

Expressing Yourself

When we express ourselves we say or show our thoughts and feelings. Here are some reasons why expressing yourself is helpful for our well-being.

Reason 1

Bubbles of emotion get bigger and bigger if they are not expressed.



Reason 2

Talking to someone helps you to process what you are feeling.



Who can you talk to about your feelings?



Your teachers



Your family



Your friends

Ways to express yourself



Talking



Creating



Writing



Moving your body

