How to EXPRESS YOURSELF

Pupils can express themselves in many ways. Here are some ideas for self expression. Encourage pupils to use different ways to express their thoughts and feelings

- Writing
- Drawing
- Painting
- Crafting
- Acting
- Facial expressions
- Gestures
- Tone of voice
- Creativity and invention
- Responding to art
- Poetry
- ICT

- Visualisation and imagination
- Making music
- Responding to music
- Singing
- Dancing
- Designing
- Choosing clothes, hair styles
- Photography
- Video
- Talking
- Body language
- Creating recipes/food

ELSA support