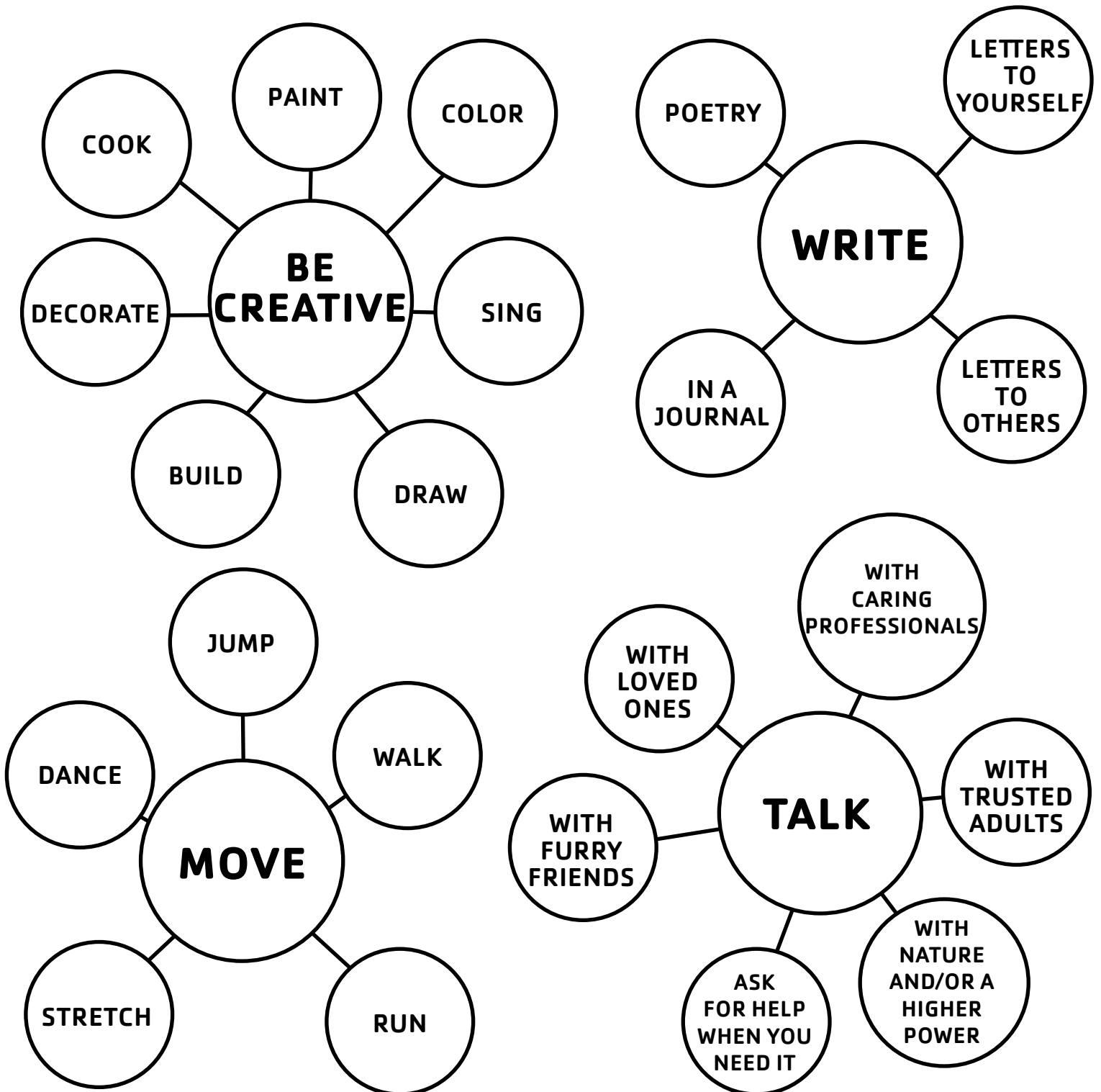


EXPRESS YOURSELF!

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



REVIEW:

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.



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?

CHALLENGE:

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.

YOU CAN TRY:

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

WRITE: poetry, letters to yourself & others, journaling

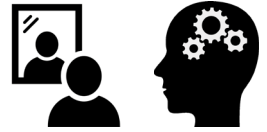
MOVE: dance, walk, run, yoga, stretch, jump

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!



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