

Week 1 Expressing Yourself

Let's

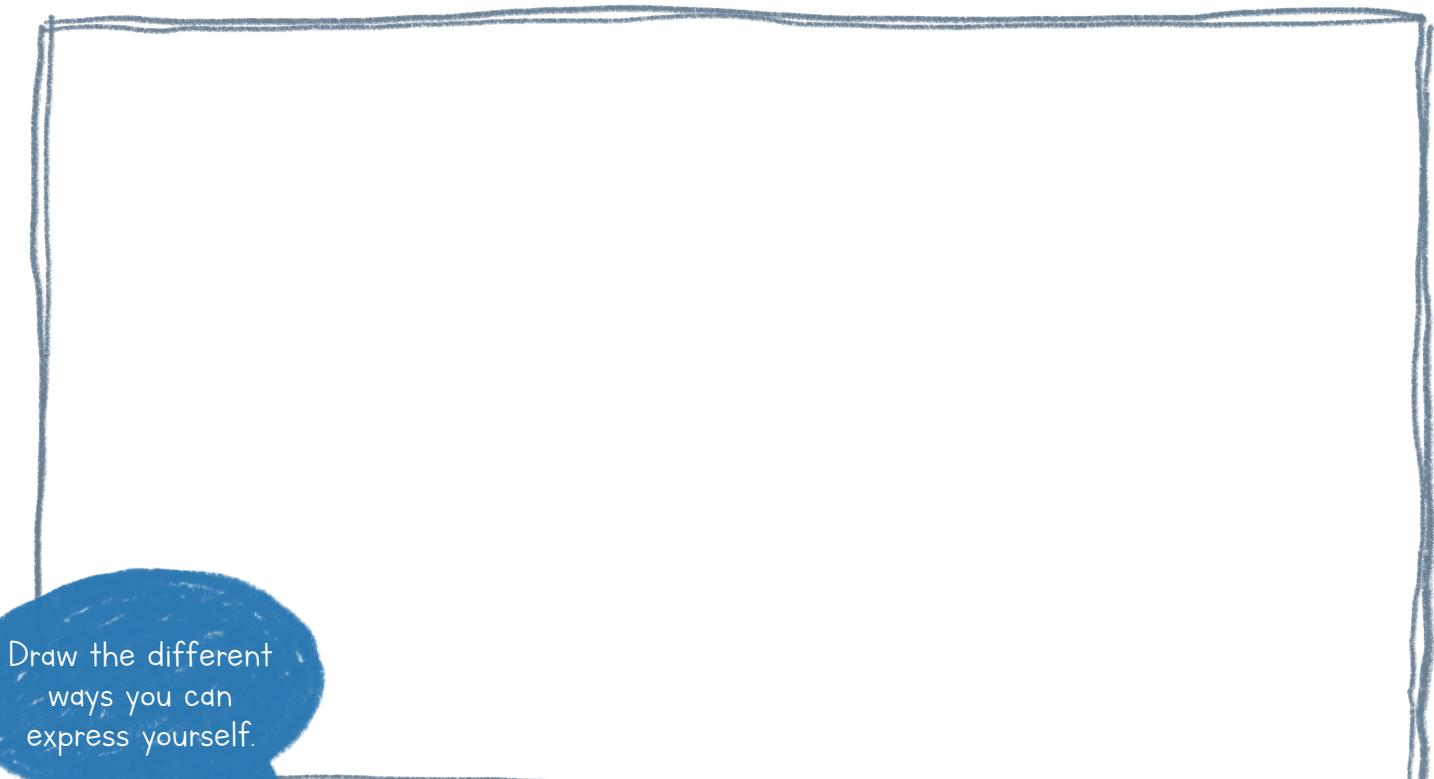
T d I k

Name.....

What does it
mean to bottle
up your
feelings?

What is the best
thing to do when
you feel sad, angry
or worried?

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Draw the different
ways you can
express yourself.