



EXPRESS  
YOURSELF

Draw at least one  
thing, person or  
moment you are  
grateful for.



EXPRESS  
YOURSELF

# Split your page into 4 and draw:

**Something you're proud of**

**Something you're grateful for**

**A hope or wish you have**

**Someone important to you**

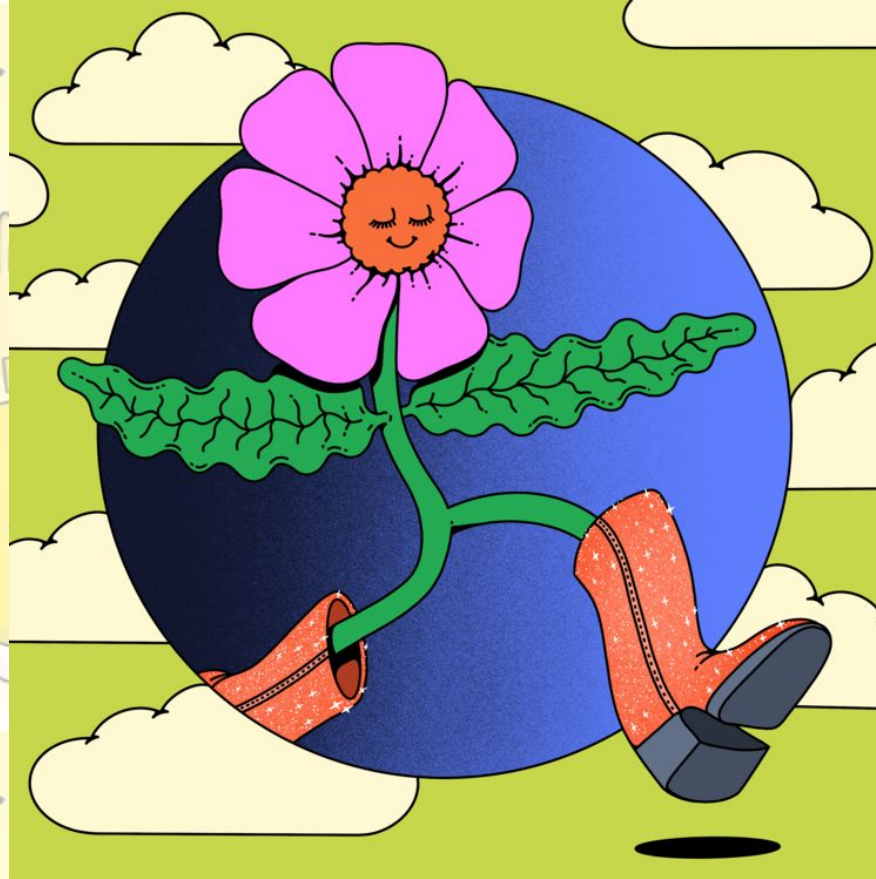


EXPRESS  
YOURSELF

What's the best  
thing you've seen  
today? Draw it!







EXPRESS  
YOURSELF

Design a pair of shoes that represent  
you. Trainers? Sparkly cowboy boots?  
Up to you!



EXPRESS  
YOURSELF

Imagine you have a  
golden ticket to your  
perfect day. What would  
you do? Draw a comic  
strip to show us!





EXPRESS  
YOURSELF



Design emotion monsters  
for these feelings. What  
do they look like for you?

Anger, joy, worry, sadness,  
excitement



EXPRESS  
YOURSELF

DRESS TO EXPRESS!

Go and get an accessory to  
wear for Zoom today that  
expresses your own unique style.





Imagine you are stranded on a desert island for a day.

