

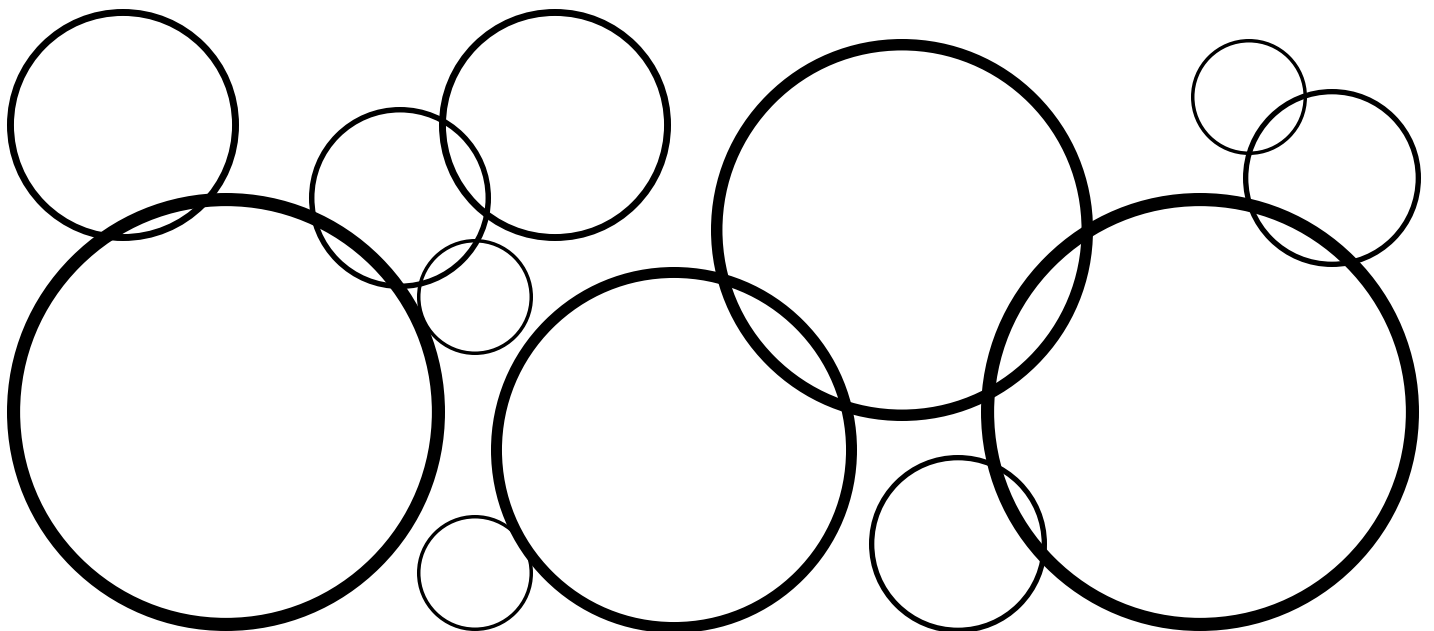
# EXPRESSIONS OF MYSELF

USING ART & WRITING FOR SELF EXPRESSION

---

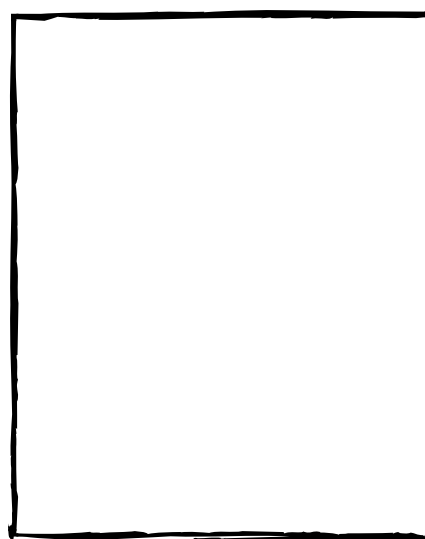
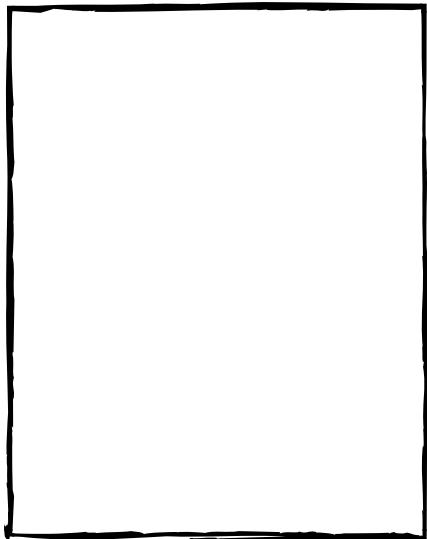
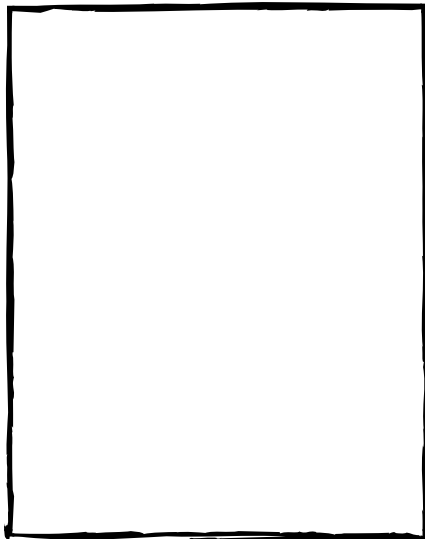
KITCHENTABLECLASSROOM.COM

I AM GOOD AT LOT OF THINGS!  
