



## Express Yourself!

### Assignment

Express yourself! Try a new activity to express yourself. There are many activities to try, so just pick one and try it out. Here are a few suggestions:

- Build a model car, airplane, or boat
- Cook a meal (with adult supervision)
- Go bird watching
- Garden
- Try a new sport
- Do a puzzle
- Create something

Write a paragraph explaining the activity you chose and why on the back of this page. Did you feel creative expression by doing it? Will you continue to express yourself through the activity? Why or why not? What do you think you'll try next? Answer these questions in your paragraph.

**Ask your parent/guardian to sign off on this activity and show it to your teacher.**

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**Signature**