EXPRESS YOURSELF

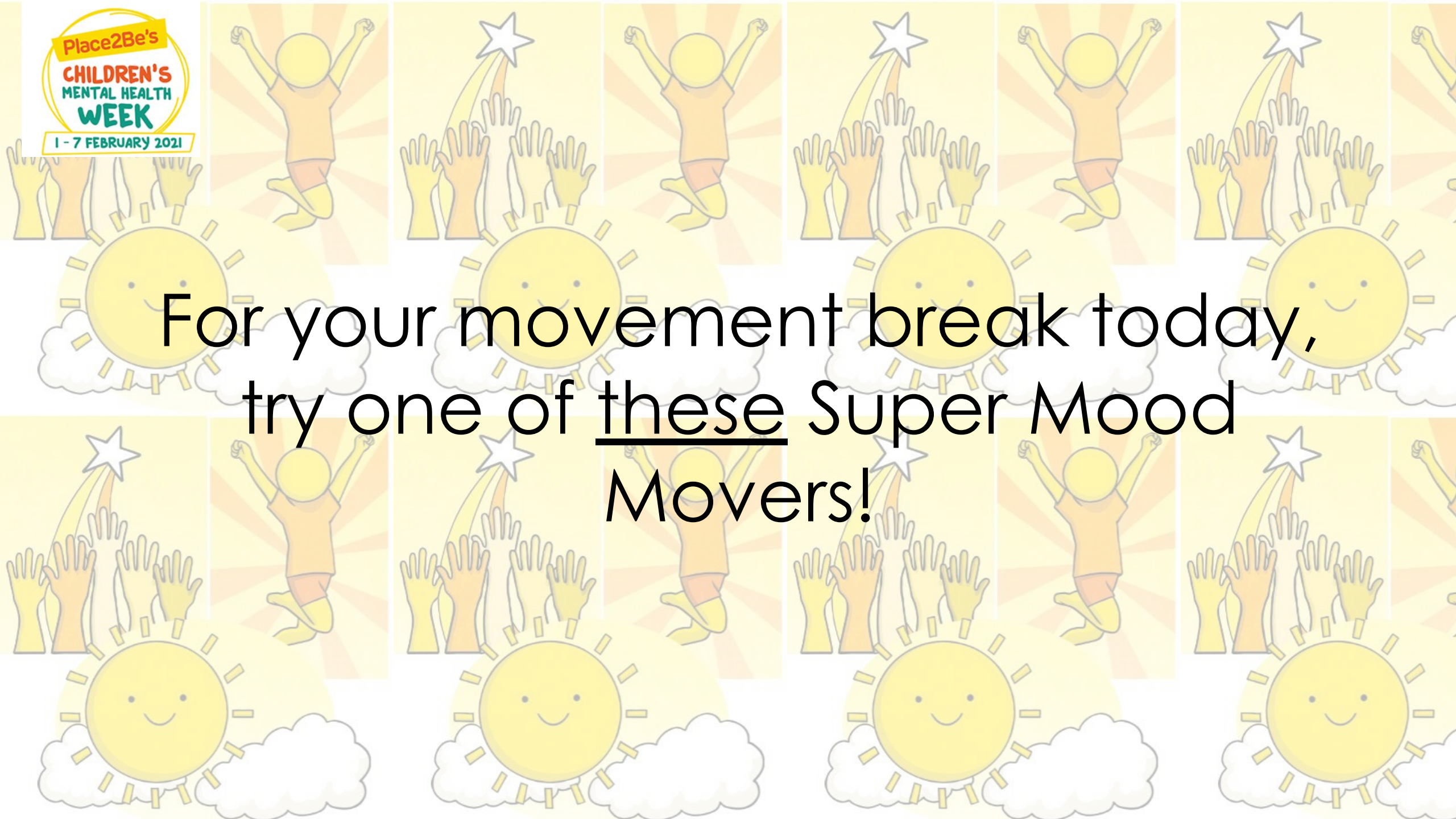
WHAT FOOD WOULD YOU LIKE TO FIND ON THE ISLAND?

WHAT MUSIC WOULD YOU LIKE TO HEAR PLAYING?

