Choose a colour and scribble or doodle any forms or designs on the page. Don’t worry about making a pretty picture or anything recognizable. This isn’t an art assignment. It’s more like the kind of doodling people do when talking on the phone.
Write down any thoughts or feelings that float to the surface of your mind. Write quickly without pausing to think, evaluate or criticise. You don’t even have to form sentences. Don’t worry about about grammar, spelling or punctuation. Just let the words flow onto the paper.
Be very quiet and “listen” to yourself. What emotion are you feeling right now? How do you feel physically?

Now draw a picture of how you feel right now. Doodle, scribble, or draw shapes, colours, pictures or abstract designs. When you have finished your drawing, write about the feelings in your drawings.
WAYS TO HELP MYSELF FEEL BETTER:

• Talk to your best friend.

• Draw or write in a journal.

• Take a walk or a ride in nature.

• Play your favourite sport.

• Listen to music you like or play an instrument.

• Talk to an adult you trust and like.
To be generous is to be kind.
To be kind is to be courteous.
To be courteous is to be consistent.
To be consistent is to be respectful.
To be respectful is to be loving.
To be loving is to be noble.
To be noble is to be responsible.
To be responsible is to have will power.
Are you any of the above, if so what ones and why?
“I am young and possess many buried qualities; I am young and strong and am living a great adventure...Everyday I feel that I am developing inward...”

Anne Frank, Diary of a young Girl

We have different parts to our personalities. We all have qualities or abilities such as creativity, courage, intelligence, a sense of humour, friendliness, talent, etc. think about your qualities and make a list of them.

_________________________  ______________________
_________________________  ______________________
_________________________  ______________________

Draw a jigsaw puzzle with one of your qualities written onto the puzzle piece. You may also want to draw designs or use colours that express each quality.
My Body/ Myself

Draw an outline of your body. If there are any parts of your body that hurt or are a “problem” colour those areas on your body chart. Use colours that express how you feel in those parts of your body.
Pretend that each area of your body can talk. Interview each body part you coloured in on your chart. Ask the following questions and write down the answers:

1. Who are you? (what body part)

2. How do you feel?

3. Why do you feel this way?

4. What can I do to help?
When we’re growing up we all get negative criticism or ridicule from others at one time or another. It makes us feel “put down” and less than our true selves. It’s easy to believe those put downs, remember them, and carry them around in our heads. It’s like a tape over and over and then it becomes the voice of our inner critic. The inner critic quietly nags at us and eats away at our self esteem.

This exercise helps you to identify the Inner Critic so that you can choose whether to let it nag you or not. We feel hurt and angry when we are put down but may not be able to express it. Here’s a chance to let those feelings out.

On the left side of the page, write down the critical things you think or say about yourself. Write it as if someone were saying it to you, such as, “You’ll never be popular with other kids. Who would want you as a friend?” this is your inner critic speaking. Remember to leave the right side blank.
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<th>PUT DOWNS</th>
<th>ANSWER BACKS</th>
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Now read all the put downs you have written. Now let yourself feel your reaction. It’s ok to let yourself get angry. Then, on the right side of the page you get to “answer back” to each of those criticisms. Don’t worry about your writing, spelling, or grammar. Just let your feelings out.
Draw a picture of your room or space at home. Describe the room (or part of the room) that is yours.
In the Pro column, write a list of reasons a person should attend school. In the Con column, write another list describing why a student shouldn’t attend your school.

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<th>PRO’s</th>
<th>CON’s</th>
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Examples of three wishes...

To be beautiful.
To have a family and a job.
To have a house full of love.

If you had three wishes what would they be?

1.

2.

3.
What happens after you get your wishes? How does it change your life? Be specific. Are you glad you made the wish you did? If not why? Write about it.
The poet Langston Hughes once wrote:

“Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly”

What are *your* dreams? What are all the things you dream of doing, being, or experiencing in your lifetime?

Write down your dreams. Be specific and describe each one as fully as possible.
Draw pictures about some of the dreams you wrote about.