

# CREATE

Expressing your thoughts, feelings, and memories can help you feel better in your mind, body, and spirit.

Talking about big thoughts and feelings, whether that's talking out loud to another person or just to yourself in a journal, can help those thoughts and feelings feel smaller and more manageable. You can also express how you're feeling without using words at all, by drawing, painting, colouring, or making music.

Whatever you choose to do to express yourself, letting out the thoughts and feelings that you're holding means that you don't have to carry the weight of them inside of you all by yourself, and that can help you feel better.

# Write or draw

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Write, sketch, or draw about anything you want. You can write or draw to let out big feelings. You can make a list, write a story, poem, or song, write as if you're talking to a person you like or one you don't like, or write a letter you wouldn't mail.

You can create a gratitude journal by writing or drawing every day about something that you're grateful for.

There is no right or wrong way to write or draw to express yourself.

# Colouring

Colouring can be a relaxing way to express yourself.

There are no right or wrong ways to colour.

Choose a colouring page and some markers.

Notice the lines of the image and all the amazing colours you have chosen. Notice how the marker feels as you hold it with your fingers. Notice whether it is smooth, hard, sharp, or dull. Notice your hand and arm moving together as you begin to colour.

Notice your thoughts begin to drift away as your body calms and relaxes.



# NOTICE





FEEL





# BREATHE





# EMOTIONS