HOW WOULD YOU SPEND THE DAY?

IF YOU COULD HAVE ANY ART MATERIALS WITH YOU, WHAT WOULD THEY BE AND WHAT WOULD YOU MAKE?

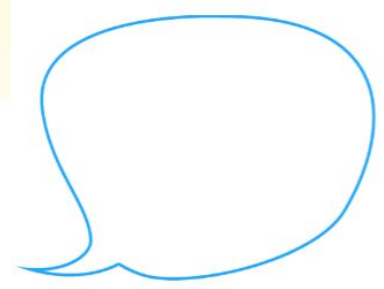




For your movement break today,  
try one of these Super Mood  
Movers!

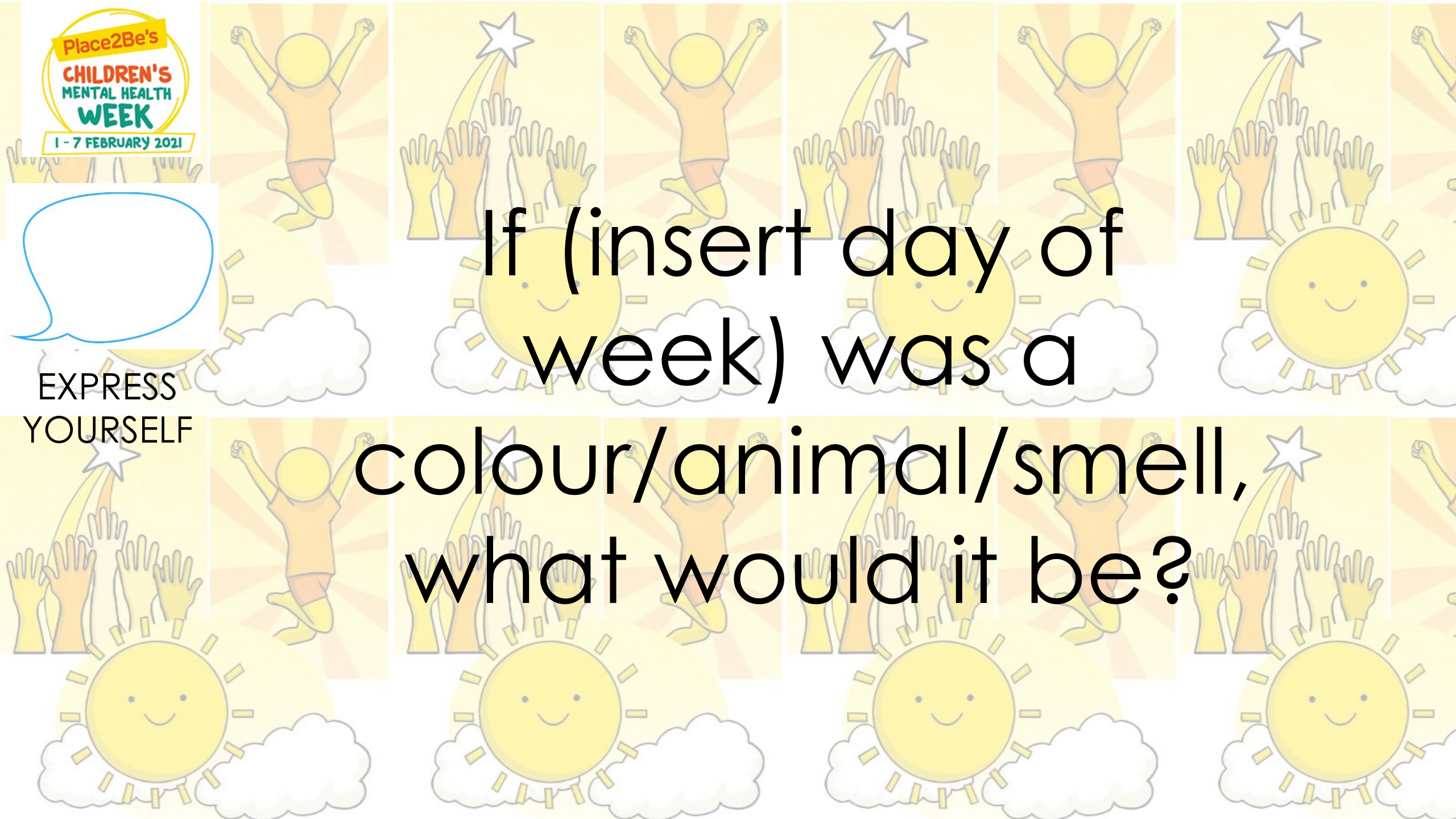
Want a moment to take some  
deep breaths? Try this!