I CAN DRAW & WRITE POSITIVE THINGS ABOUT MYSELF.



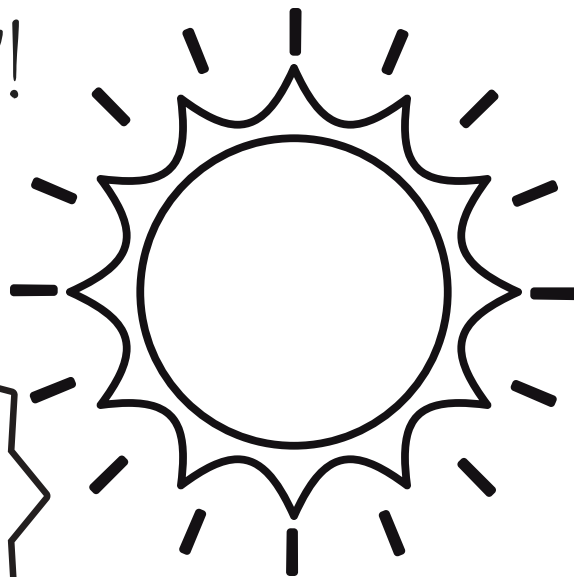
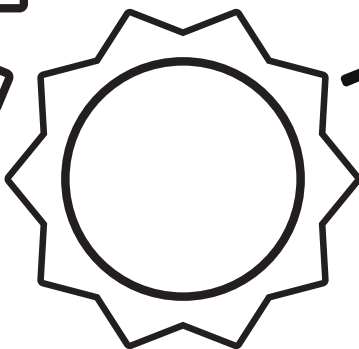
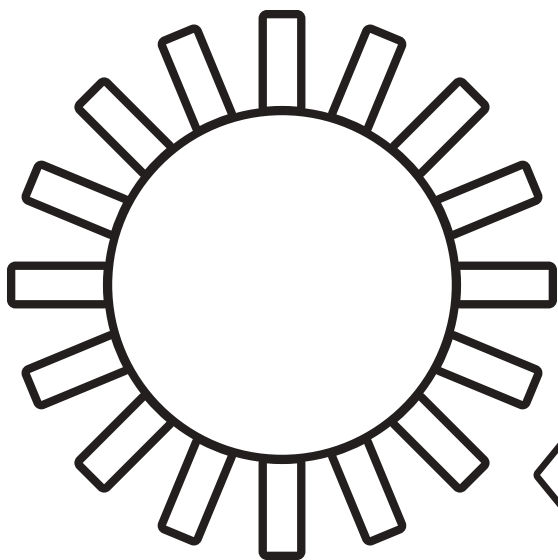
KITCHENTABLECLASSROOM.COM

EVERYONE WORRIES SOMETIMES.  
I CAN DRAW & WRITE ABOUT THINGS THAT MAKE ME  
ANXIOUS.



