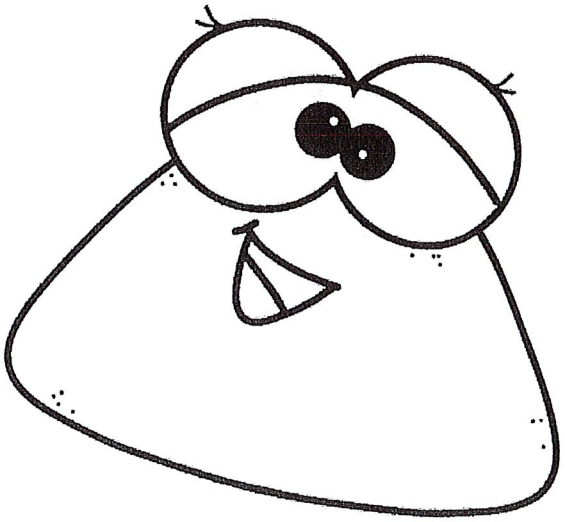
EXPRESS YOURSELF

with art



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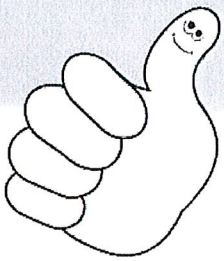
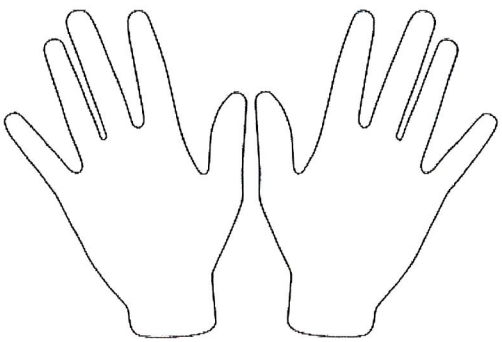
HANDS



Draw around one of your hands and then decorate each finger with something you are good at



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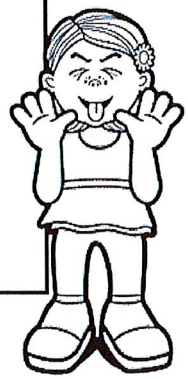
Fun Times

Draw a comic strip of a fun time that you had



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Pie Chart Feelings

Colour each section of this pie chart with a colour to represent your feelings right now

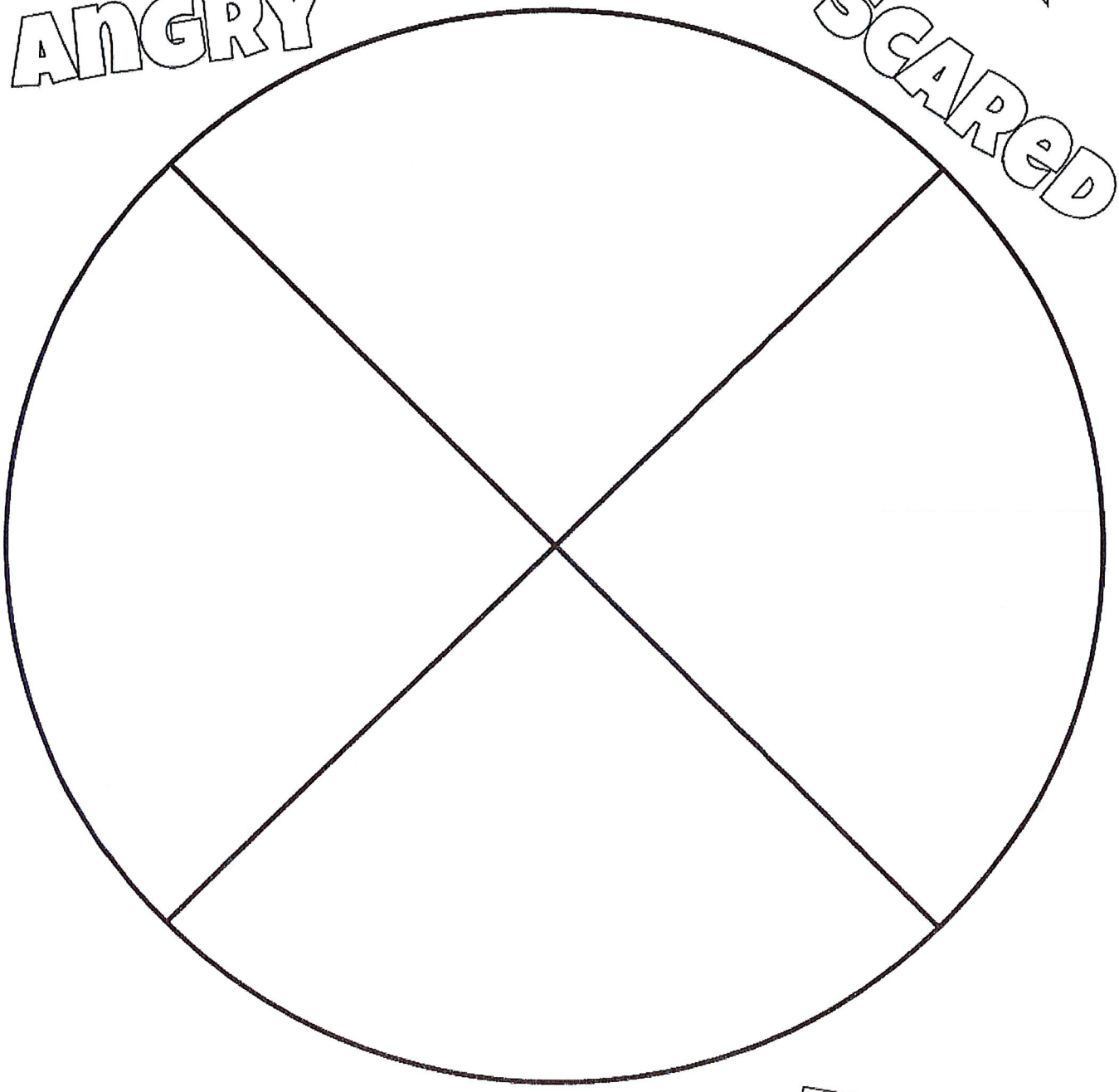
HAPPY

SHY

SAD

ANGRY

SCARED



WORRIED

TIRED

DISGUST

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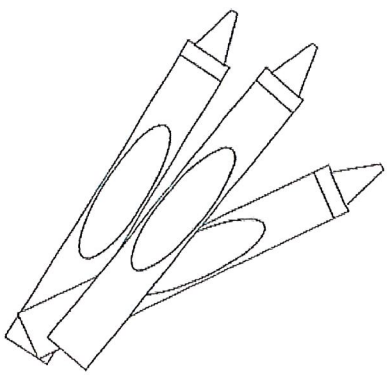
SCRIBBLINGS

Close your eyes and scribble with crayons. How does it feel? What does your drawing look like?



