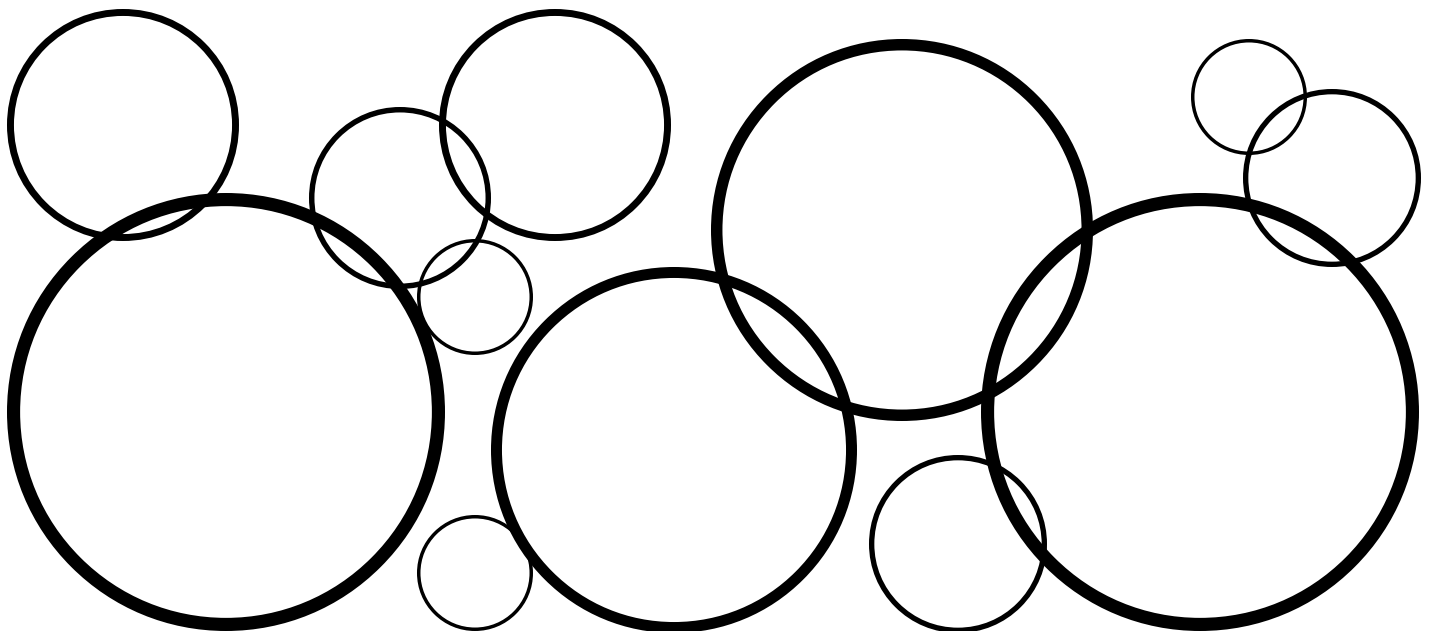


EXPRESSIONS OF MYSELF

USING ART & WRITING FOR SELF EXPRESSION

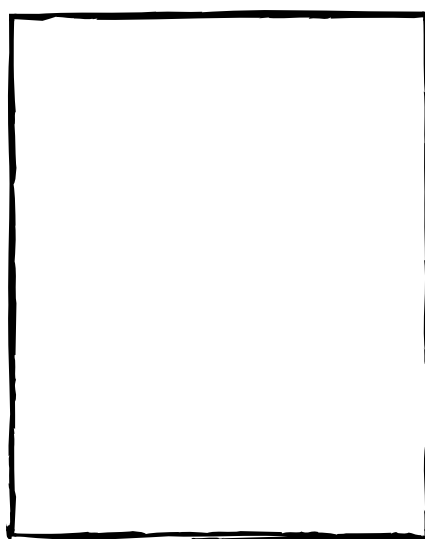
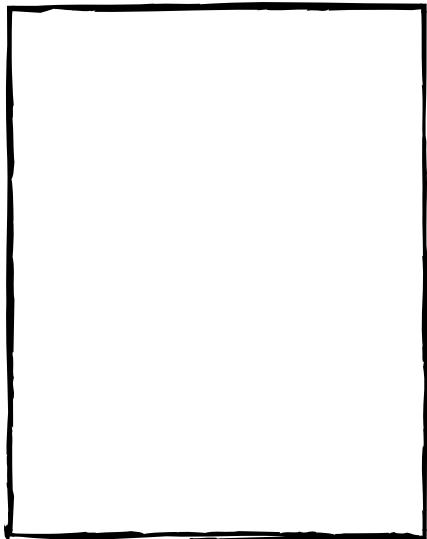
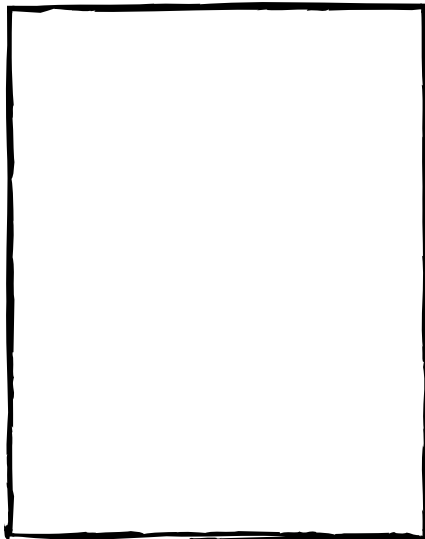
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I AM GOOD AT LOT OF THINGS!