KITCHENTABLECLASSROOM.COM

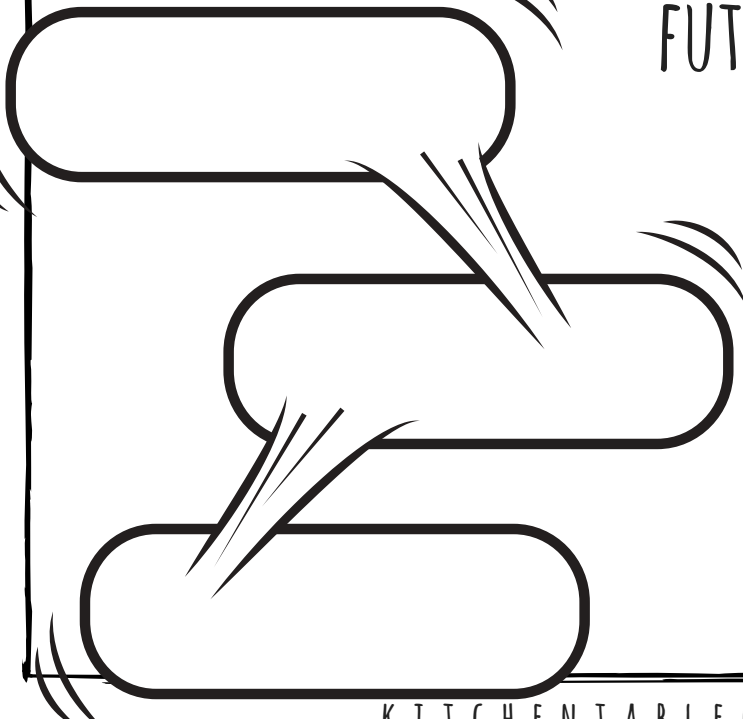
BEING HAPPY FEELS AWESOME.  
I CAN DRAW & WRITE ABOUT THINGS THAT MAKE ME  
FEEL HAPPY!



KITCHENTABLECLASSROOM.COM

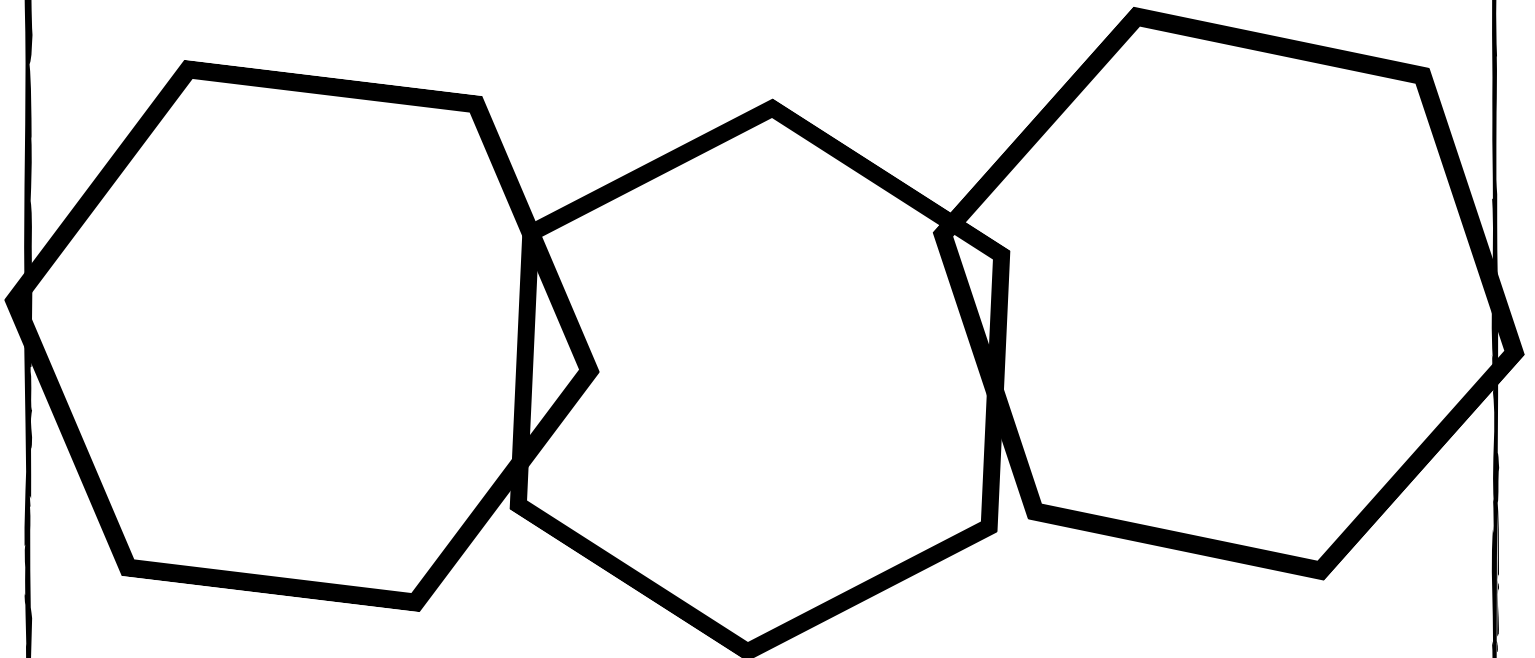
I AM HOPEFUL.