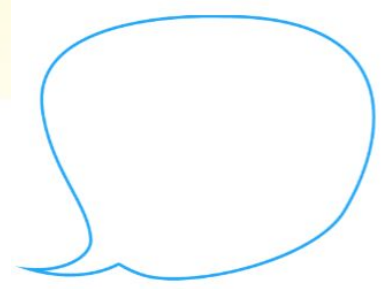




EXPRESS  
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If (insert day of  
week) was a  
colour/animal/smell,  
what would it be?





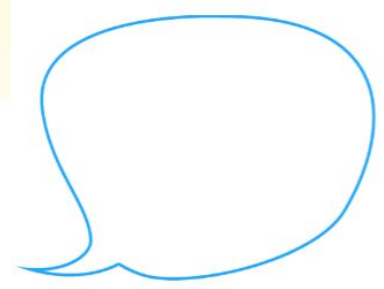
EXPRESS  
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What would your top  
song of all time be?

How does it make  
you feel?



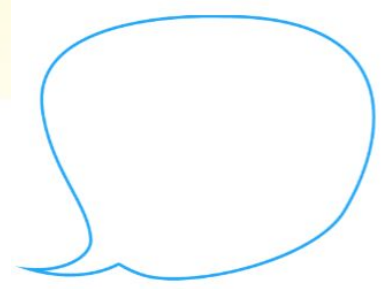




EXPRESS  
YOURSELF

Give yourself a  
compliment.





EXPRESS  
YOURSELF

Choose one kind  
thing to do for  
yourself today.  
What's it going to  
be?



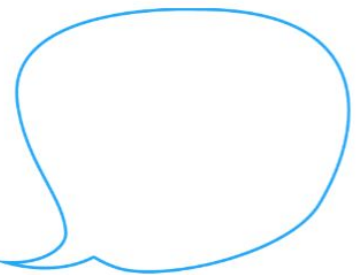
Which Blob are you right now?



