1. Write down what expressing yourself means to you:
2. How could you help others to express themselves?
3. List 3 things that you do to express how you are feeling:
4. Can you remember the last thing that made you laugh?
5. Can you remember the last thing that made you cry?
6. Write down three things you enjoy doing to keep yourself healthy:

1. Why do you think it’s important to talk about how you are feeling?
2. Write down something you could say to someone to encourage them to express how they’re feeling:

Express Yourself!

Name:

Date: