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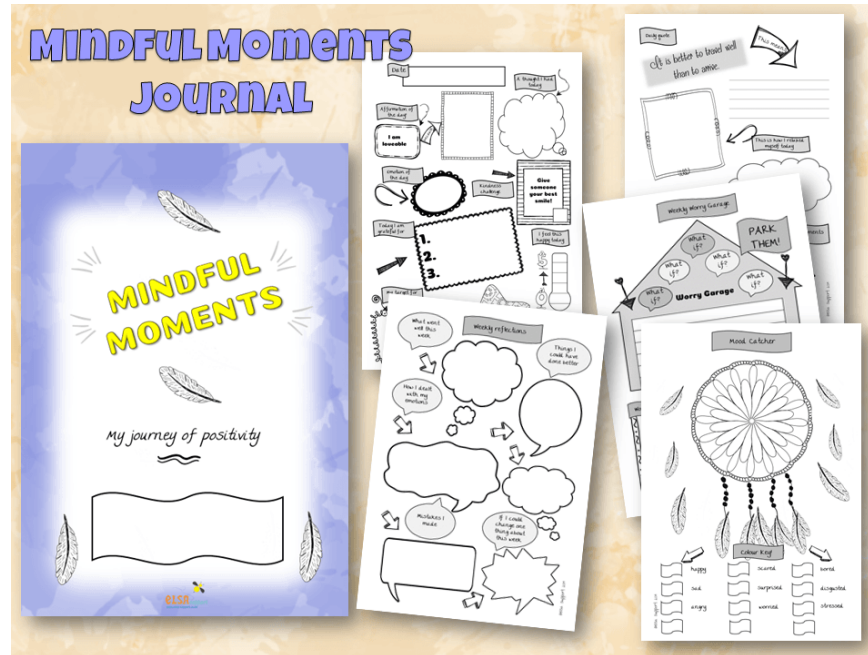




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ELSA Support's 30 WAYS TO EXPRESS YOURSELF

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<p>1</p> <p>What makes you feel happy? Draw anything at all that expresses your happiness.</p>	<p>Create a collage of calm by cutting out pictures that are calming for you. Stick them to a piece of card and hang up in your room</p> <p>2</p>	<p>3</p> <p>Draw a large heart on a piece of paper and fill it with colour to represent how you are feeling right now</p>	<p>If you could choose an animal to turn into for one day. Which animal would you choose and why. Draw it</p> <p>4</p>	<p>What is on your mind right now? Draw a huge speech bubble and fill it with drawings</p> <p>5</p>	<p>6</p> <p>Where do you feel the safest? Draw your safe place. It can be anywhere at all where you feel calm and relaxed</p>
<p>Draw a picture with your eyes closed. How does it feel to be free to draw anything from your imagination</p> <p>7</p>	<p>Draw yourself as a superhero. What is your superpower? How does it feel being a superhero?</p> <p>8</p>	<p>9</p> <p>What scares you? Draw your biggest fear!</p>	<p>Draw some important memories for you!</p> <p>10</p>	<p>11</p> <p>What does your anger look like? Draw your anger</p>	<p>Draw something you are thankful for today</p> <p>12</p>
<p>Draw around one of your hands and then decorate each finger with something you are good at</p> <p>13</p>	<p>14</p> <p>Draw a comic strip of a fun time that you have had. Who was there? What did you do?</p>	<p>Close your eyes and scribble on a piece of paper. Really enjoy feeling the freedom of just scribbling</p> <p>15</p>	<p>16</p> <p>Can you draw something just with the letters of your name today?</p>	<p>17</p> <p>Draw a gift you would give to someone very special to you</p>	<p>What do your worries look like? Are they monsters or something else? Draw your worries today and talk to someone about them</p> <p>18</p>
<p>19</p> <p>Make some patterns today and then colour them all in to make a beautiful piece of art</p>	<p>Create some bunting for a celebration. What might you be celebrating today? It can be anything at all!</p> <p>20</p>	<p>Create your own character for the emotion of happiness. What might it look like? Draw it!</p> <p>21</p>	<p>Draw your favourite time of year. Is it your birthday? Christmas? Winter? Summer? You choose!</p> <p>22</p>	<p>23</p> <p>What do you dream about? Draw one of your dreams</p>	<p>Listen to some music at the same time as drawing. What is in your mind when listening to the music.</p> <p>24</p>
<p>Smiling challenge. Draw a HUGE smiling face then write down all the reasons that make you smile or laugh</p> <p>25</p>	<p>Draw a self portrait of you. Use a mirror to take in all the details of your beautiful face</p> <p>26</p>	<p>27</p> <p>Draw something in nature today. It could be an animal, bird, insect, flower or leaf. Anything that you choose</p>	<p>Draw a picture of someone you admire. Why do you admire them?</p> <p>28</p>	<p>29</p> <p>Draw a shape and make it into a character. Is your character happy, sad, angry, scared or something else?</p>	<p>Draw a picture of you being brave</p> <p>30</p>



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