

Ways to express yourself...

Talk with someone in your house, to a friend, your brother or sister. Choose something from the speech bubble to start your conversation



ART

Some people use art..

Anyone can do have a go.

https://youtu.be/STdJ_8ORyE

MUSIC

We can use music watch the clip

<https://youtu.be/sELz0aCx9Lw>

Then have go you could draw/write

<https://youtu.be/dzy103NOE4s>

<https://youtu.be/yKpVM9QQzIs>