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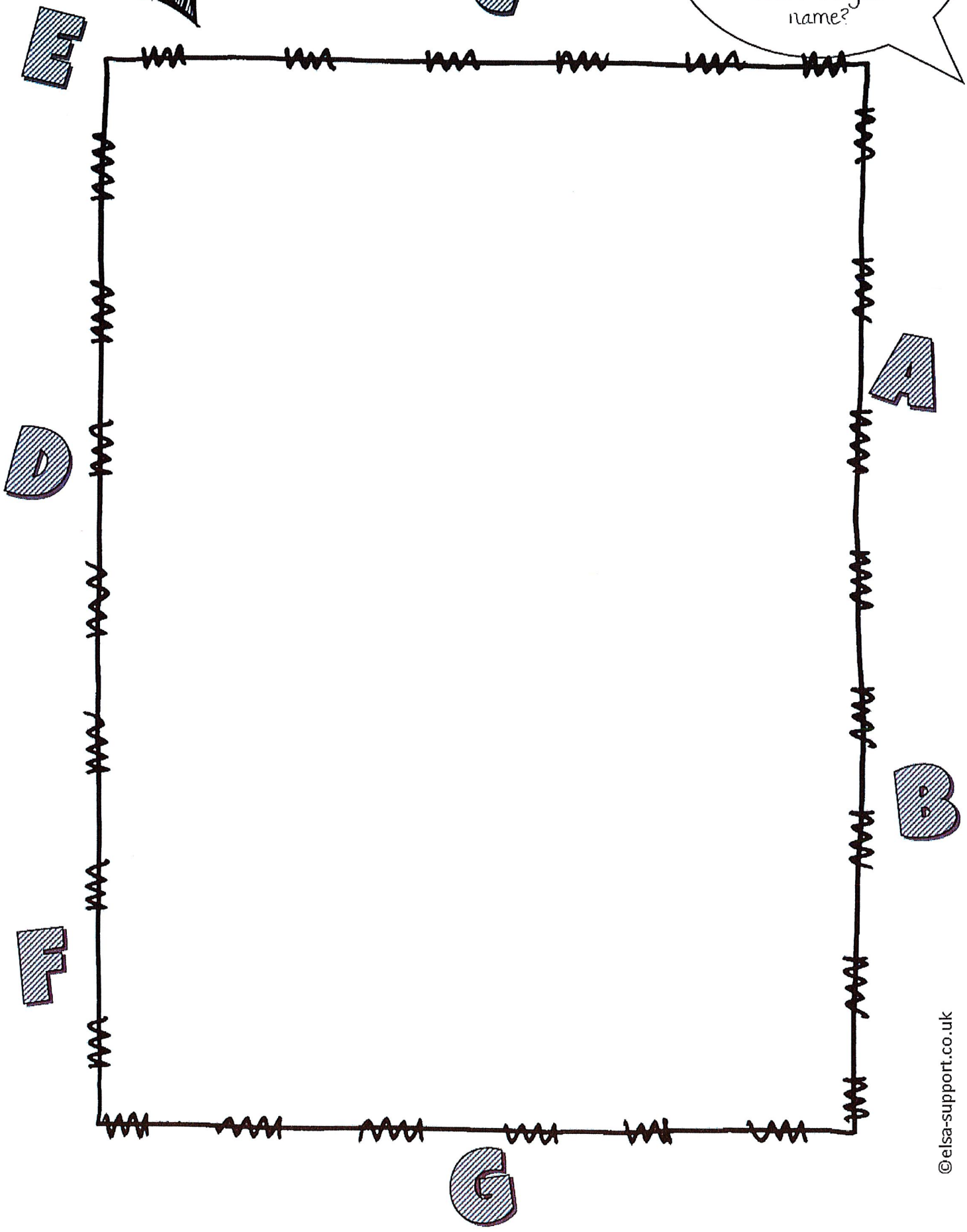
NAMES

You can use letters in this activity can you draw something by just using the letters in your name?



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PERSONIFICATION

See if you can make these letters and numbers have emotions. Personify them!

H

A

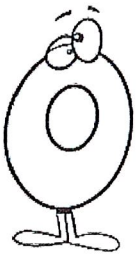
C

J

2

G

B

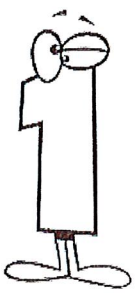


D

3

E

4



L

F

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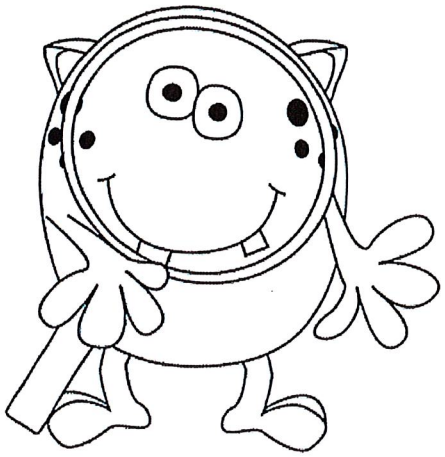
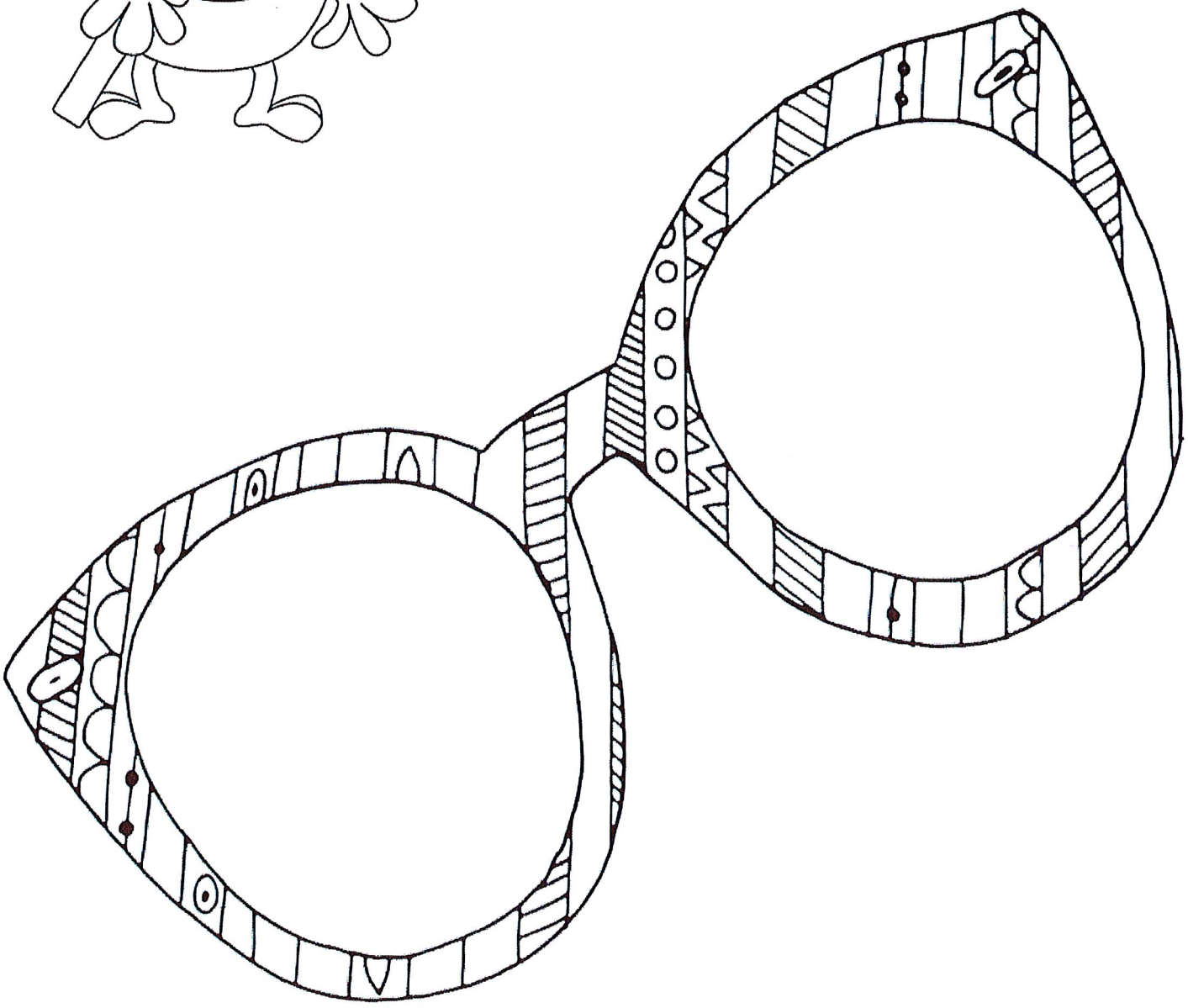
FUTURE



How do you see your future? Draw inside the glasses.



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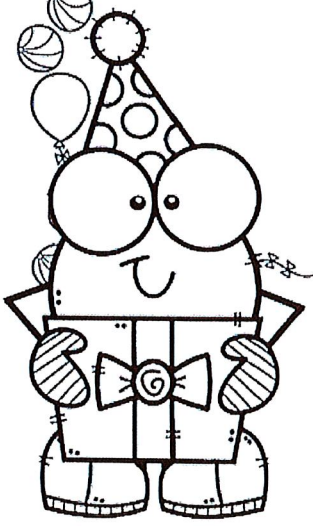
GIFTS

Draw a gift you would give to someone special.



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AFFIRMATIONS

Draw some affirmations, this is something you want to tell yourself or remind yourself about how amazing you are!

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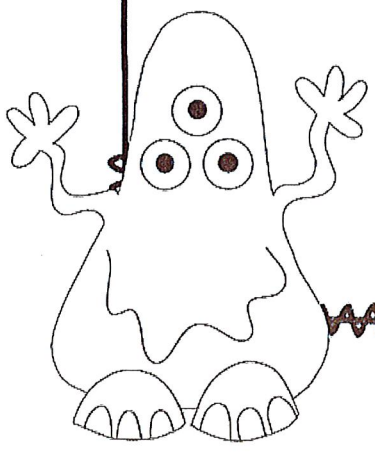
monsters

What do your worries look like? Are they like monsters or something else? Draw your worries.



