
Express yourself

Draw a song

Learn a new way to creatively express and manage your feelings. Being creative can really help when we don't have the words to explain.

💡 Remember you don't have to try it, and you can stop at any time.

Step 1

Pick a song. Maybe one you like or one you don't like so much.

Step 2

Get some paper and pens

Step 3

Play the song and start drawing anything that comes to your mind.

Step 4

Reflect on how this made you feel.

Step 5 (Optional)

Tell us if you've tried the activity...

☐

I've tried the activity 🙌