

Katherine Elementary
HEALTHY LIVING WEEK
September 19-23, 2022



Express Yourself To Be Your Best Self!

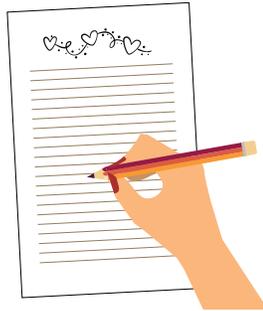
Expressing yourself can help you keep in touch with how you are feeling. It can also help you release a lot of unhappy feelings or stress that you might be carrying around. It can help you feel better about yourself and feel happier. Do you have a favorite way to express yourself? You might find that you enjoy expressing yourself in a particular way, like painting, singing, drumming, or even yelling into a pillow. If you don't know which way works best for you, try some of the following suggestions! Whatever it is you decide to do, it should come naturally and be a source of fun for you. If you find yourself becoming frustrated with one these techniques, move on to another and see how that feels for you!



WRITE ABOUT HOW YOU FEEL

Writing can be a useful way to explore your feelings! There are many ways to express yourself in writing.

- Keep a journal or diary
- Write stories (made up or about real life)
- Write poetry
- Use journaling prompts



Getting the thoughts out of your mind and onto paper can be incredibly relieving. It allows us to slow down our thinking process and release whatever thoughts are in our head. Writing is great because you can share it with others or keep it private!

CREATE SOMETHING

Even if you don't think of yourself as an artist, art is a useful way of expressing yourself. There are so many ways to be creative and it doesn't have to be just painting or drawing. **Remember: you don't have to be "good" at something to enjoy it or benefit from doing it!**

Some forms of art you could try:

- Jewelry making
- Wood carving or woodworking
- Building small projects from Legos or clay
- Crocheting, knitting, or sewing
- Photography
- Painting
- Drawing or sketching
- Coloring in a coloring book

Not only is art good for expressing yourself, it can also be used for relaxation! Using color can help us show how we feel. Focusing on using tools or objects carefully can help us recenter our brain and be calm.





USE MUSIC TO EXPRESS YOURSELF

Singing along to your favorite songs, creating music of your own, or playing a musical instrument is another way of expressing yourself. Try singing in the shower or in the car. If you play an instrument or sing regularly, you might want to start writing your own songs or music to express how you feel. It may also be fun to sing or play music with your friends.

Just listening to music can also help you work through feelings!

DANCE IT OUT

Dance is definitely a form of self-expression, and you don't have to be a ballerina to do it! Put on some music at home and dance as much as you like in whatever way you like. If you're embarrassed about how you look, don't worry. Maybe just try dancing alone in your room with your door closed to get started.

USE YOUR VOICE

One of the simplest ways of expressing ourselves is through talking. Learning how to express your thoughts and feelings in an appropriate way with another person is an important life skill.

Need someone to talk to? Ask a friend, or other person you trust, if they have a moment to listen to you about something that's been on your mind. This gives them the option to consent to the conversation, in case they're not in a good head space themselves. If one person isn't available, try another. You deserve to be heard!

If you don't feel comfortable sharing your thoughts with friends or family members, remember there are other trusted adults like teachers, campus supervisors, and school counselors who can listen to you, especially if you're in a situation where your feelings are really strong and need to be shared!

COLOR A CROC FOR FUN!

Sometimes you just need to zone out to let your brain relax! Try coloring Crocky to see how it makes you feel. Staying in the lines is not necessary! Be as messy or as neat as you feel like being! Don't like to color? No worries, try one of the other things mentioned in this flyer!



For more information and resources supporting mental health, please visit:
<https://www.simivalleyusd.org/mentalhealth>