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.

Who can you talk to about your feelings?

Your teachers   Your family   Your friends

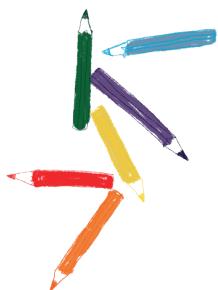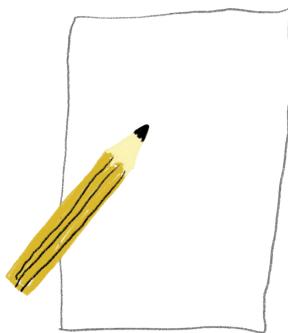## Ways to express yourself

Talking   Creating   Writing   Moving
your body