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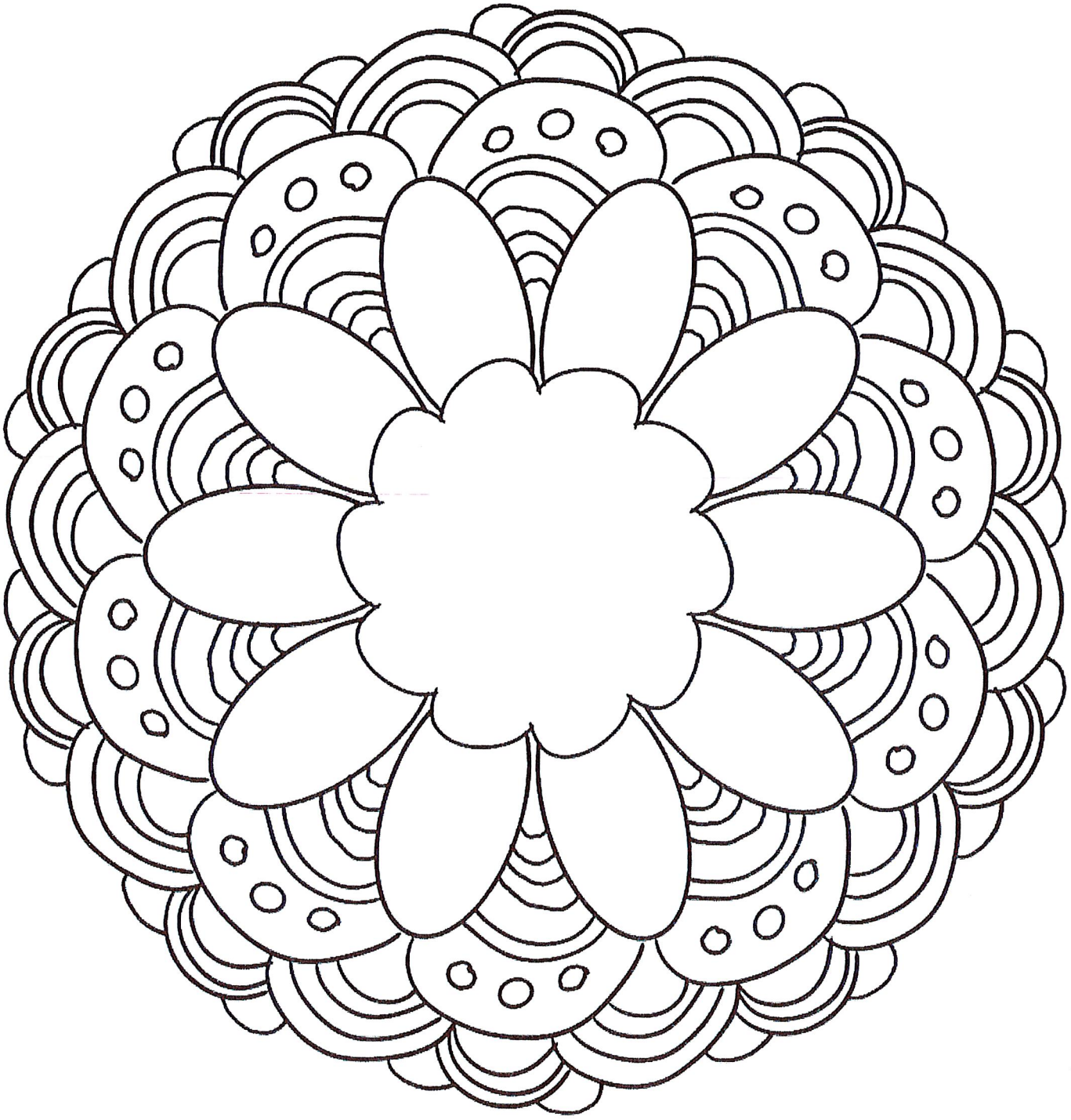
CALMING MANDALAS

Draw yourself in the middle of the flower and then draw things you are good at in the petals. Colour in your mandala.



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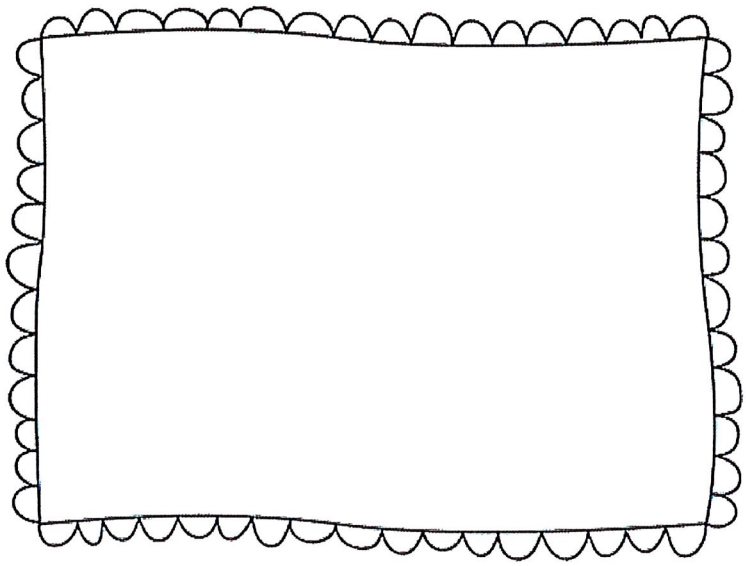
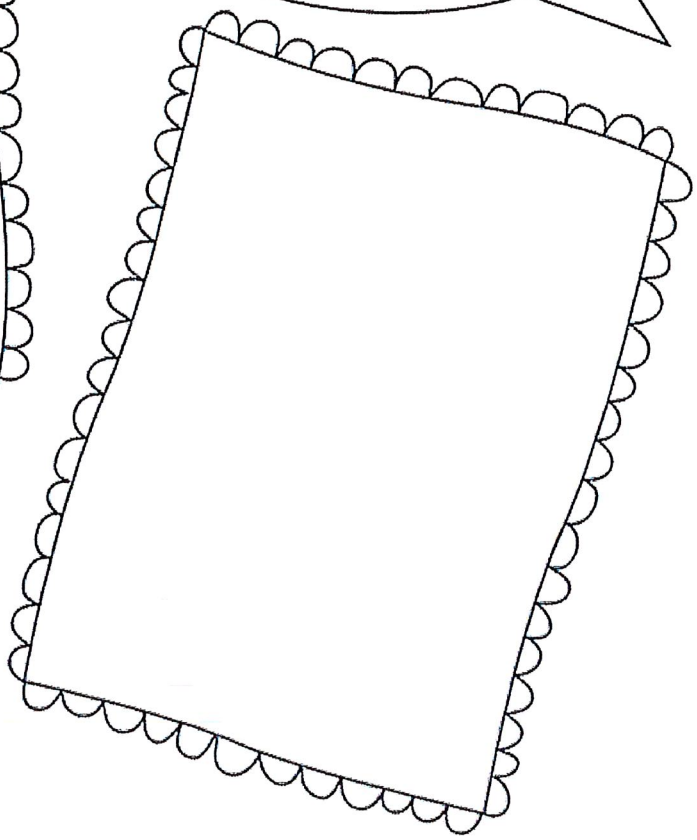
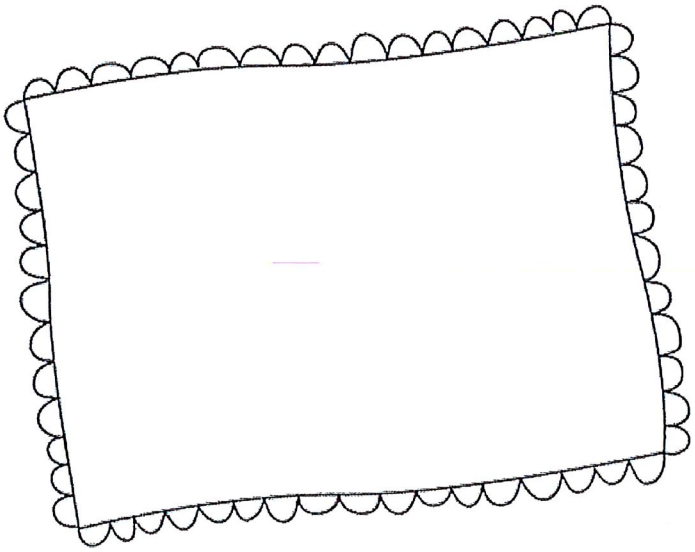
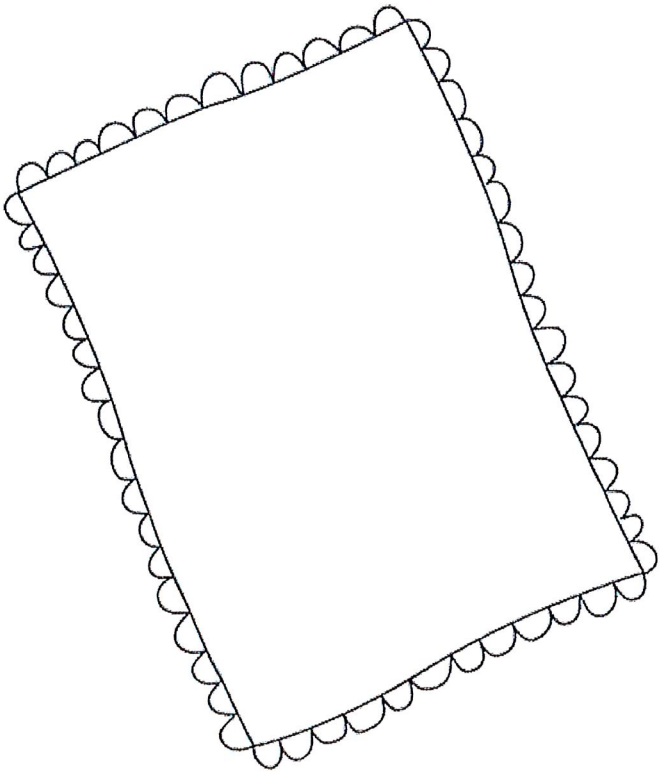
MINDFUL MOMENTS

