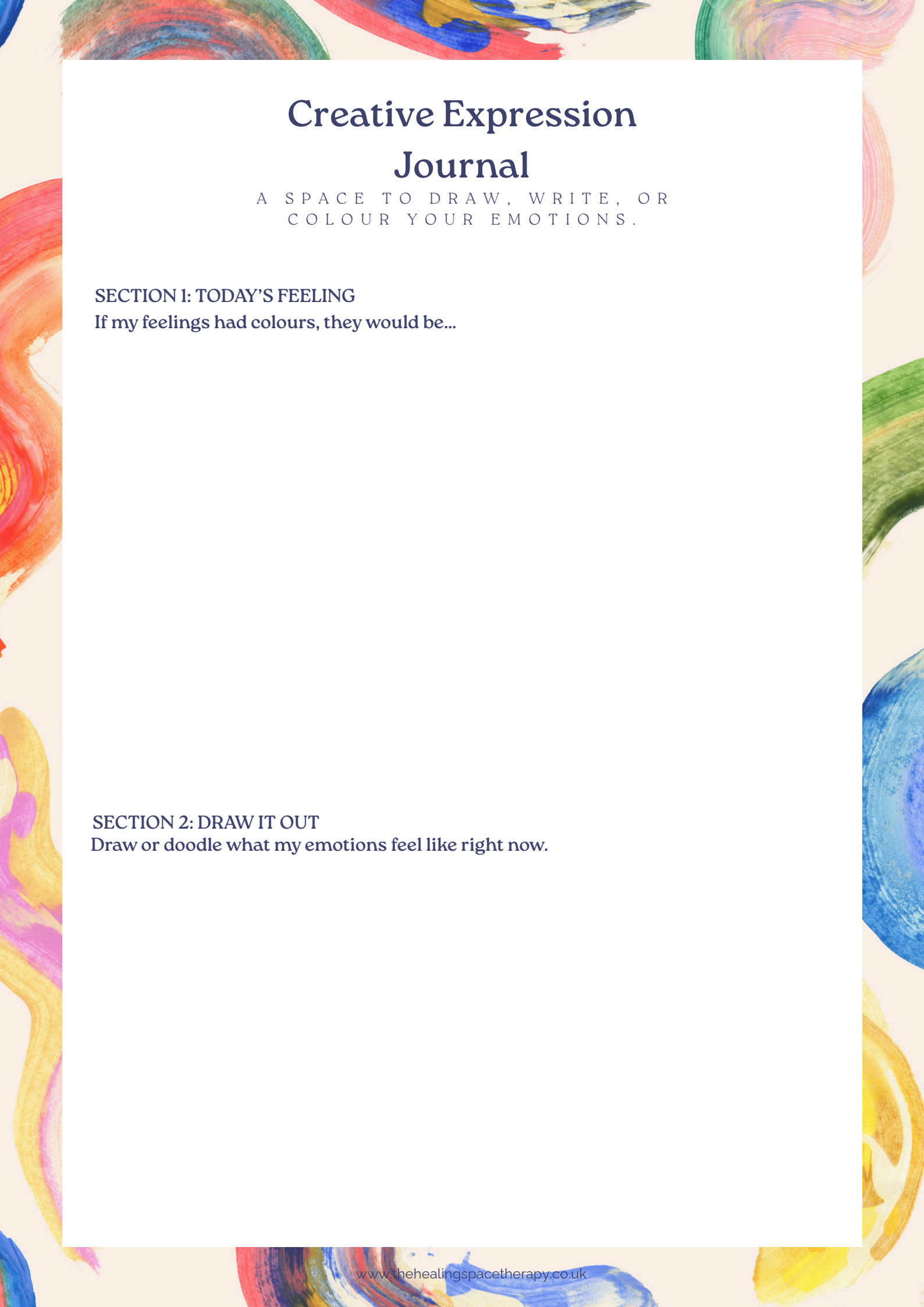




Creative Expression Journal

A SPACE TO DRAW, WRITE, OR
COLOUR YOUR EMOTIONS.

SECTION 1: TODAY'S FEELING

If my feelings had colours, they would be...

SECTION 2: DRAW IT OUT

Draw or doodle what my emotions feel like right now.

If my picture could speak, it would say...

If my picture could speak, it would say...