I CAN DRAW & WRITE ABOUT THINGS I WISH FOR MY FUTURE.



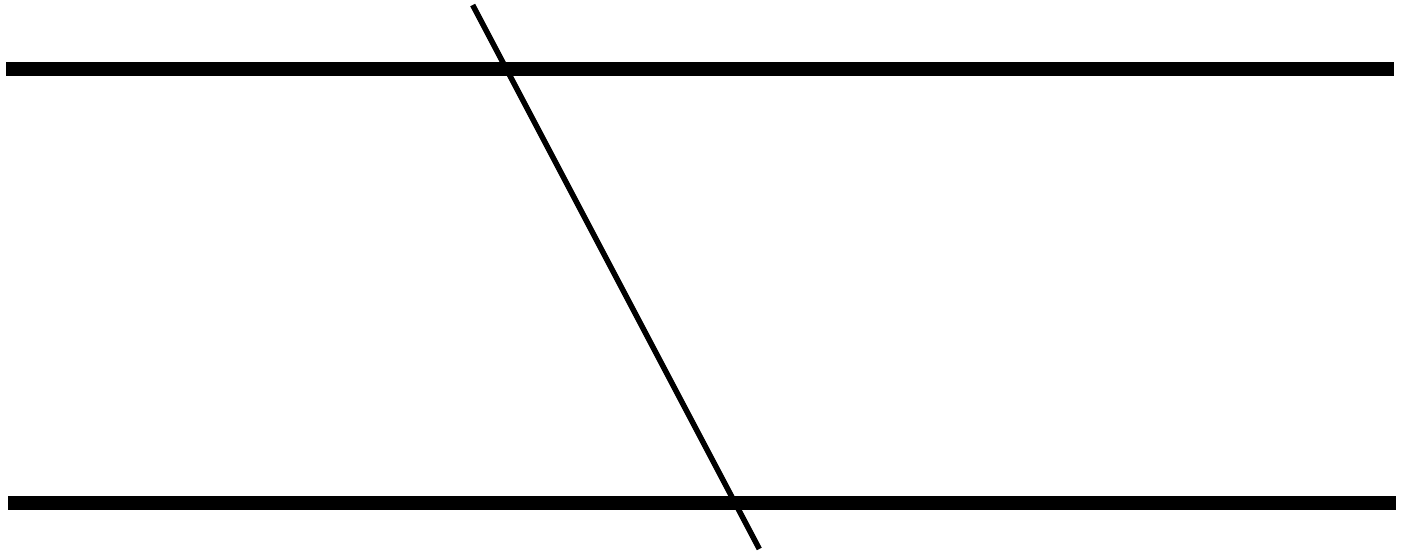
KITCHENTABLECLASSROOM.COM

BEING SCARED ISN'T A GOOD FEELING.  
DRAWING & WRITING ABOUT SCARY THINGS CAN HELP.



