

# ELSA Support's 30 WAYS TO EXPRESS YOURSELF

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<p><b>1</b> What makes you feel happy? Draw anything at all that expresses your happiness.</p>	<p>Create a collage of calm by cutting out pictures that are calming for you. Stick them to a piece of card and hang up in your room</p>	<p><b>3</b> Draw a large heart on a piece of paper and fill it with colour to represent how you are feeling right now</p>	<p>If you could choose an animal to turn into for one day. Which animal would you choose and why. Draw it</p>	<p>What is on your mind right now? Draw a huge speech bubble and fill it with drawings</p>	<p><b>6</b> Where do you feel the safest? Draw your safe place. It can be anywhere at all where you feel calm and relaxed</p>
<p><b>7</b> Draw a picture with your eyes closed. How does it feel to be free to draw anything from your imagination</p>	<p><b>8</b> Draw yourself as a superhero. What is your superpower? How does it feel being a superhero?</p>	<p><b>9</b> What scares you? Draw your biggest fear!</p>	<p><b>10</b> Draw some important memories for you!</p>	<p><b>11</b> What does your anger look like? Draw your anger</p>	<p><b>12</b> Draw something you are thankful for today</p>
<p><b>13</b> Draw around one of your hands and then decorate each finger with something you are good at</p>	<p><b>14</b> Draw a comic strip of a fun time that you have had. Who was there? What did you do?</p>	<p><b>15</b> Close your eyes and scribble on a piece of paper. Really enjoy feeling the freedom of just scribbling</p>	<p><b>16</b> Can you draw something just with the letters of your name today?</p>	<p><b>17</b> Draw a gift you would give to someone very special to you</p>	<p><b>18</b> What do your worries look like? Are they monsters or something else? Draw your worries today and talk to someone about them</p>
<p><b>19</b> Make some patterns today and then colour them all in to make a beautiful piece of art</p>	<p><b>20</b> Create some bunting for a celebration. What might you be celebrating today? It can be anything at all!</p>	<p><b>21</b> Create your own character for the emotion of happiness. What might it look like? Draw it!</p>	<p><b>22</b> Draw your favourite time of year. Is it your birthday? Christmas? Winter? Summer? You choose!</p>	<p><b>23</b> What do you dream about? Draw one of your dreams</p>	<p><b>24</b> Listen to some music at the same time as drawing. What is in your mind when listening to the music.</p>
<p><b>25</b> Smiling challenge. Draw a HUGE smiling face then write down all the reasons that make you smile or laugh</p>	<p><b>26</b> Draw a self portrait of you. Use a mirror to take in all the details of your beautiful face</p>	<p><b>27</b> Draw something in nature today. It could be an animal, bird, insect, flower or leaf. Anything that you choose</p>	<p><b>28</b> Draw a picture of someone you admire. Why do you admire them?</p>	<p><b>29</b> Draw a shape and make it into a character. Is your character happy, sad, angry, scared or something else?</p>	<p><b>30</b> Draw a picture of you being brave</p>