WELCOME TO THE FEELING OUR WAY ACTIVITY BOOK!

THIS BOOK HAS BEEN MADE WITH LOVE BY AMBER AND IFEOMA

IN THIS BOOK THERE ARE LOTS OF CREATIVE ACTIVITIES FOR YOU TO DO.

WE HOPE THE ACTIVITIES WILL HELP YOU EXPLORE WHAT TOUCH MEANS TO YOU.

THE BOOK IS YOURS TO KEEP.

IF YOU WOULD LIKE TO SHARE ANY OF YOUR ARTWORK WITH US, TAKE A PICTURE AND POST IT ON TWITTER USING THE HASHTAG #FEELINGOURWAY AND THE @EXPLOREWELLCOME
HOW MANY TYPES OF TOUCH CAN YOU THINK OF?
HOW MANY WAYS CAN YOU DESCRIBE TOUCH?

HOW MANY WAYS CAN YOU DRAW TOUCH?
WHAT DOES TOUCH MEAN TO YOU?
YOU CAN USE WORDS, PICTURES OR COLOURS...
COLOUR IN THE PATTERN WITH YOUR FAVOURITE COLOURS
What kinds of touch do you like and dislike? Connect with lines and fill in your own.
Can you think of a memorable experience you have had that involved touch?

You can use words, pictures or colours...
WHAT OBJECTS DO YOU LIKE TO TOUCH?
WHAT OBJECTS DO YOU NOT LIKE TO TOUCH?

CONNECT THE LINES TO HOW YOU FEEL
HOW MANY WAYS CAN YOU SAY HELLO?
YOU CAN USE WORDS, PICTURES OR COLOURS...
HOW DOES IT FEEL TO BE HUGGED BY SOMEONE YOU LIKE OR LOVE?
HOW WOULD YOU DRAW THIS FEELING?
WHAT EMOTIONS DO YOU ASSOCIATE WITH TOUCH?

NEGATIVE

Positive

Crying

Emotional

Crying - Not yourself

Lighting bulb, etc. Distracted
DOES TOUCH ALWAYS FEEL THE SAME?

IS TOUCH ALWAYS INTIMATE?
'USE THESE PAGES TO SHARE YOUR OWN THOUGHTS, FEELINGS, AND IDEAS'
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CREATED BY AMBER ANDERSON & IFEOMA ORJIEKWE