I CAN DRAW & WRITE POSITIVE THINGS ABOUT MYSELF.



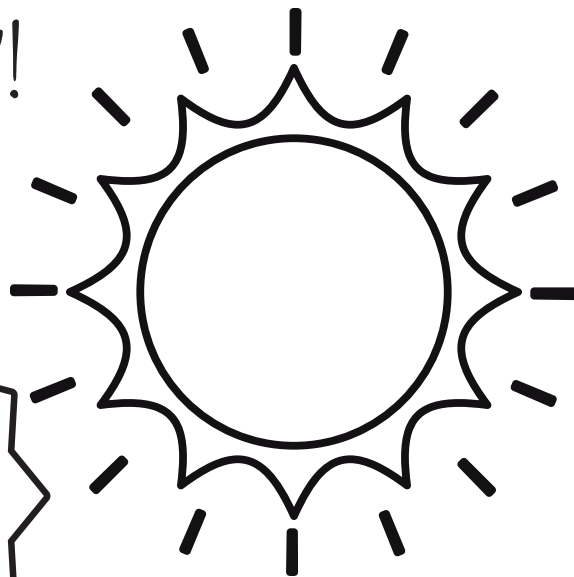
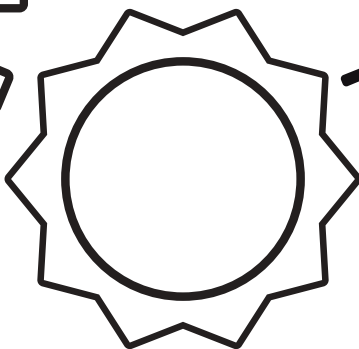
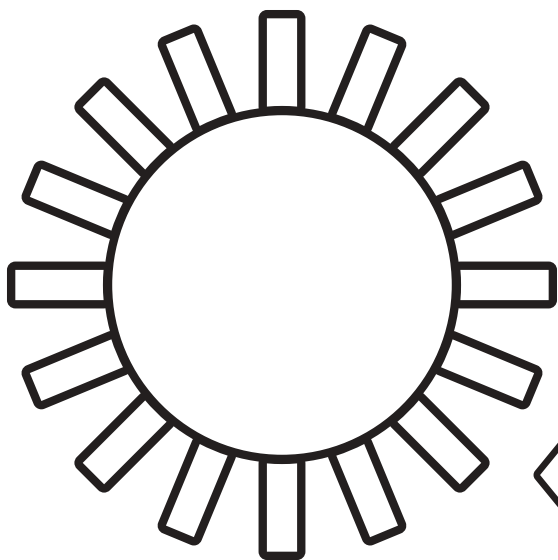
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EVERYONE WORRIES SOMETIMES.
I CAN DRAW & WRITE ABOUT THINGS THAT MAKE ME
ANXIOUS.



