

The Emotion Mosaic

A guided activity to help you explore
what you feel through colour



Draw what you *feel*

Before you begin, take one slow breath. There is no right or wrong way to do this. This isn't about making something beautiful, it's about making something honest. Let your hands move, and let whatever needs to come through, come through.

WHAT YOU'LL NEED

- A blank sheet of paper
- Pencils, crayons, watercolour, or pens
- 10–20 quiet minutes

THE ACTIVITY

1 Draw your shape

On your blank sheet, draw a large shape — a circle, a square, a heart, or any form your hand wants to make. This shape holds the emotional energy you're carrying right now. Don't think about it too much. Just draw.

2 Divide it into sections

On your blank sheet, draw a large shape — a circle, a square, a heart, or any form your hand wants to make. This shape holds the emotional energy you're carrying right now. Don't think about it too much. Just draw.

3 Fill each section with colour

Choose colours that feel right for each emotion, just the one that feels true for you. Fill the sections with colour, patterns, scribbles, shading, or texture. You can add words or symbols too if something comes to you. Let your hand lead.

4 Sit with what you made

Put your pen down and look at your mosaic. Just notice what stands out. Is there a section draws your attention the most? Is there a part that feels unfinished, hidden or in need of more space?



Mansi Shah

Counselling Psychologist • Certified Art Therapist

she / her



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I help you get curious about how your patterns developed, make sense of your emotions and gently shift how you show up — in your relationships, your work, and with yourself.

WHAT THERAPY FEELS LIKE



Safe



Non-judgmental



Collaborative



Reflective

HOW WE CAN WORK TOGETHER

- Individual therapy
- Art therapy
- Career guidance & mentoring
- Workshops & webinars

MODALITIES I DRAW FROM

Person-centred

Trauma-informed

Relational

CBT

DBT

Schema Therapy

Art-based

I CAN HELP YOU WITH



Self & Identity

Confidence • Habit building • Personal growth



Stress & Low Mood

Overthinking • Lack of motivation • Feeling stuck



Relationships

Communication • Boundaries • Conflict repair



Work & Career

Burnout • Focus & decision-making • Academic pressure



Grief & Loss

Processing loss • Loneliness • Life adjustments



Body Image

Relationship with body • Self esteem

Online sessions via Google Meet • Seeing clients from India and globally



WEBSITE

www.mosaicminds.co.in



PHONE

+91 8591656591



INSTAGRAM

@mosaicminds_therapy