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TODAY I WILL EXPRESS MYSELF
BY FINDING SOMETHING SPECIAL
TO WEAR

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relax Kids

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TODAY I WILL EXPRESS MYSELF
BY CREATING A WORK OF ART
I LOVE

★ ★
relax Kids

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TODAY I WILL EXPRESS MYSELF
BY WRITING A POEM

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relax Kids

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TODAY I WILL EXPRESS MYSELF
BY WRITING A POSITIVE NEWS
ARTICLE

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relax Kids

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TODAY I WILL EXPRESS MYSELF
BY WRITING OUT MY PERFECT
DAY

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relax Kids

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TODAY I WILL EXPRESS MYSELF
BY WRITING A STORY

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relax Kids

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TODAY I WILL EXPRESS MYSELF
BY LAUGHING OUT LOUD FOR
1 MINUTE

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relax Kids

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TODAY I WILL EXPRESS MYSELF
BY SINGING MY FAVOURITE
SONG

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relax Kids

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TODAY I WILL EXPRESS MYSELF
BY LOOKING IN THE MIRROR
AND DRAWING A PICTURE OF
MY FACE

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relax Kids

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TODAY I WILL EXPRESS MYSELF
BY CUTTING UP MAGAZINE
PICTURES AND CREATING A
COLLAGE OR POSITIVE PICTURE

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relax Kids

TODAY I WILL EXPRESS MYSELF
BY CLOSING MY EYES AND
DREAMING UP A MAGICAL STORY

relax Kids

TODAY I WILL EXPRESS MYSELF
BY CLOSING MY EYES AND
IMAGINING I AM SOMEWHERE

FAR AWAY

relax Kids

TODAY I WILL EXPRESS MYSELF
BY MAKING SOMETHING THAT
MAKES ME SMILE

relax Kids

TODAY I WILL EXPRESS MYSELF
BY PLAYING MY FAVOURITE
GAME

relax Kids

TODAY I WILL EXPRESS MYSELF
BY HOLDING A SMILE FOR 1
MINUTE AND NOTICING HOW
THAT MAKES ME FEEL

relax Kids

TODAY I WILL EXPRESS MYSELF
BY FINDING AN OBJECT IN THE
HOUSE AND DRAWING IT

relax Kids

TODAY I WILL EXPRESS MYSELF
BY FINDING A TWIG AND
TURNING IT INTO SOMETHING
SPECTACULAR

relax Kids

TODAY I WILL EXPRESS MYSELF
BY WEARING SOMETHING BRIGHT
AND COLOURFUL

relax Kids

TODAY I WILL EXPRESS MYSELF
BY DANCING TO MY FAVOURITE
MUSIC

relax Kids

TODAY I WILL EXPRESS MYSELF
BY CUTTING UP LOTS OF
POSITIVE WORDS THAT MAKE
ME SMILE AND MAKE A COLLAGE

relax Kids