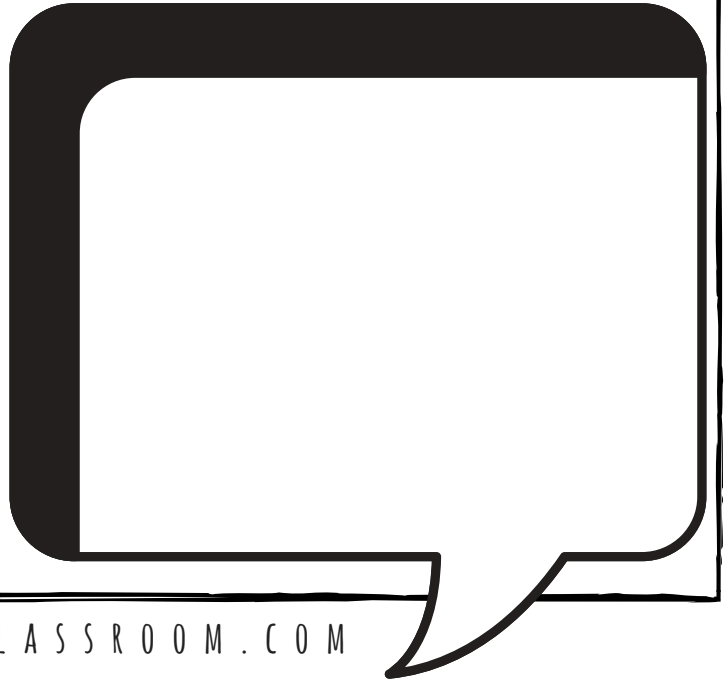
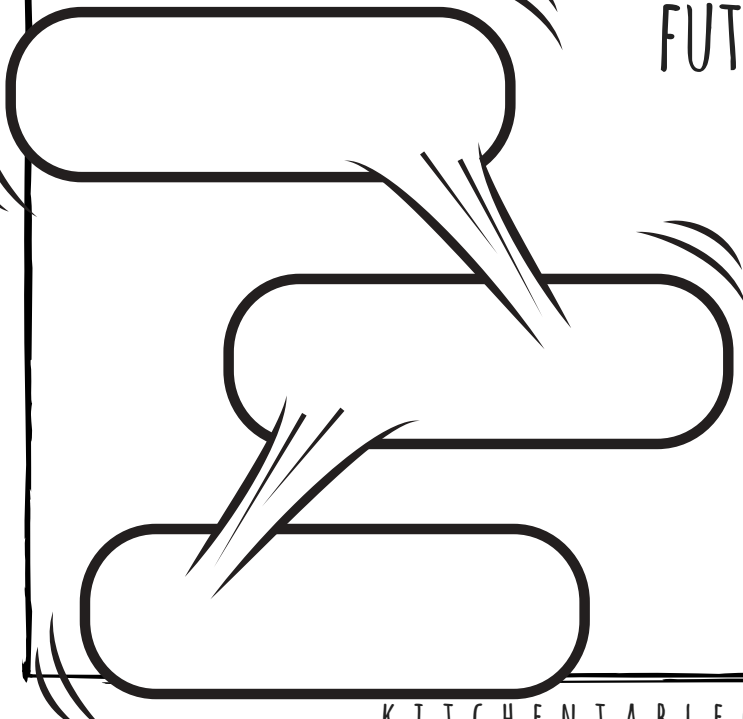
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BEING HAPPY FEELS AWESOME.
I CAN DRAW & WRITE ABOUT THINGS THAT MAKE ME
FEEL HAPPY!



