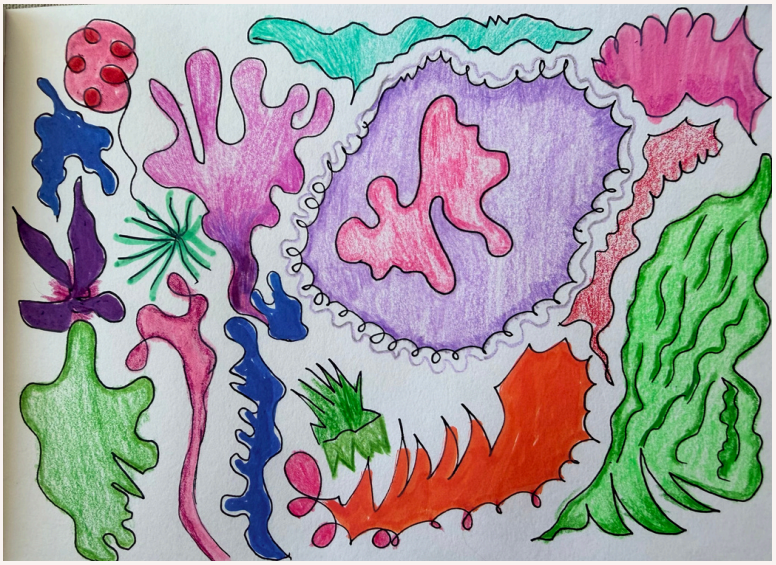
1. **Choose one piece of music you feel connected to in this moment.**
2. **Do not overthink the choice.**
3. **As the music plays, draw lines or shapes that respond to the rhythm, pace, or movement of the sound.**
4. **Continue drawing for as long as the music feels supportive.**
5. **When the music ends, pause and look at what you have drawn.**



# PROMPT 2: MUSIC & SCRIBBLES

## STEP BY STEP (CONTINUED..)

6. **Add colours, details, or emphasis to certain sections. Follow what naturally draws your attention.**



## GENTLE REFLECTION (OPTIONAL)

- **How did your hand want to move with the music?**
- **Did your energy shift during or after the process?**
- **What stands out to you now?**

# PROMPT 3: EMOTIONS MANDALA

**PURPOSE:**
To acknowledge and giving space to different emotions and create a sense of containment and space.

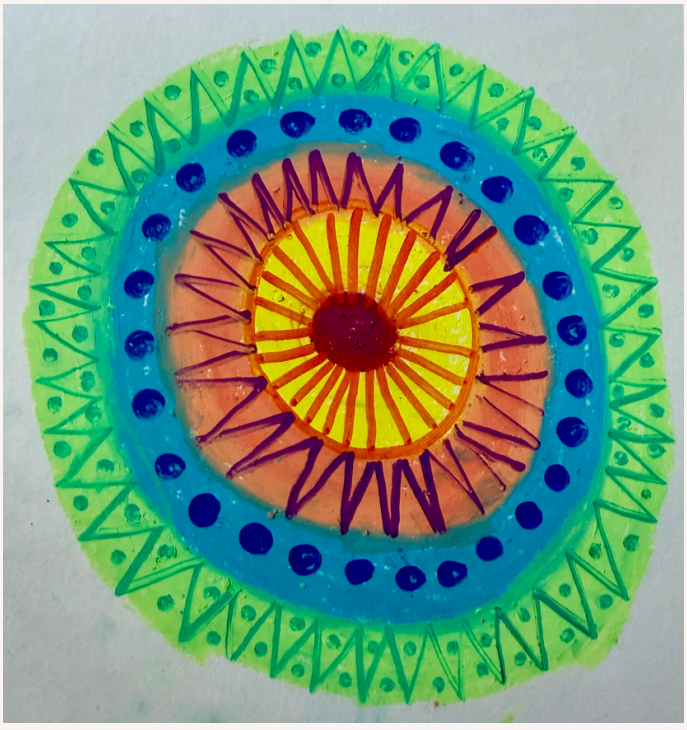
**MATERIALS**
Paper • Coloured pens, pencils or markers or oil pastels

**STEP BY STEP**

- Start by drawing a small circle in the centre of the page to represent yourself.
- Pause and ask: How am I feeling today?
- Choose colours that represent what you notice.
- Draw circular layers around the centre, giving space to each emotion.
- Add as many circles as needed.
- Finish by adding simple patterns over the circles.

**GENTLE REFLECTION (OPTIONAL)**

- What emotions were easier to place on the page?
- Did any emotion need more space? How does it feel to see everything held together?



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## WANT TO EXPLORE ART THERAPY FURTHER?

I'd love to support you in exploring your emotions, creativity, and self-care using Art Therapy tools. In a personalized one-on-one session, we can:

- Use art to process stress, emotions, or challenges
- Discover creative ways to nurture calm and self-awareness
- Explore how Art Therapy can be part of your daily self-care
- Learn how to integrate Art Therapy tools into your professional practice

📩 **Send me a DM / WhatsApp 00919207664971**
**or**
🔗 **Click the consultation link below**

**Let's work together to help you reconnect with your creativity and well-being.**

SCHEDULE A PERSONALISED SESSION

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