



# Ways I can express how I'm feeling




**Write a story  
about what you  
are feeling.**




**Draw, paint or  
doodle something to  
represent how you  
are feeling.**



**Write a song  
about your  
feelings.**



**Take a photo  
that represents  
how you feel.**



**Create a  
feelings  
character.**



**Write a letter  
about your  
feelings.**