

EXPRESSION ACTIVITIES

Journaling



Create a daily routine



Create a bullet journal:

- Write one line a day
- Add images
- List calming tips
- Track your mood
- Take a daily photo and describe what is happening



Video journal:

- Film 1 second daily
- Interview, talk about your mood, experiences...

Art



Draw

- Scribble stress away
- Draw with your eyes closed
- Think of a flower you would love to see and draw what you imagine
- Draw yourself as a superhero



Create a graphic novel or comic strip:

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