to express yourself
(let it out)

express yourself
get your feelings out

Write or draw your feelings on a pebble. Place your pebble back in nature

create a playlist

that says how it is for you - what songs would be on it?

UPSET

Close your eyes

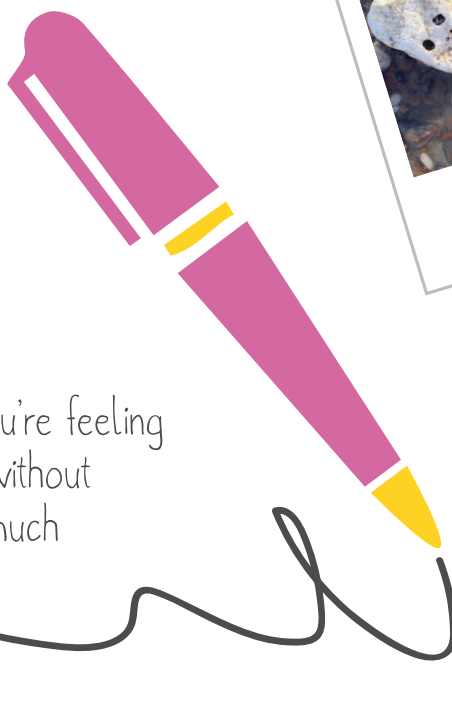Ask for an image to soothe you. Represent that image in some meaningful form.

Find the word that best describes what you're feeling. Draw the shapes of the letters. Colour them in and cut them out. Express your feelings through the colours and the size and the shapes of the letters.

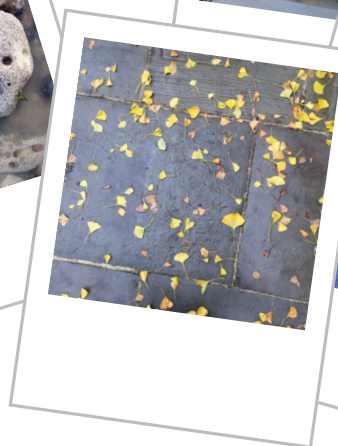express yourself
get your feelings out

MAKE MUSIC

hum, drum, strum,
tinkle, tap,
blow,
vibrate

Write how you're feeling
in free-flow without
thinking too much

flow

Take some photos

that represent how you're feeling

Create a storyboard

Depict what's happened with some alternative endings

EXERCISE

COLLAGE

cat

family

friends

a place
to live

GRATEFUL
FOR

LIFE'S A BITCH

Sew something. Cross-stitch an image, word or saying that says how you feel.

express yourself
get your feelings out

Paint

Search the words
that describe how you're feeling
- print them off -
- cut them out -
make them your own
for this moment.

shit
happens

Pinterest
is great for this!

Making an 'alternative' greetings card to
express what you'd really like to
communicate. (No one is going to read it.)

express yourself
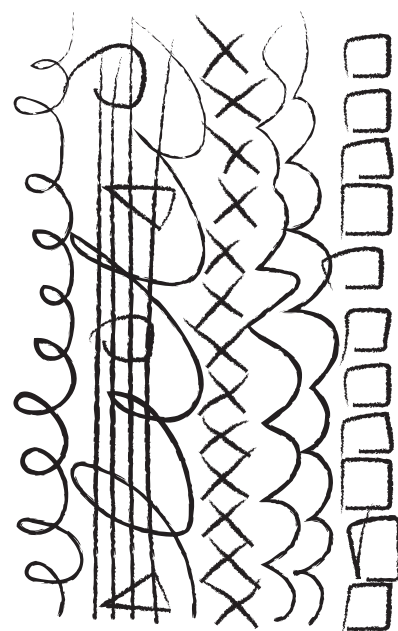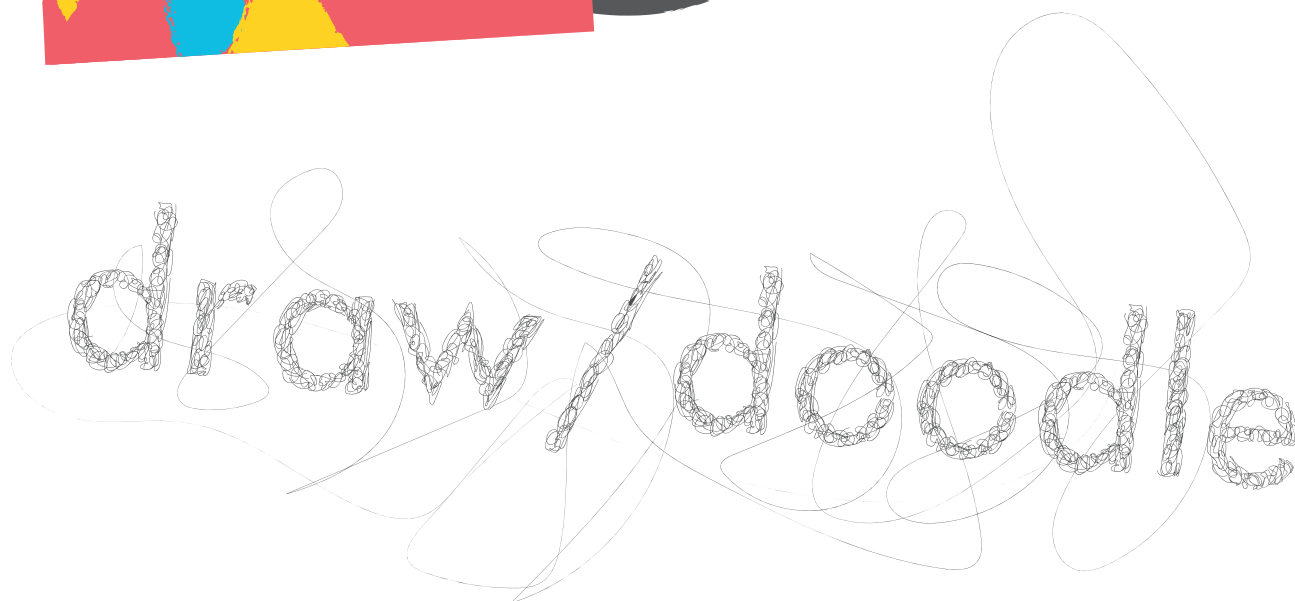get your feelings out

SING

Capture what you're feeling and express it through patterns with lines

DESIGN AN ALBUM COVER
for what you've been though

draw/doodle

express yourself
get your feelings out

Go mathematical - write numbers, equations, feel like a prime number, express discordance in numbers.

DANCE

Write
your story

LOUDER
THAN A LION

Express what you're feeling by making noises from your gut, your heart, your head to relieve and then soothe.

Write a story about what's happened, give yourself another name so you can write more freely, make it fictional, change the ending...