

## DRAW YOUR FEELINGS

On a blank sheet of paper draw how you are feeling right now. The drawing doesn't need to be of anything. Use any shapes, lines, colours or squiggles you feel expresses your emotions.



What colours and shapes show how you feel?

EMOTICONS FOR A SMILEY WORLD

## ACT IT OUT

Do a mime to show what your day has been like so far. Show the emotions you felt at each moment. Exaggerate your emotions to make them clear to anyone who watches your mime.



Get your friends and family to do their own mime for you!

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## MAKE A SMILEY PLAYLIST

Make a list of songs that make you smile or lift your mood. Add the songs to a happy playlist. Share this playlist with your friends and family and see if they have other suggestions to add to your list.



What's your top happy song?

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## DESIGN YOUR OWN SMILEY

Draw a Smiley to show how you feel. Think about what mouth and eyes you should have and whether you want any accessories.



What would you call your Smiley?

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Activities to express  
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## BANG YOUR OWN DRUM

Collect some pots, pans or old, empty containers. Use some old metal or wooden spoons to hit them and design your own drum solo.

Play your drum solo for your family or friends or record it to show them.



Which is your favourite sound?

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## SING AND SHOUT

Making music and sounds is a good way to show how we feel without having to find the right words. Can you make up a song to sing - or shout - to let it all out?



Can you make up a song to perform?

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## BE YOUR OWN SUPERHERO

Everybody is afraid of something. Really, everybody! Think about something you're afraid of and write a story where you are a superhero who overcomes your fear using a superpower. Next time you're afraid or have to face your fear, remember how it felt to conquer your fears in the story.



Share your story with your family

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## REWRITE HISTORY

Think of an event that upset you or embarrassed you. Imagine that you could go back in time and do the event differently. What would you change? How would it go if the event was the best time you ever had? Write or tell the story of the event but change it to give it a new ending.



What story from your life do you want to change?

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## FAIRYTALE BEGINNING

Think of one of your favourite fairy tales that you know well, like Cinderella or Aladdin. Imagine the end of the story is the start of a new story. You have been asked to write the next story, the sequel. How does it go?



What does happily ever after look like?

## MAGICAL OBJECT

Imagine something in your home or something you own has magical powers. What does it do? How do you use it? Create a story where you use your magical object to do a good thing.



What makes something magical?

## PORTRAIT OF PAIN

Draw how your body feels when you are sad or in pain. Where does it hurt? What colour is the pain? Then draw a picture of you getting rid of the pain.



What colour is your pain today?

## DRAW ON YOUR LOVE

Think of someone you like. Try to show how you feel about them in a drawing. What kind of marks will you make on the paper? What colours? How will you draw them? You don't have to make the picture look like them, but show how you feel about them.



Who deserves a gift of your love today?

## RHYME TIME

Come up with as many rhyming words as you can for:

KING DOG CAT  
BAG FLAG

Can you make a rhyming poem that tells a story from some of the words you've written down? You don't have to use all your words or any of these words.



Can you talk in rhyme all the time?

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## RAP ATTACK

Make up a rap song about your typical day or a particular event in your life and remember to explain how specific things make you feel. Try to make each line the same number of counts and rhyme every pair of lines. It doesn't matter if some lines don't rhyme but aim for an A/A/B/B pattern.



Can you send kind, positive vibes with your words?

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## PERFECT PLANET

Imagine you're creating your perfect planet. What does it look like? What other life is there? How does it function? Who controls it? Can you create characters and set a story there to create a play, film or cartoon of it?

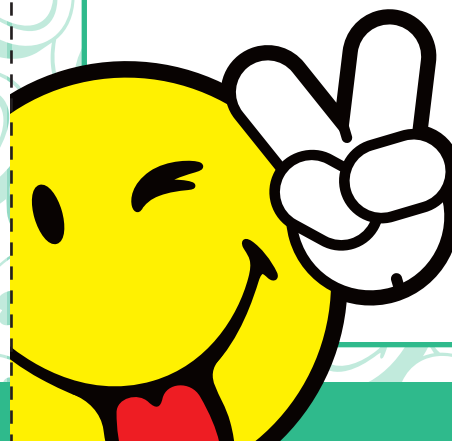


Can you create your perfect paradise?

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## CARTOON BOOM

A comic strip is a series of pictures that tell a story. Anything can happen in a cartoon. It can be as fantastical as you want. Draw about a recent event in your life that didn't end well but give it a different happy ending in your cartoon.



Can you show your emotions in the style of your pictures?

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