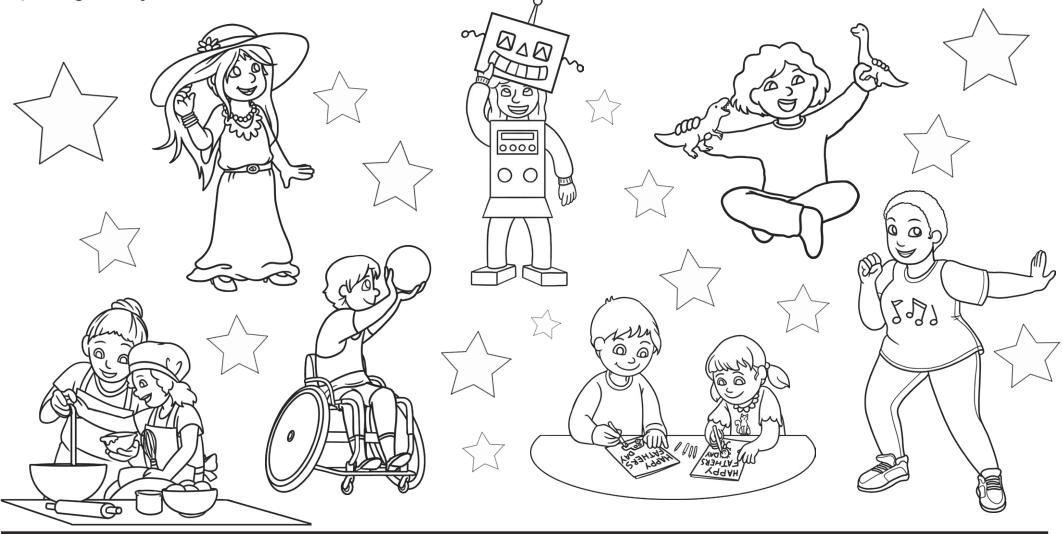
## **Express Yourself Mindful Colouring**

People choose to express themselves in many different ways. We can express our personalities and individuality through art, drama, dance, role play, sport and music. As you colour the picture, think about the ways you express yourself.







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