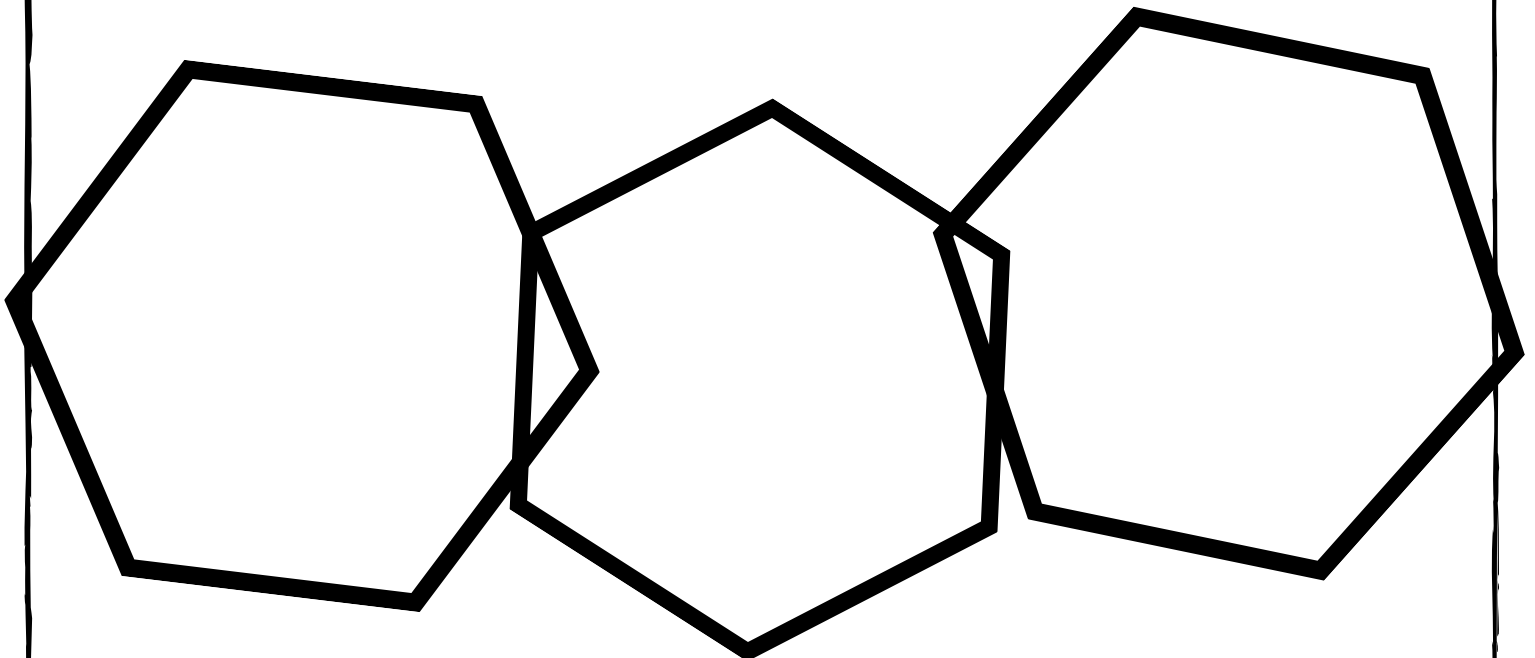
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I AM HOPEFUL.
I CAN DRAW & WRITE ABOUT THINGS I WISH FOR MY
FUTURE.



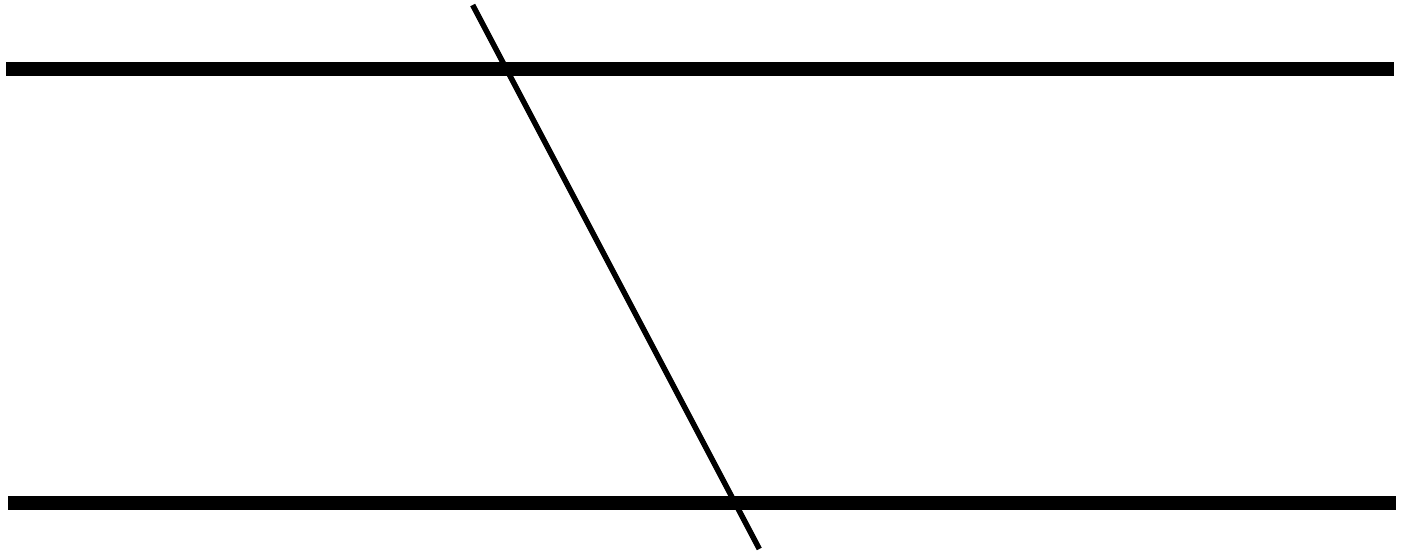
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BEING SCARED ISN'T A GOOD FEELING.
DRAWING & WRITING ABOUT SCARY THINGS CAN HELP.



