

Expression Activities

Journaling



Create a daily routine



Create a bullet journal:

- One line a day
- Integrate images
- Calming tips
- Things that bring happiness
- Track mood
- Take a daily fun photo and describe what is happening



Video journal:

- Film 1 second daily
- Interview, talk about plans, mood...

Art



Create a Zine

(pronounced zeen):

- A mixture of collage, art, and words
- Visit [Zine Making 101](#) for ideas and tips
- Share what you know about your favorite topics
- Create a 'How to'



Create a graphic novel or comic strip:

- What do you miss?
- What are you worried about?
- What are your hopes?