

**HOPE**  
is all you need

# Express yourself

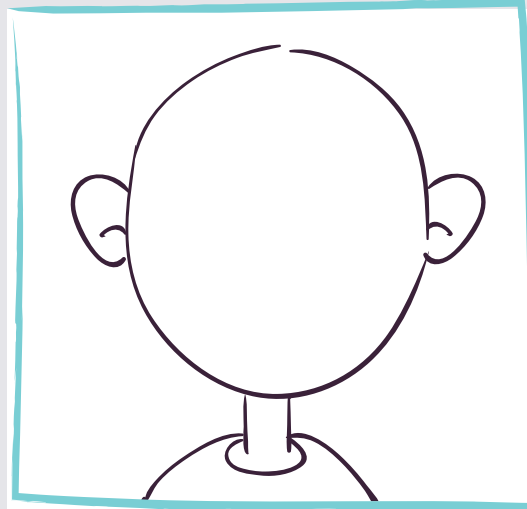
**I am me because...**

I am important  
because...

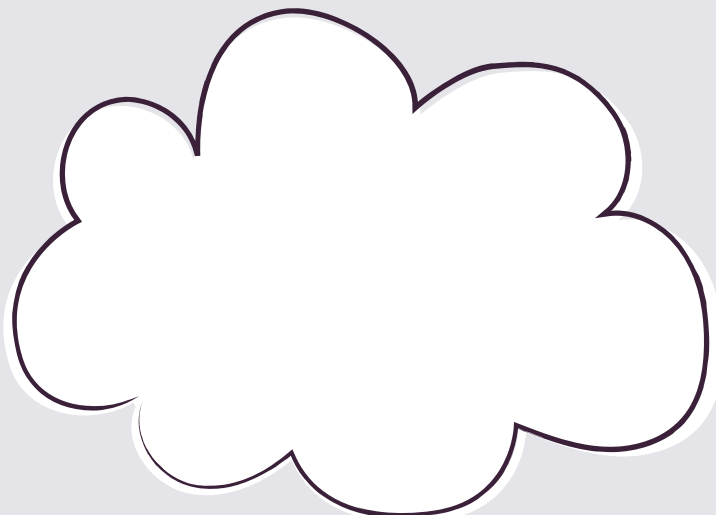
The thing that makes  
me the happiest is...

I get sad  
because...

My friends love me  
because...

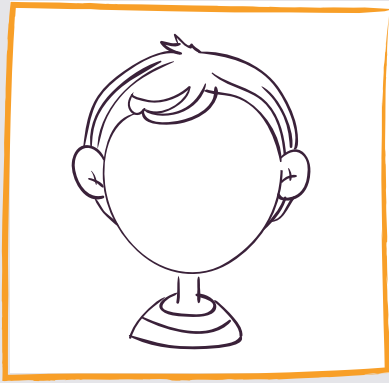


**If my feelings were a colour,  
they would be.....**

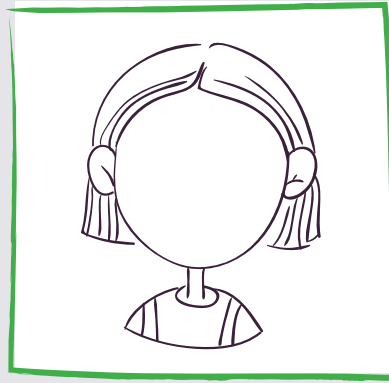




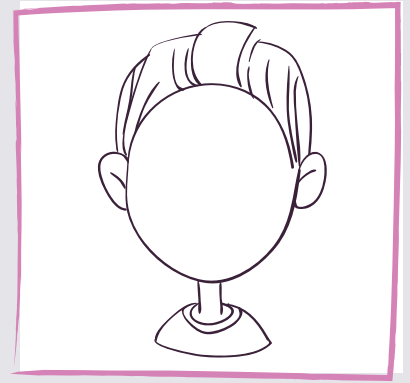
## How we feel.....



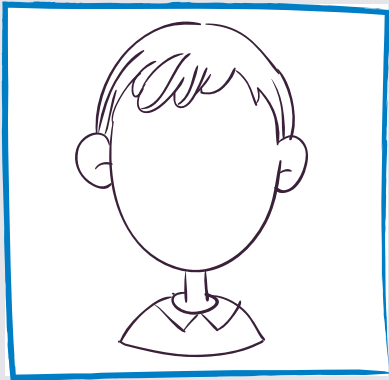
He feels \_\_\_\_\_



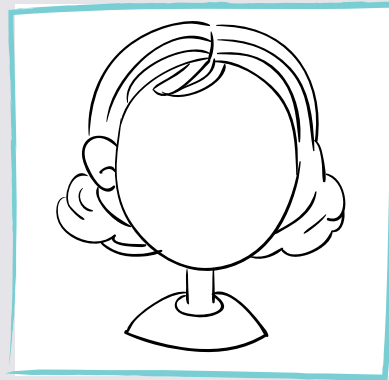
She feels \_\_\_\_\_



He feels \_\_\_\_\_



He feels \_\_\_\_\_



She feels \_\_\_\_\_



He feels \_\_\_\_\_

## If colour was a feeling.....



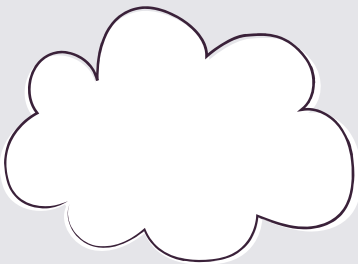
\_\_\_\_\_ is the colour happy



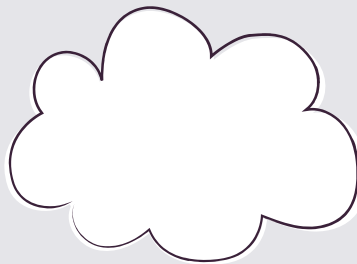
\_\_\_\_\_ is the colour sad



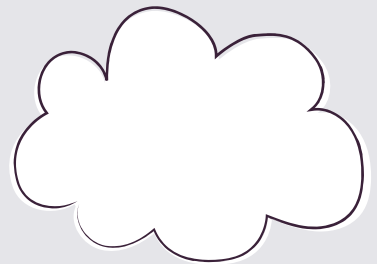
\_\_\_\_\_ is the colour excited



\_\_\_\_\_ is the colour angry



\_\_\_\_\_ is the colour scared



\_\_\_\_\_ is the colour funny