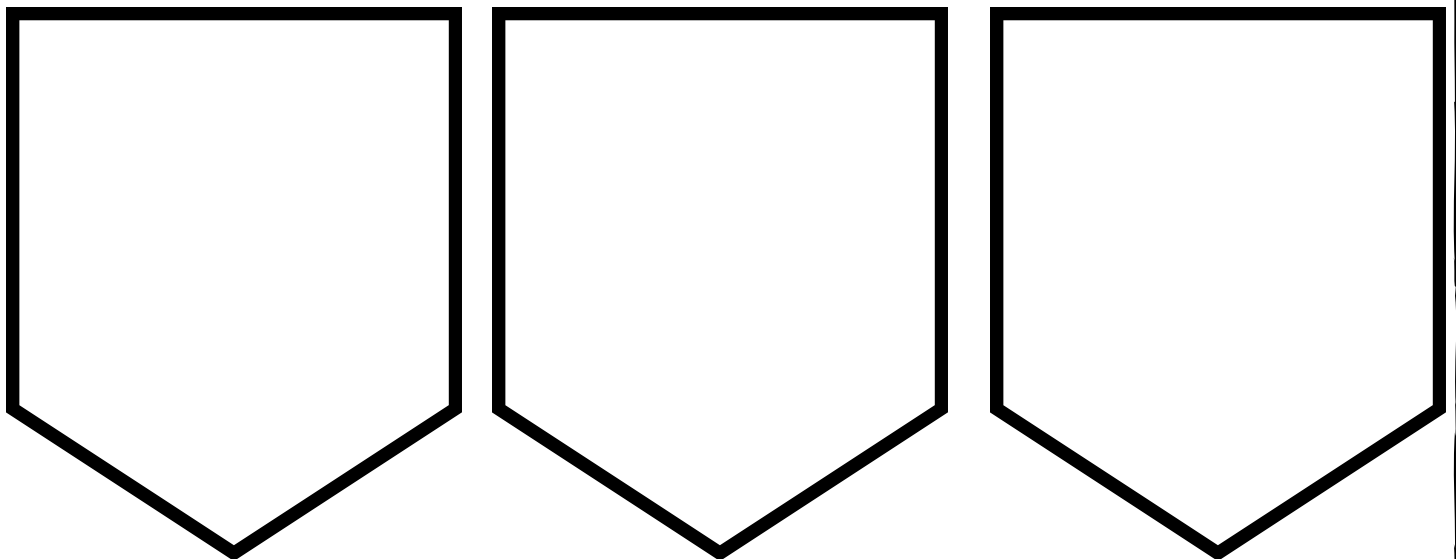
KITCHENTABLECLASSROOM.COM

SOMETIMES I'M BORED.  
I CAN DRAW & WRITE ABOUT THINGS THAT FILL  
MY IMAGINATION.

Two thick horizontal lines are drawn across the page. A diagonal line starts from the top line and points downwards towards the space between the two lines, indicating where to draw and write.

