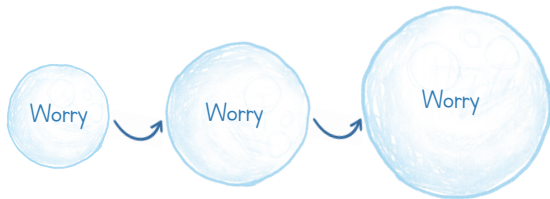


Expressing Yourself

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

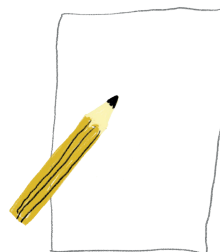
Ways to express yourself



Talking



Creating



Writing



Moving your body