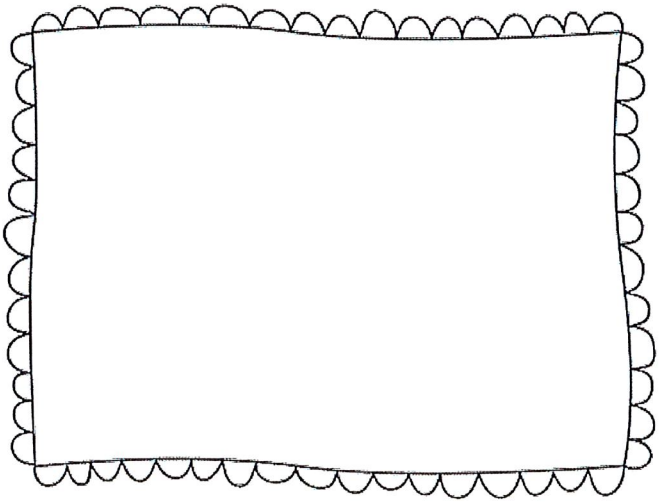
Have fun doodling and making patterns. Fill in all the rectangles with different patterns.











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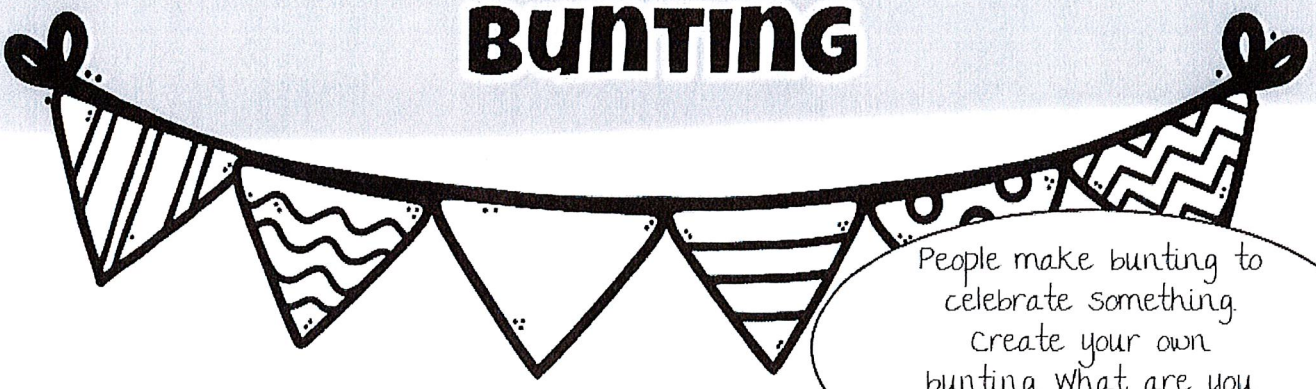
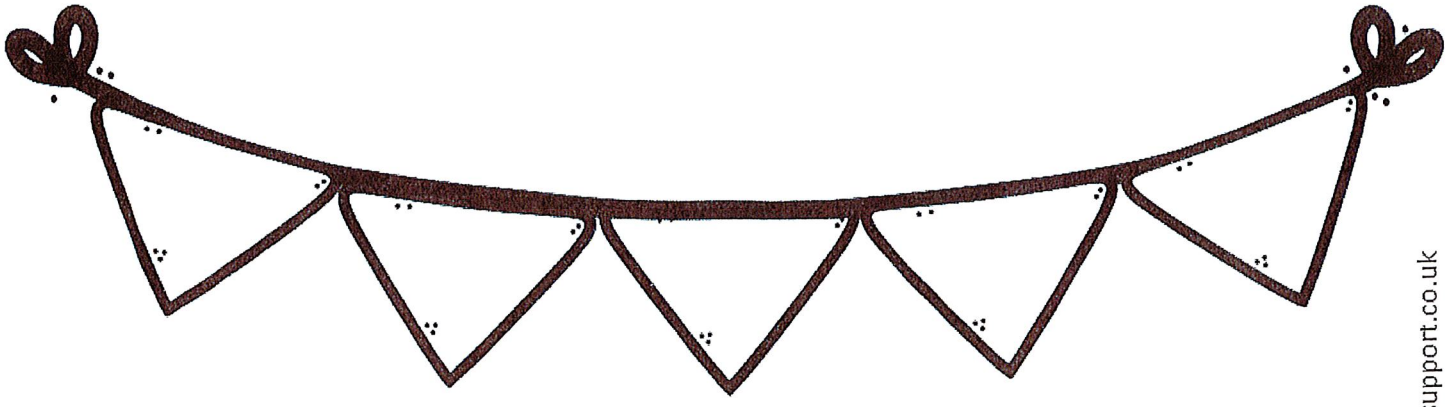
BUNTING



People make bunting to celebrate something. Create your own bunting. What are you celebrating?



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Emotions Picture

SCARED

HAPPY

SHY

ANGRY

SAD

Create a collage of emotions by cutting out emotion words from magazines, leaflets etc.

WORRIED

DISGUST

TIRED

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HAPPY CHARACTER

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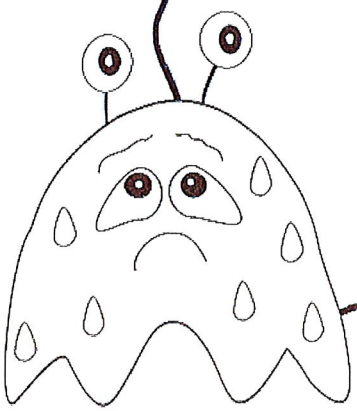
SAD CHARACTER

create a character for the emotion of sadness what might it look like?



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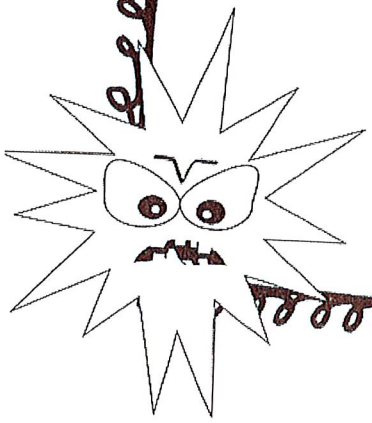
ANGRY CHARACTER

Create a character for the emotion of anger What might it look like?



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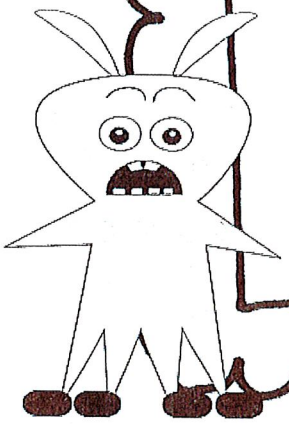
Scared Character

Create a character for the emotion of fear What might it look like?