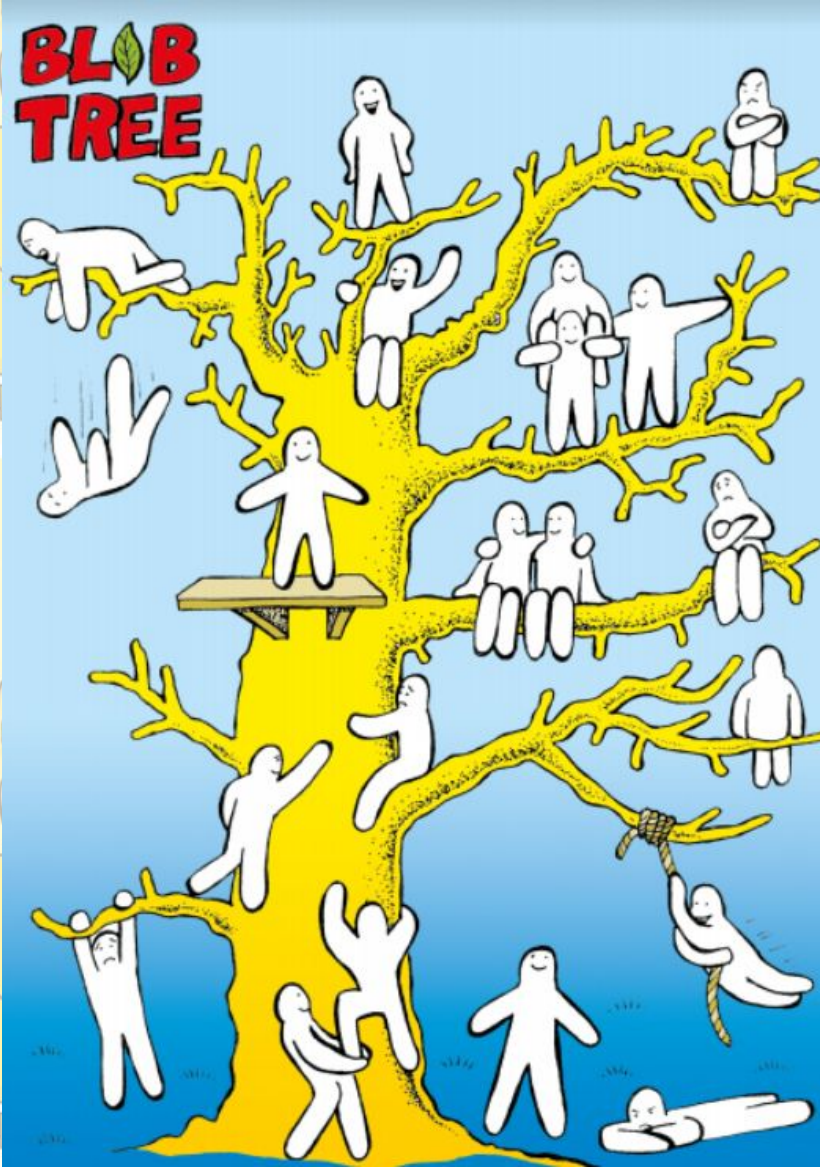
## EXPRESS YOURSELF



# Which Blob are you right now?

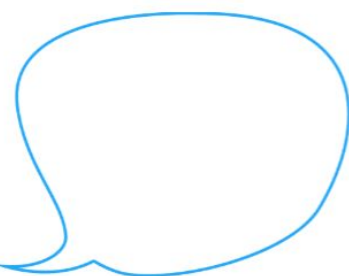


EXPRESS  
YOURSELF

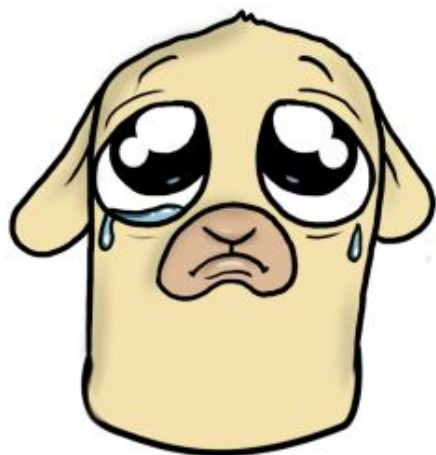




# How do I feel?



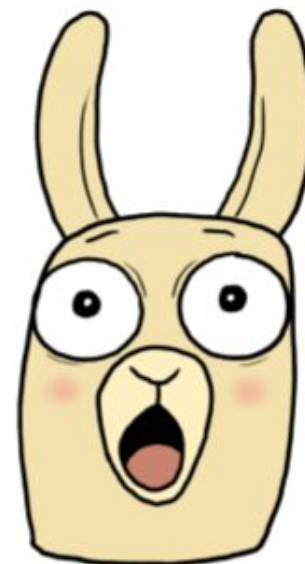
EXPRESS  
YOURSELF



Sick/Unwell  
Sad/Upset  
Tired/Sleepy  
Bored  
Disappointed  
Down in the  
Dumps



