Being able to express how we feel is so important for our mental health - we can express our feelings in so many different ways!

Draw your feelings

Grab some coloured pens or pencils and think about how you are feeling. Use different colours and shapes to show how you are feeling in each part of your body. Take a look at this **video** for some ideas!

Today I feel...

Talking to someone about how you feel, or writing down your feelings is a great way to express yourself!

because...