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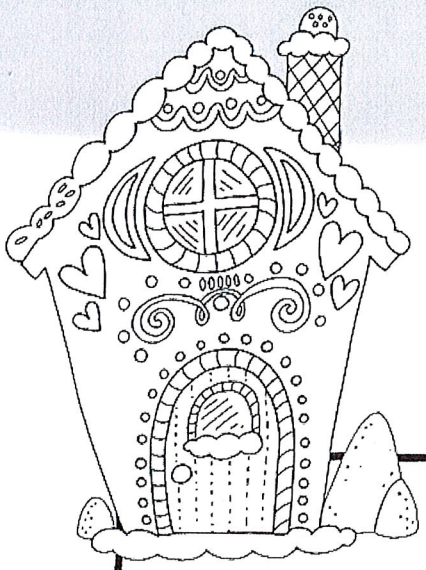
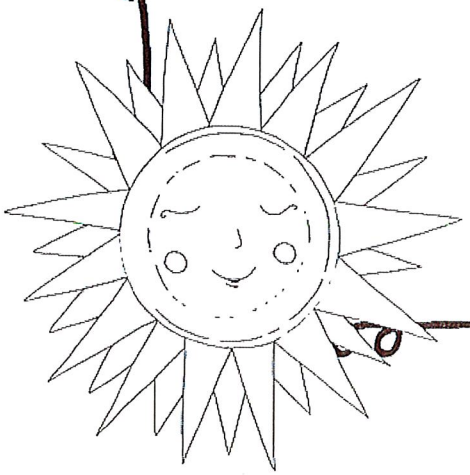
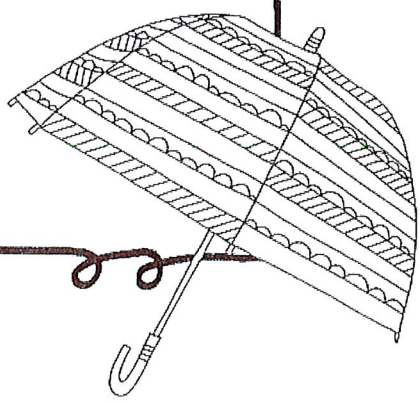
SEASONS







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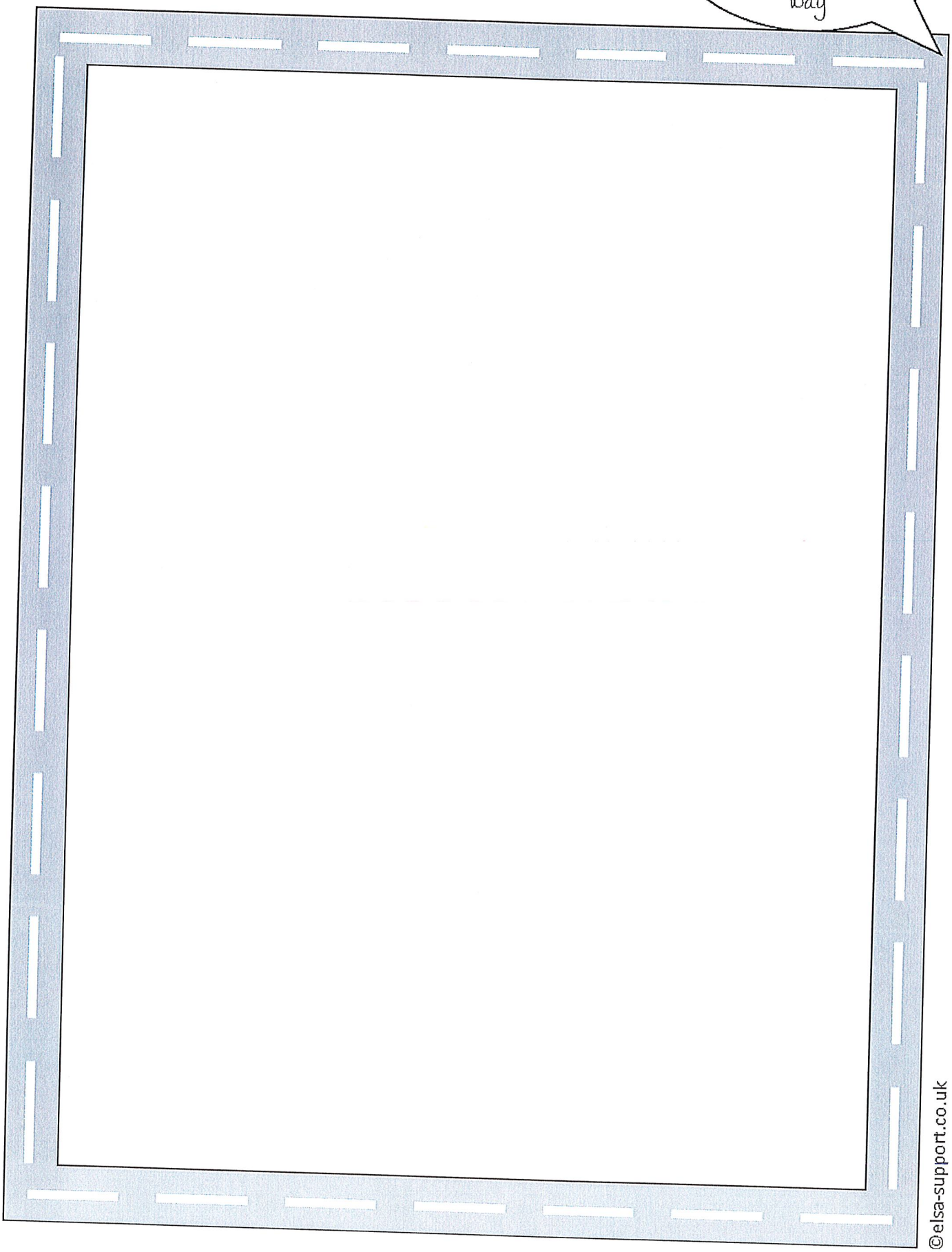
ROADMAP

Draw a road map of your life and include significant events along the way



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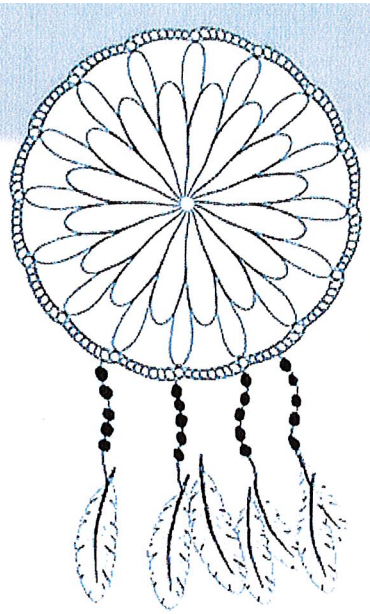
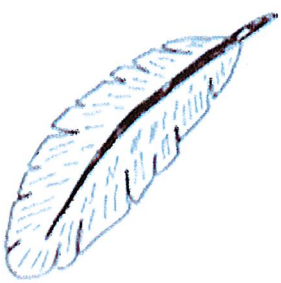
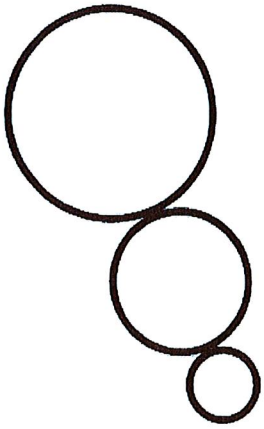
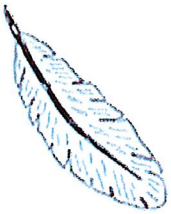
DREAMING



What do you dream about Draw one of your dreams







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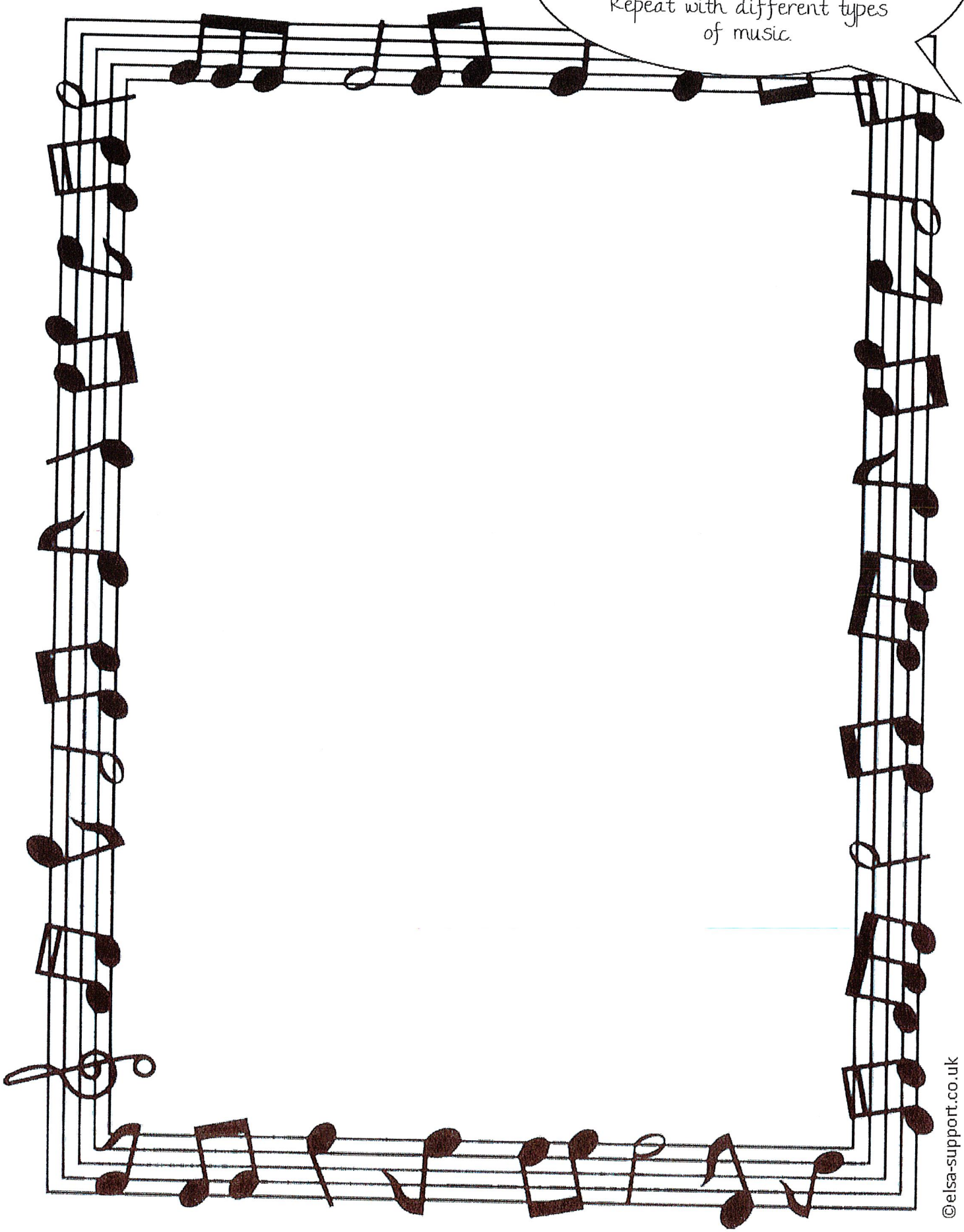
MUSIC

