

5 DAY ELSA SUPPORT

'EXPRESS YOURSELF' challenge

Drawing or writing task -

Listen to some music and paint or draw how it makes you feel

Talking or doing task -

Create a dance routine to go with the music you listened to

Day 2

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 what you did. Any questions, please ask 😊

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

My musical drawing

Day 2

How did it make me feel?

