

5 DAY ELSA SUPPORT 'EXPRESS YOURSELF' challenge

Drawing or writing task -

Draw a picture of you and show how you are feeling right now

Talking or doing task -

Tell someone how you are feeling today

Day 1

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Choose either the 'drawing or writing task' or the 'talking or doing task' and send me a photo of your task. If you choose the 'talking or doing task' write to me explaining who you talked to.

Any questions, please ask 😊

See the template on the next page for the 'drawing or writing task'.



This is a picture of
me!

Day 1

These are my feelings
right now

1.

2.

3.

4.

5.