Listen to some music at the same time as drawing. What is in your mind when listening to the music. Repeat with different types of music.



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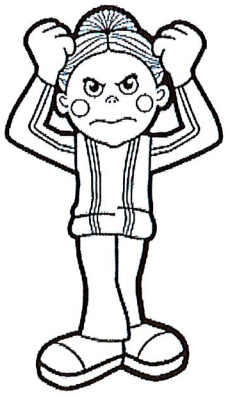
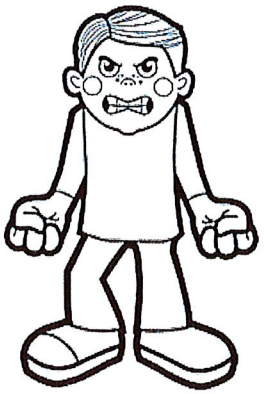
Body Feelings Anger

Draw your body shape and then colour all the parts where you feel anger





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Body Feelings Anxiety

Draw your body shape and then colour all the parts where you feel anxiety

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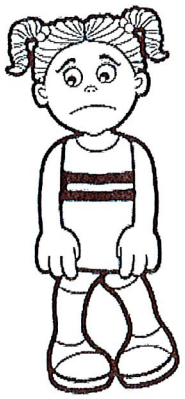
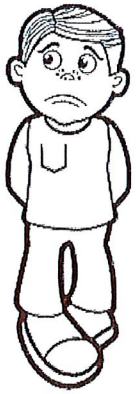
BODY FEELINGS SADNESS

Draw your body shape and then colour all the parts where you feel sadness





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Date

A thought I had today

Affirmation of the day!

I am powerful

because

Emotion of the day

Kindness challenge

Make someone laugh today

Today I am grateful for

1.
2.
3.

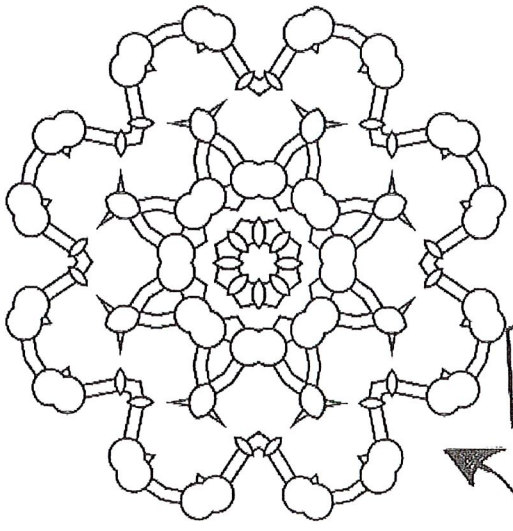
I feel this happy today

5

0

My target for today

Mindful colouring



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Daily quote

Whatever words we speak should be chosen with care for people will hear them and be influenced by them for good or for bad.

This means

This is how I relaxed myself today

Doodle cloud

Mindful Moments

Notice it!

Spend 5 minutes just looking around the room Can you find something you have never noticed before? What is it? Why do you think you have never noticed it before? Keep looking for other things you haven't noticed before.

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Date

A thought I had today

Affirmation of the day!

I am friendly

because

Emotion of the day

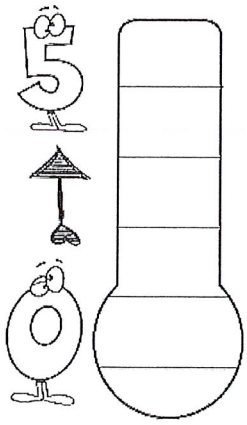
Kindness challenge

Say thank you to someone today

Today I am grateful for

1.
2.
3.

I feel this happy today



My target for today

Mindful colouring

@elsa support 2019

Daily quote

Every day we are born again.
What we do today is what
matters most.

This means

This is how I relaxed myself today

Doodle cloud

Mindful Moments

<u>Orange juice</u>

Imagine you have 4 quarters of a juicy orange. You are going to squeeze all the juice out of each quarter at a time. Collect your juice in your favourite mug or glass. Can you fill it with orange juice? Notice how your muscles tense and then relax as you squeeze and let go.

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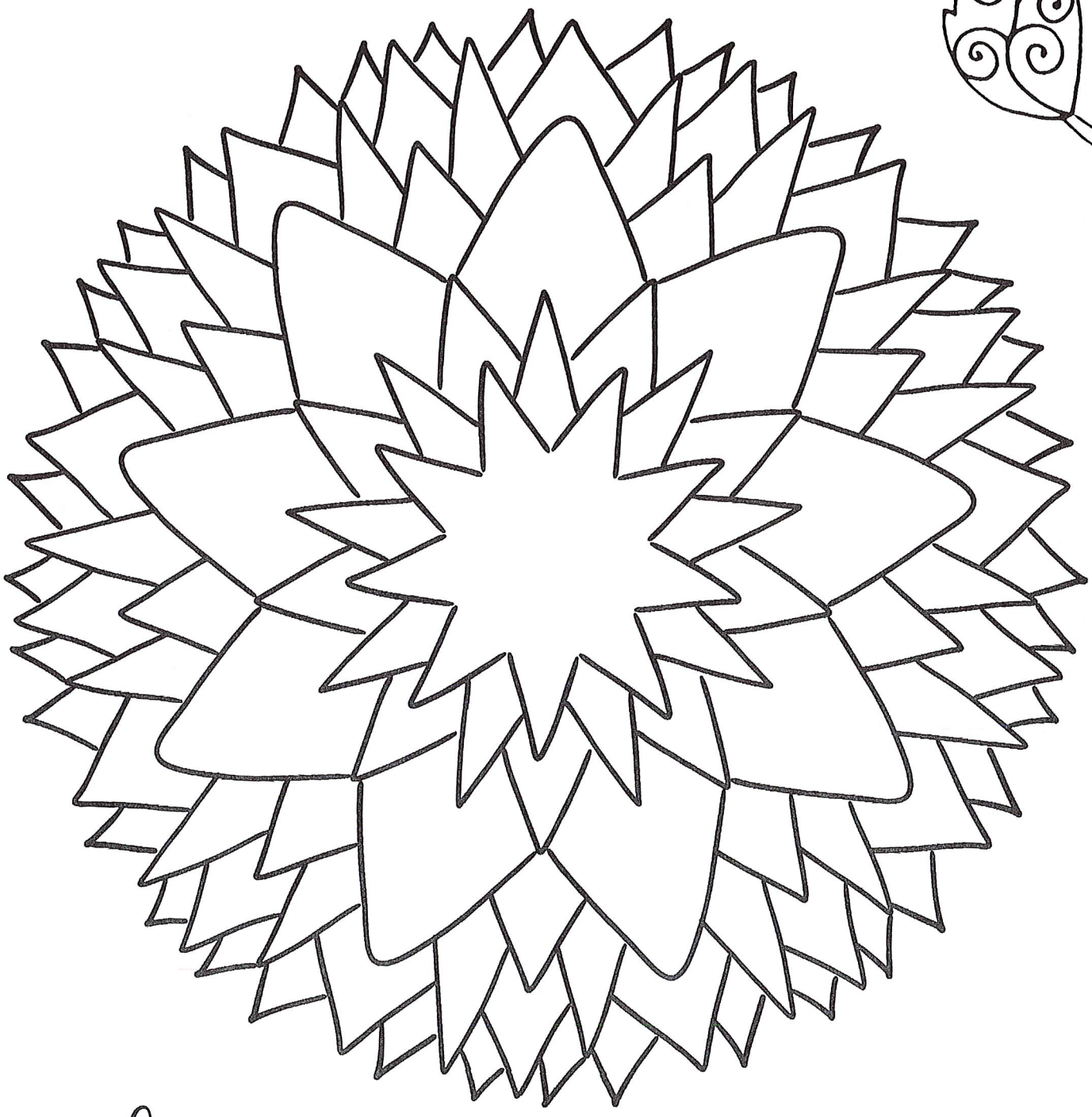
Mindful Mandala



If you propose to speak always
ask yourself, is it true, is it necessary,
is it kind?

