

50 WAYS TO EXPRESS YOURSELF

ART		DESIGN		MOVEMENT	
Do a drawing of your hand		Sew something from old clothes		Go for a walk	
Finger-paint		Re-arrange your bedroom		Have a jog	
Take some photos		Plant some vegies		Dance in the lounge-room	
Make some line drawings		Dye your hair		Do some street performance	
Make something with FIMO		Cook a meal from scratch		Play soccer with a friend	
Create something with your favourite photos		Build something from found objects		Learn self-defence	
Recycle an old book and use it to make some cards		Design your album cover		Try surfing	
Find an old curtain at the op-shop and do a mural		Dress up		Ride a bike	
Paint something , like your bedside table		Make a bird house		Join a team	
Do a storyboard of your life		Create a website		Have a swim	
WRITE		MUSIC		<p>If you look at this list and think 'I don't know anything about that' google it!</p>	
A letter		Learn an instrument			
A poem		Play some loud music			
A complaint		Go and see music			
A play		Form a band			
A song		Jam with some friends			
A short story		Learn how to record music			
A journal		Try singing			
Your favourite memories		Swap songs with friends			
A blog or vlog		Listen to a band you've never heard before			
A children's book		Make a cd of your favourite music for a friend			