Happy/Cheerful  
Calm  
Good to Go  
Focused  
Ready to Learn  
Just right



Frustrated  
Worried  
Silly  
Anxious  
Excited  
Embarrassed

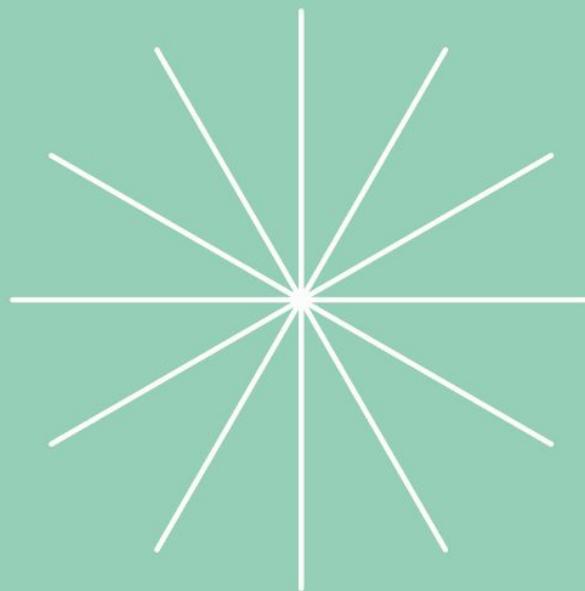


Mad/Angry  
Mean  
Lost Control  
I Need Time and  
Space  
Lost my Cool  
Screaming



Let's take  
a few  
moments  
to  
breathe  
together.

#DESTRESSMONDAY

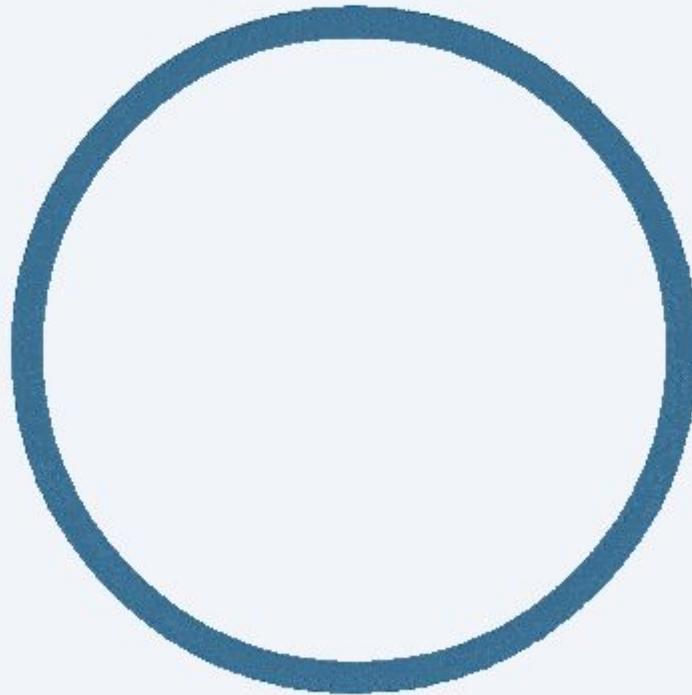


BREATHE WITH THE SHAPE



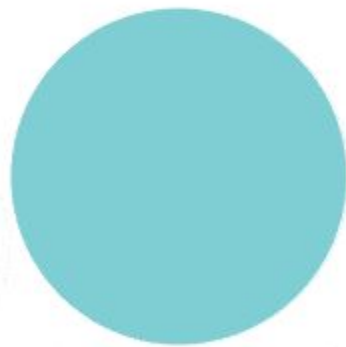
Let's take  
a few  
moments  
to  
breathe  
together.

Practice this Exercise





Let's take  
a few  
moments  
to  
breathe  
together.





Let's take  
a few  
moments  
to  
breathe  
together.

INHALE