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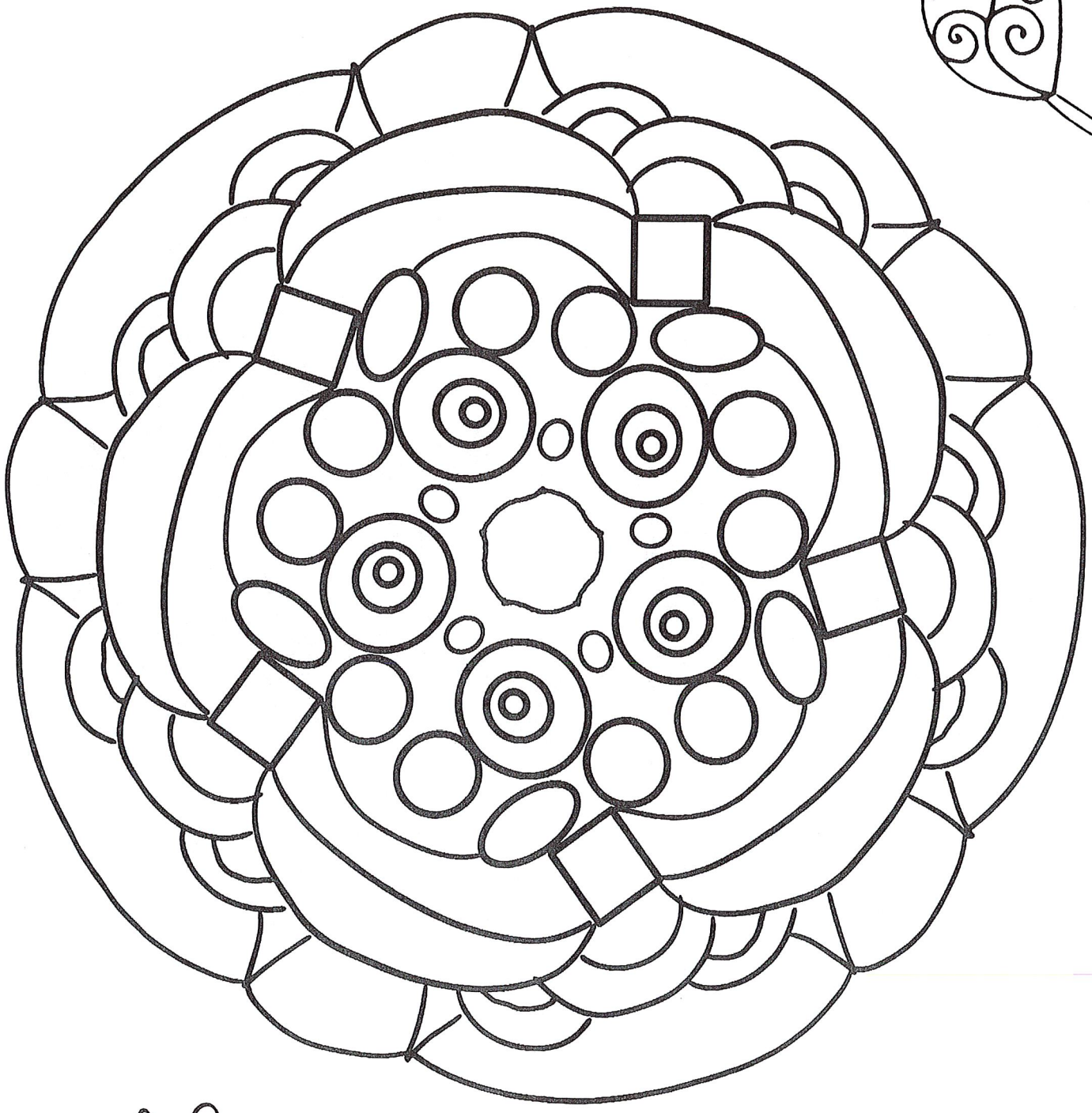
Mindful Mandala



Most problems, if you give them enough time and space, will eventually wear themselves out.

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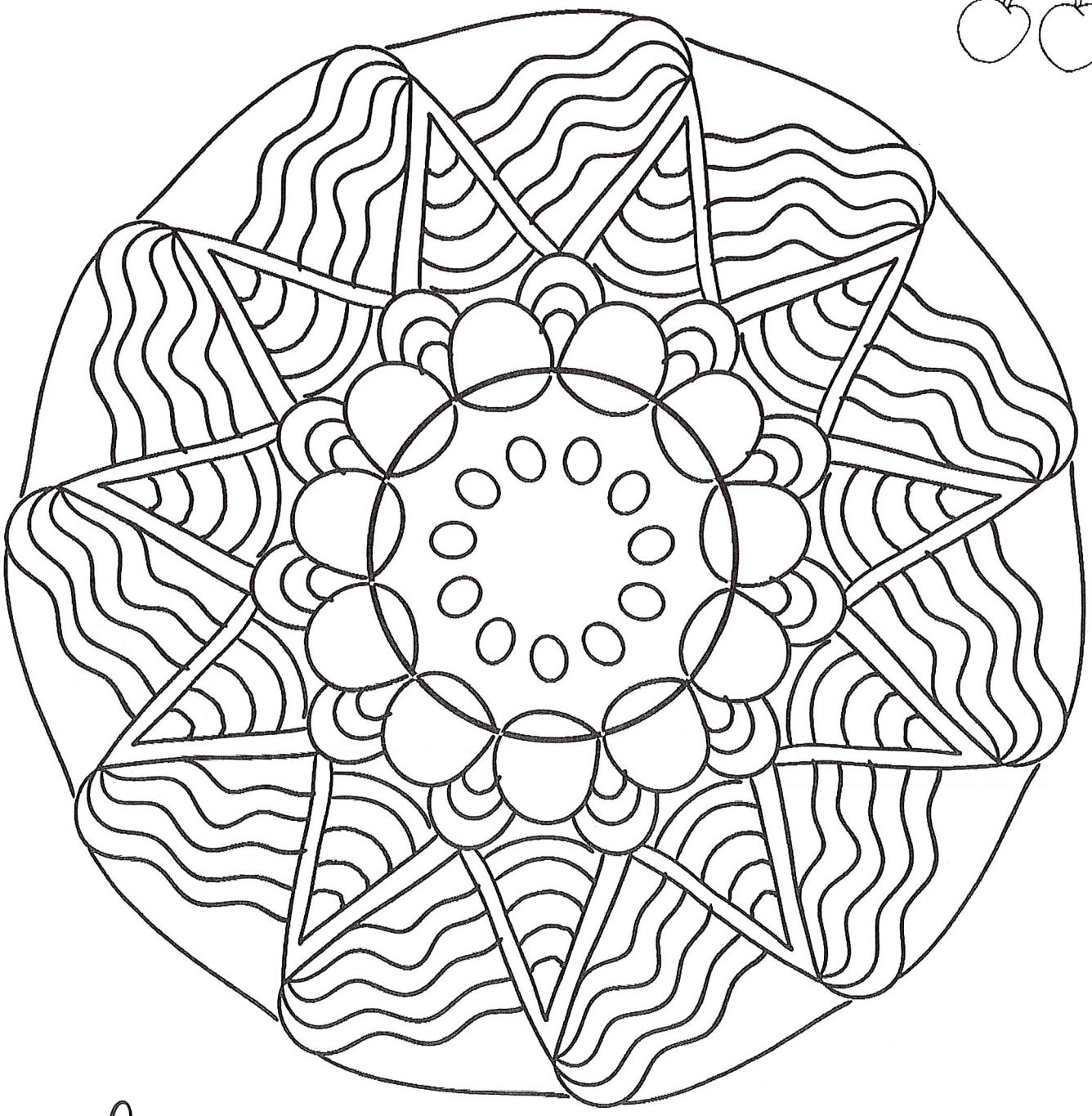
Mindful Mandala



If the problem can be solved why worry? If the problem cannot be solved, worrying will do you no good.

