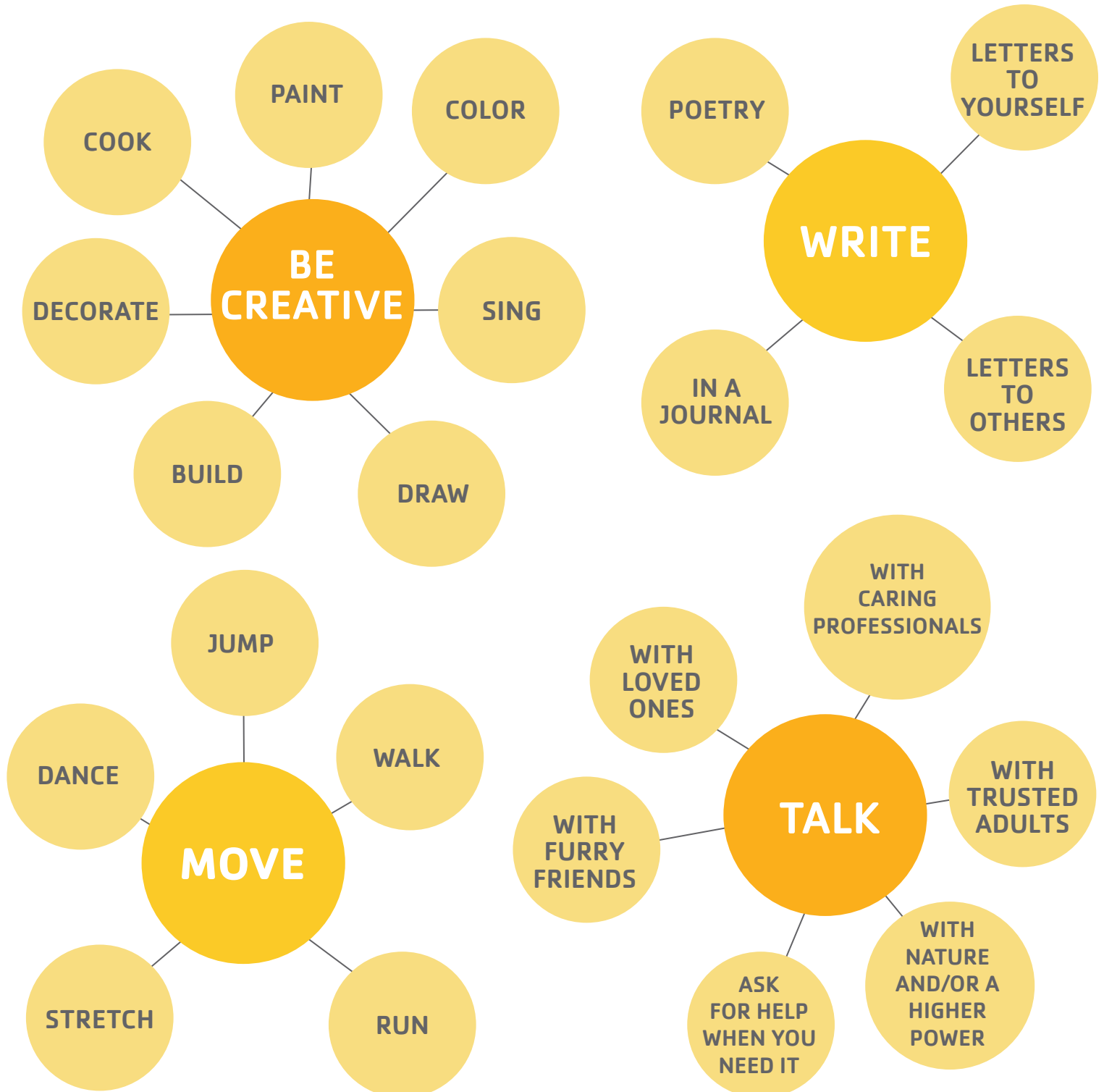# EXPRESS YOURSELF!

Expressing is a way to get our thoughts and emotions out. There are many different ways that we can express ourselves:

BE CREATIVE
- COOK
- PAINT
- COLOR
- DECORATE
- SING
- BUILD
- DRAW

WRITE
- POETRY
- LETTERS TO YOURSELF
- IN A JOURNAL
- LETTERS TO OTHERS

MOVE
- JUMP
- DANCE
- WALK
- STRETCH
- RUN

TALK
- WITH LOVED ONES
- WITH CARING PROFESSIONALS
- WITH FURRY FRIENDS
- WITH TRUSTED ADULTS
- ASK FOR HELP WHEN YOU NEED IT
- WITH NATURE AND/OR A HIGHER POWER

To guide how we express ourselves to others, it can be helpful to use assertive communication and I-messages.

Look familiar?
This is a **Green Light Skill: Setting Healthy Boundaries**

ASSERTIVE COMMUNICATION:

Assertive communication is valuing your needs and other people's needs equally.

YOUR NEEDS ———————— OTHER PEOPLE'S NEEDS

I-MESSAGES:

I-messages can help you be assertive and express your needs. To use an I-message, fill in the bolded parts of these sentences with your feelings:

I feel (**use an emotion word**), when you (**point out specific behavior**) because (**why you feel that emotion**). I would like (**what you would like instead of that behavior**).

REFLECT:

1. What is your favorite way to express yourself?

2. How does expressing yourself make you feel?

3. What are some ways of expressing yourself that you haven't tried before?

Try out some new ways of expressing yourself! Remember, you do not have to be an expert to try something new and have fun doing it.

Keep a growth mindset while experimenting with this challenge--if you mess up, that's okay! Our intelligence, talents, and potential can be developed through seeing challenges and failure as essential ingredients to help us grow and learn.

Look familiar? These are skills we can use to **Reflect and Process!**

YOU CAN TRY:

BE CREATIVE: paint, color, sing, draw, build, decorate, cook

WRITE: poetry, letters to yourself & others, journaling

MOVE: dance, walk, run, yoga, stretch, jump

TALK: with loved ones, with trusted adults, with caring professionals, with furry friends, with nature and/or a higher power, and by asking for help when you need it

In the chart below, list a specific way that you plan on expressing yourself this week (one way for each category). After you try out a method, reflect on how it went and what you noticed.

YOUR METHOD:	HOW DID IT GO?	WHAT DID YOU NOTICE?
BE CREATIVE: _____		
WRITE: _____		
MOVE: _____		
TALK: _____		

SHARE WITH SOMEONE YOU TRUST AND WHAT YOU NOTICED!

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