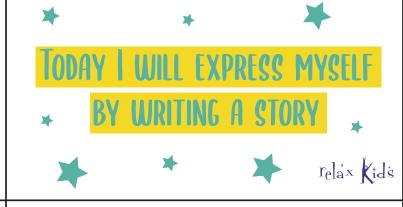


TODAY I WILL EXPRESS MYSELF BY CREATING A WORK OF ART I LOVE relax Kidis













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

MY FACE

relax Ktds

* TODAY I WILL EXPRESS MYSELF

BY CUTTING UP MAGAZINE

* PICTURES AND CREATING A

COLLAGE OR POSITIVE PICTURE

* relax kids



TODAY I WILL EXPRESS MYSELF

BY CLOSING MY EYES AND

IMAGINING I AM SOMEWHERE

FAR AWAY

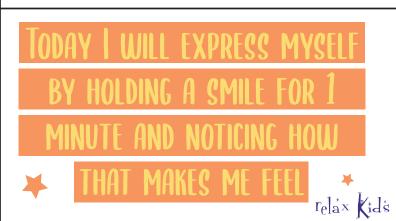
relax Kids



TODAY I WILL EXPRESS MYSELF
BY PLAYING MY FAVOURITE

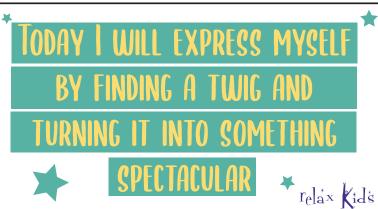
GAME

relax Kids



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

relax Kids



TODAY | WILL EXPRESS MYSELF

BY WEARING SOMETHING BRIGHT

AND COLOURFUL

relax Kidis



TODAY I WILL EXPRESS MYSELF

BY CUTTING UP LOTS OF

POSITIVE WORDS THAT MAKE

ME SMILE AND MAKE A COLLAGE

relax Kidis