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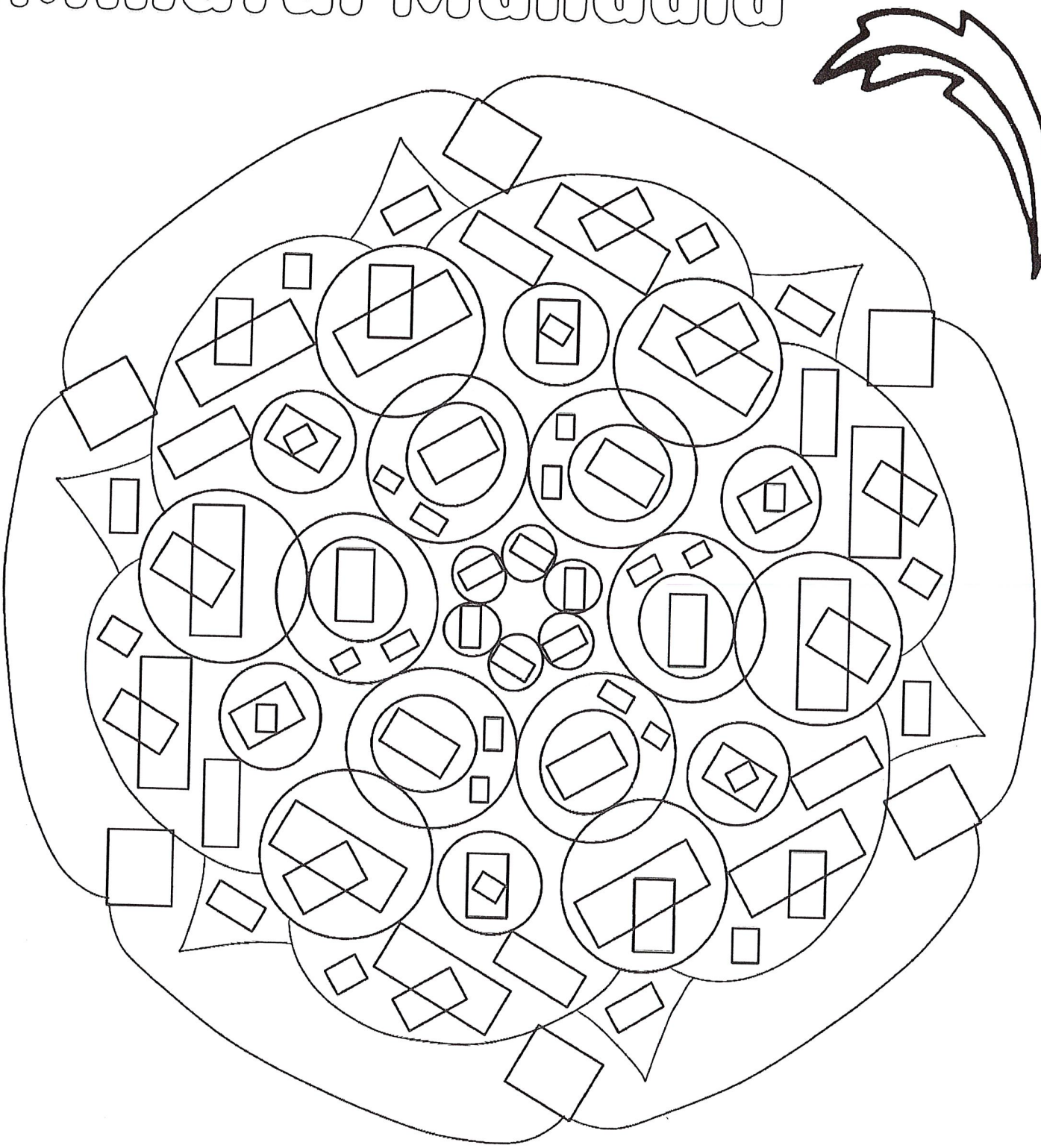
Mindful Mandala



Listen carefully to the silence.

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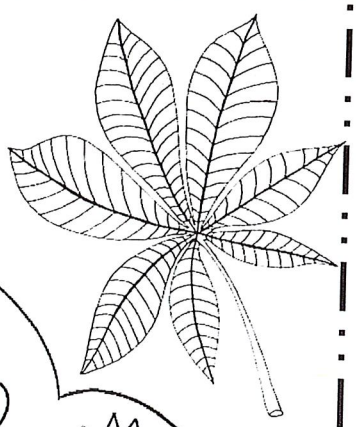
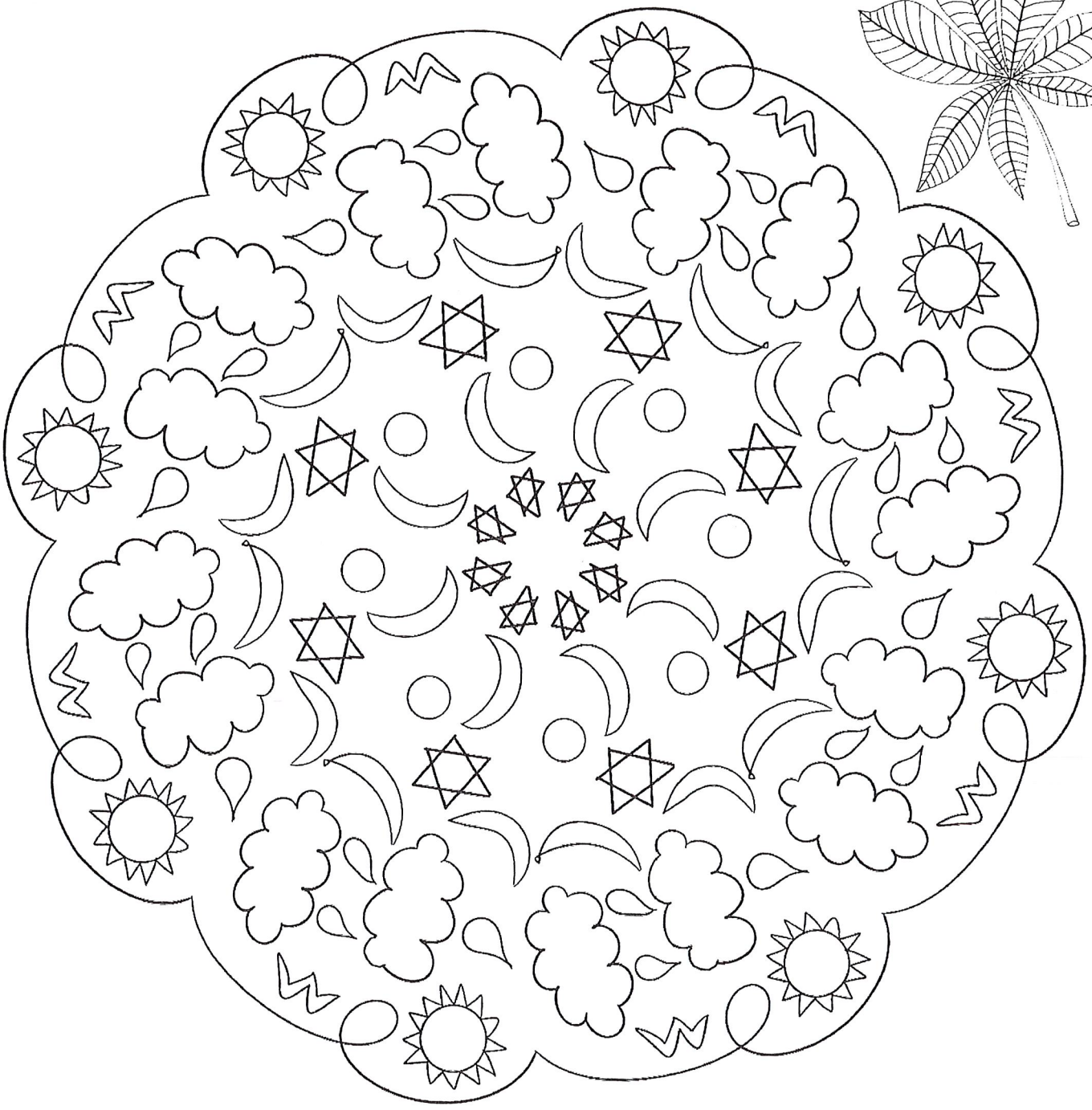
Mindful Mandala





Take a deep breath and just enjoy your life.

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