

# Express Yourself Thought Prompts

People express themselves in many different ways. We can express our personalities and individuality through art, drama, dance, role play, sport and music. Jot down your thoughts below.

**I would describe myself as...**



**I like to express myself through...**



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



**Other ways I could express who I am include...**



**I am proud to be me because...**