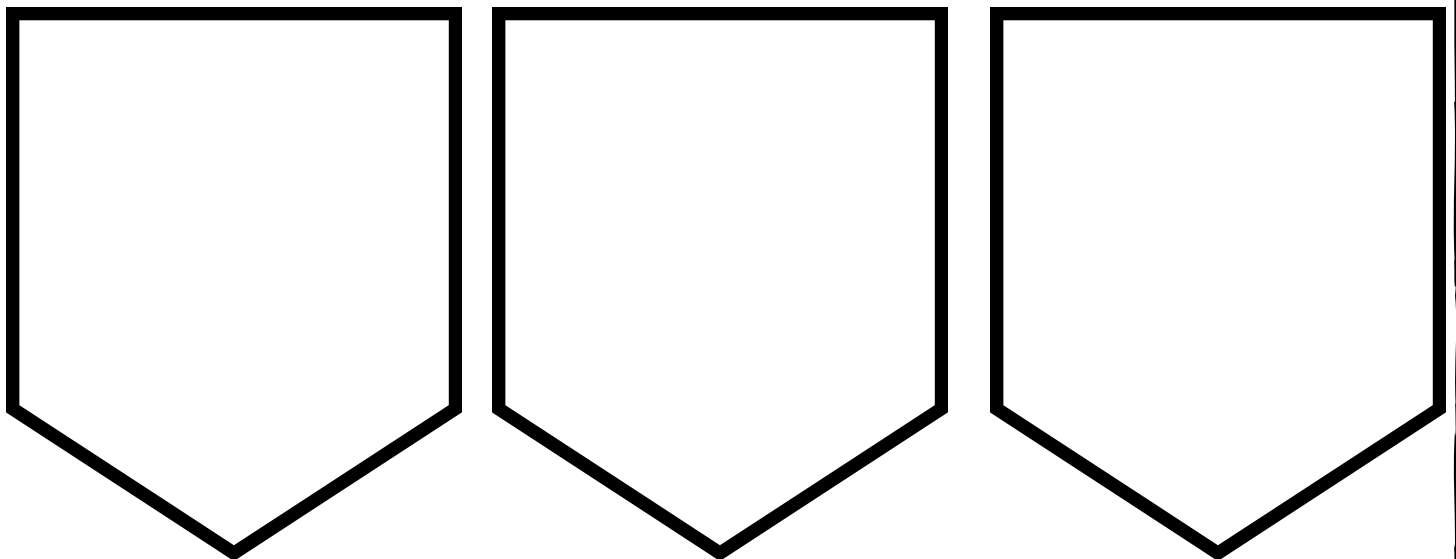
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SOMETIMES I'M BORED.
I CAN DRAW & WRITE ABOUT THINGS THAT FILL
MY IMAGINATION.

Two thick horizontal lines are drawn across the page. A thin diagonal line starts from the top line and points downwards towards the space between the two lines, indicating where to draw or write.

