



Every person is different. We all have our own personalities, opinions, thoughts and beliefs. We all deal with emotions in different ways. Some people express how they are feeling through the clothes they choose to wear. Some people listen to music to match an emotion they are feeling. Some people seek the company of others to talk and share, others choose to reflect on their feelings themselves.

How do you express yourself?

How do you show that you are feeling happy or sad? We all get angry from time to time, how do you calm down? How do you show someone that you love them? Tell me a little bit about how you deal with your emotions below.

When you are little, some of your choices are made for you. Imagine that you wake up one day and you are in control of every choice you make. What do you choose to wear? What might you eat? What do you spend your time at home doing? Where might you choose to go and why?