

ELSA Support February

EXPRESS YOURSELF CALENDAR

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| <p>1</p> <p>What makes you feel happy? Draw anything at all that expresses your happiness.</p> | <p>2</p> <p>Create a collage of calm by cutting out pictures that are calming for you. Stick them to a piece of card and hang up in your room</p> | <p>3</p> <p>Draw a large heart on a piece of paper and fill it with colour to represent how you are feeling right now</p> | <p>4</p> <p>If you could choose an animal to turn into for one day. Which animal would you choose and why. Draw it</p> | <p>5</p> <p>What is on your mind right now? Draw a huge thinking bubble and fill it with drawings</p> | <p>6</p> <p>Where do you feel the safest? Draw your safe place. It can be anywhere at all where you feel calm and relaxed</p> |
| <p>7</p> <p>Draw a picture with your eyes closed. How does it feel to be free to draw anything from your imagination</p> | <p>8</p> <p>Draw yourself as a superhero. What is your super power? How does it feel being a superhero?</p> | <p>9</p> <p>What scares you? Draw your biggest fear!</p> | <p>10</p> <p>Draw some important memories for you!</p> | <p>11</p> <p>What does your anger look like? Draw your anger</p> | <p>12</p> <p>Draw something you are thankful for today</p> |
| <p>13</p> <p>Draw around one of your hands and then decorate each finger with something you are good at</p> | <p>14</p> <p>Draw a comic strip of a fun time that you have had. Who was there? What did you do?</p> | <p>15</p> <p>Close your eyes and scribble on a piece of paper. Really enjoy feeling the freedom of just scribbling</p> | <p>16</p> <p>Can you draw something just with the letters of your name today?</p> | <p>17</p> <p>Draw a gift you would give to someone very special to you</p> | <p>18</p> <p>What do your worries look like? Are they monsters or something else? Draw your worries today and talk to someone about them</p> |
| <p>19</p> <p>Make some patterns today and then colour them all in to make a beautiful piece of art</p> | <p>20</p> <p>Create some bunting for a celebration. What might you be celebrating today? It can be anything at all!</p> | <p>21</p> <p>Create your own character for the emotion of happiness. What might it look like? Draw it!</p> | <p>22</p> <p>Draw your favourite time of year. Is it your birthday? Christmas? Winter? Summer? You choose!</p> | <p>23</p> <p>What do you dream about? Draw one of your dreams</p> | <p>24</p> <p>Listen to some music at the same time as drawing. What is in your mind when listening to the music.</p> |
| <p>25</p> <p>Smiling challenge. Draw a HUGE smiling face then write down all the reasons that make you smile or laugh</p> | <p>26</p> <p>Draw a self portrait of you. Use a mirror to take in all the details of your beautiful face</p> | <p>27</p> <p>Draw something in nature today. It could be an animal, bird, insect, flower or leaf. Anything that you choose</p> | <p>28</p> <p>Draw a picture of someone you admire. Why do you admire them?</p> |  | |