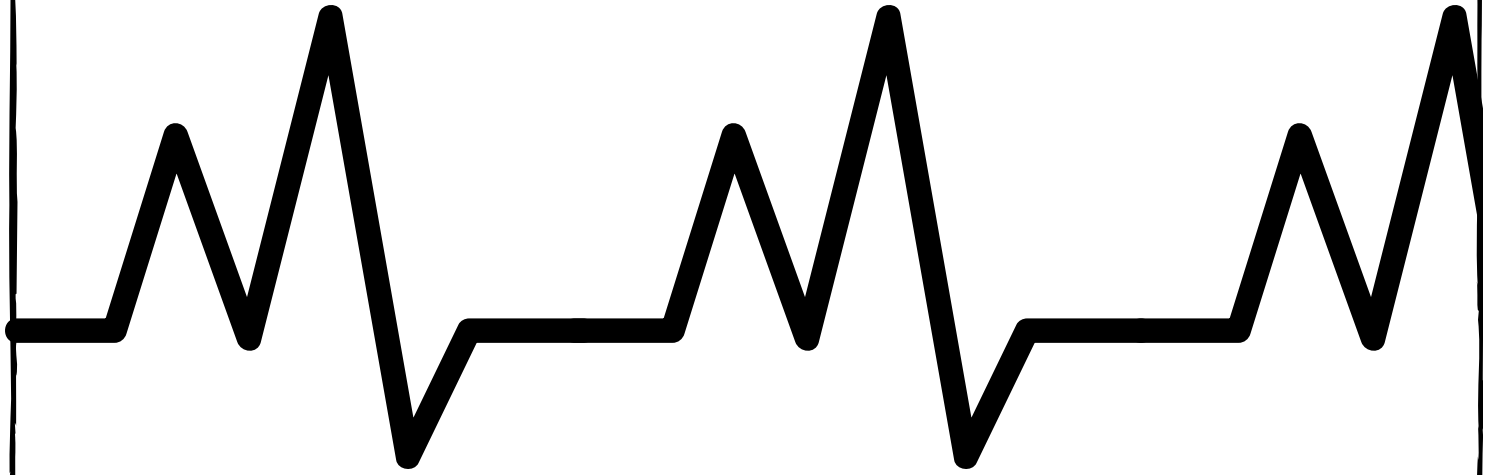
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I AM BRAVE.
I CAN DRAW AND WRITE ABOUT TIMES I HAVE FELT
OR ACTED EXTRA BRAVE.

Three identical shield-shaped boxes are arranged horizontally. Each box has a rectangular top and a pointed bottom, resembling a shield or a banner. They are intended for drawing and writing about brave experiences.

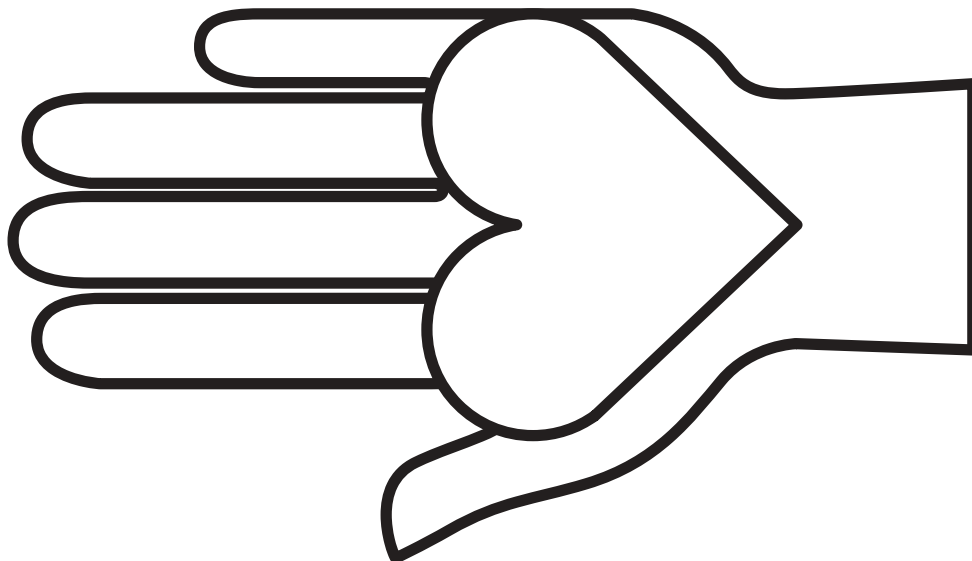
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EVERYBODY GETS ANGRY SOMETIMES.
DRAWING AND WRITING ABOUT IT CAN HELP.



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I AM A LOVING PERSON.
DRAWING AND WRITING ABOUT LOVING FEELINGS
FEELS GOOD.



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