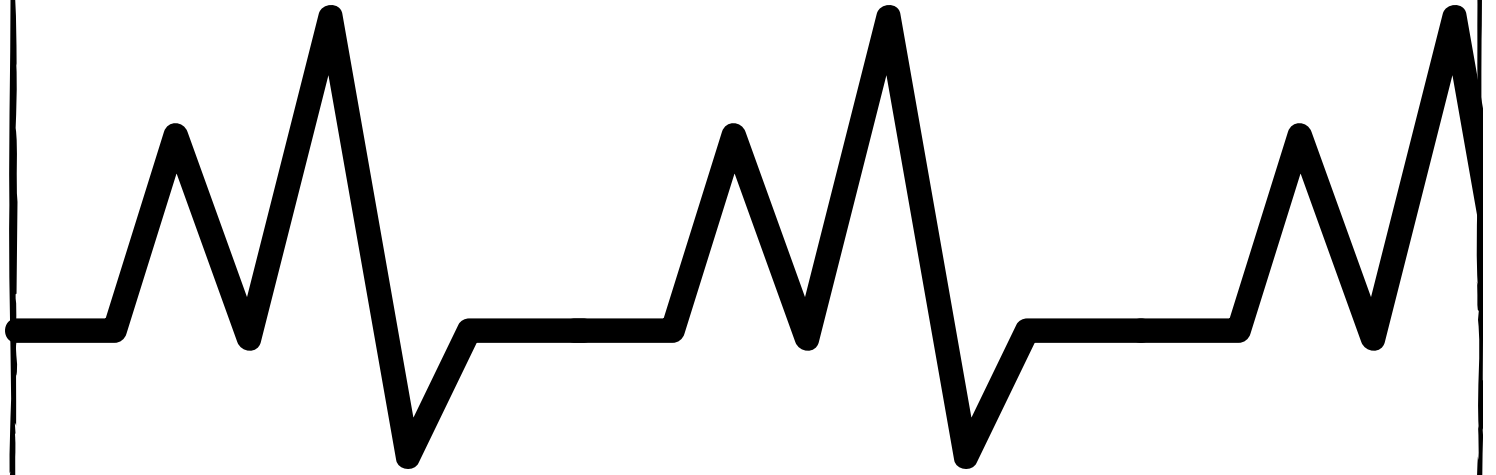
KITCHENTABLECLASSROOM.COM

I AM BRAVE.  
I CAN DRAW AND WRITE ABOUT TIMES I HAVE FELT  
OR ACTED EXTRA BRAVE.

Three identical shield-shaped boxes are arranged horizontally. Each box has a rectangular top and a pointed bottom, resembling a shield or a banner. They are intended for drawing and writing about brave experiences.

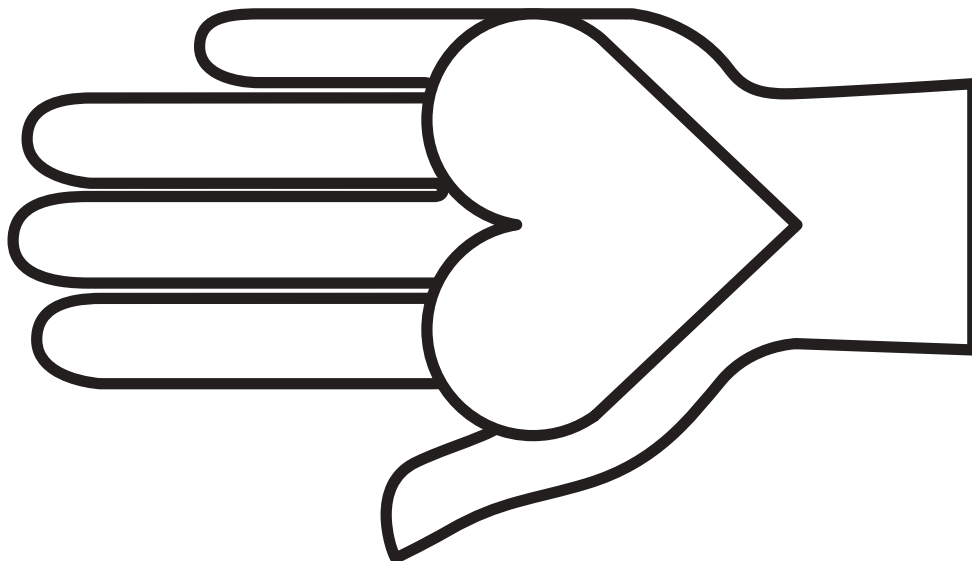
KITCHENTABLECLASSROOM.COM

EVERYBODY GETS ANGRY SOMETIMES.  
DRAWING AND WRITING ABOUT IT CAN HELP.



KITCHENTABLECLASSROOM.COM

I AM A LOVING PERSON.  
DRAWING AND WRITING ABOUT LOVING FEELINGS  
FEELS GOOD.



KITCHENTABLECLASSROOM.COM