

Express Yourself Thought Prompts

People express themselves in many different ways. We can express our personalities, and individuality through art, creative projects, dressing up, role play, writing, speaking to others, sport and prayer. Share your thoughts using the prompts below.

I would describe myself as...

I like to express myself through...

When I do this, it makes me feel...

I believe I am special because...

I can express my feelings and thoughts by talking to...