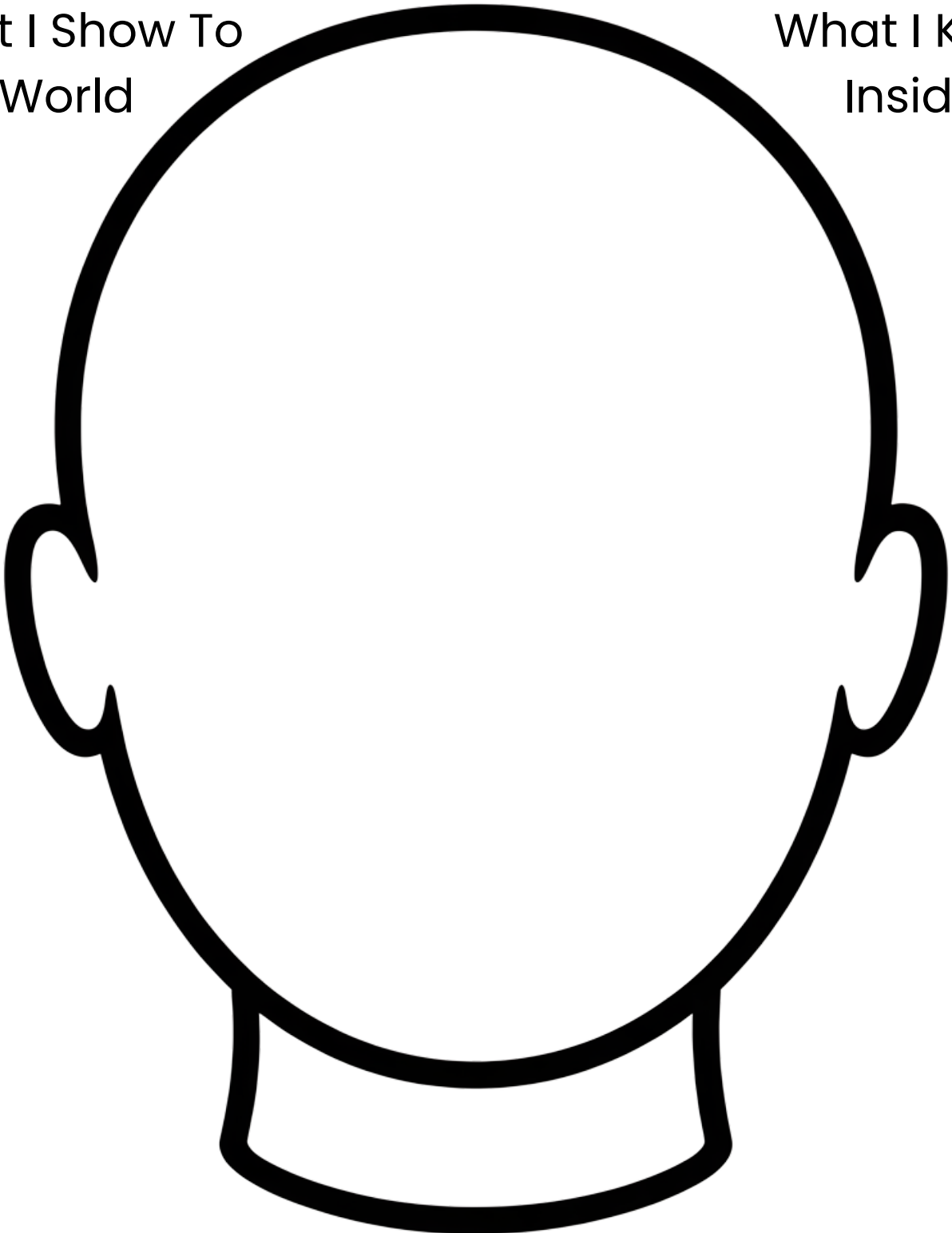


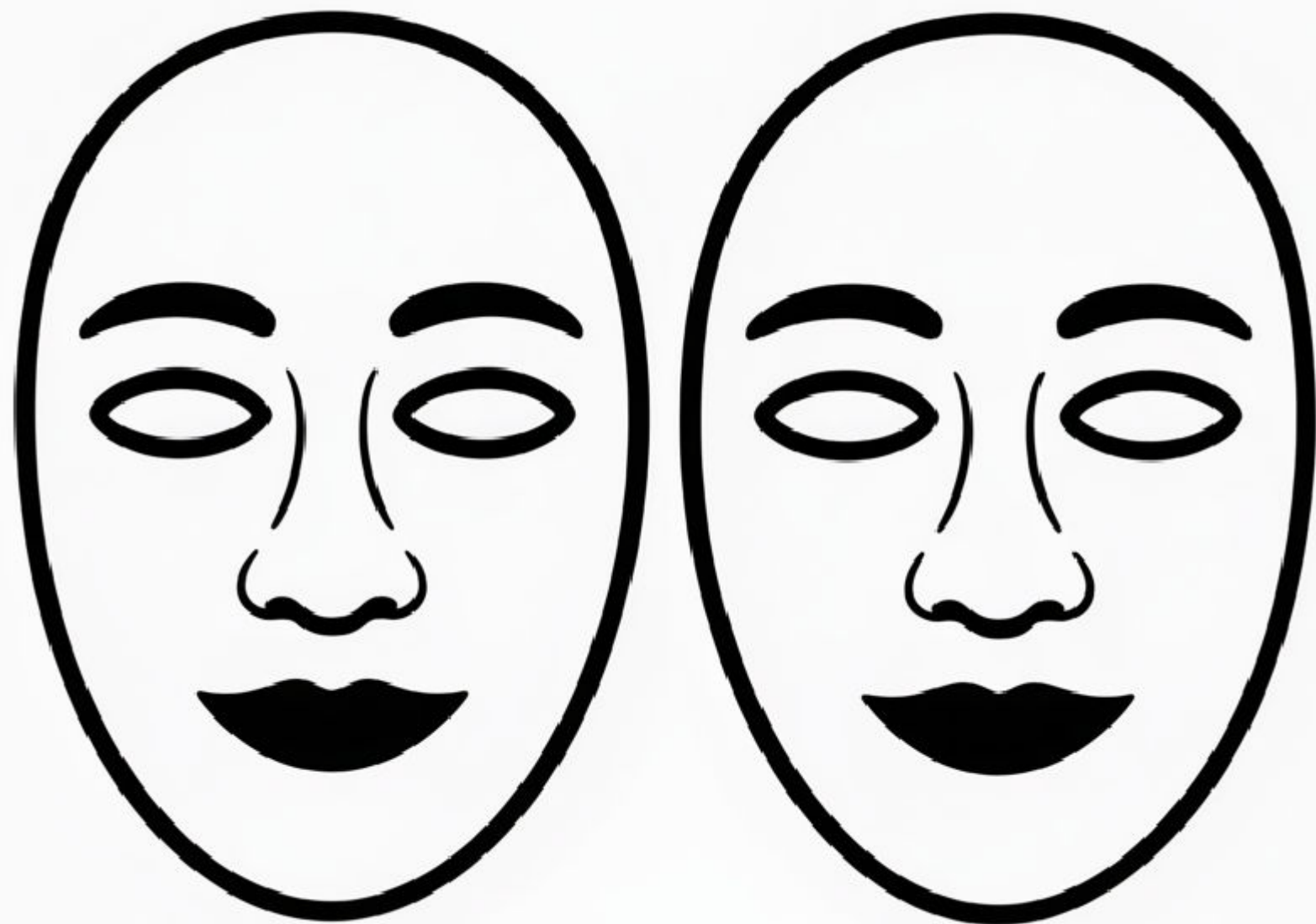
Draw yourself and fill the face or head with colors, symbols, or images that represent your current emotions.

What I Show To
World

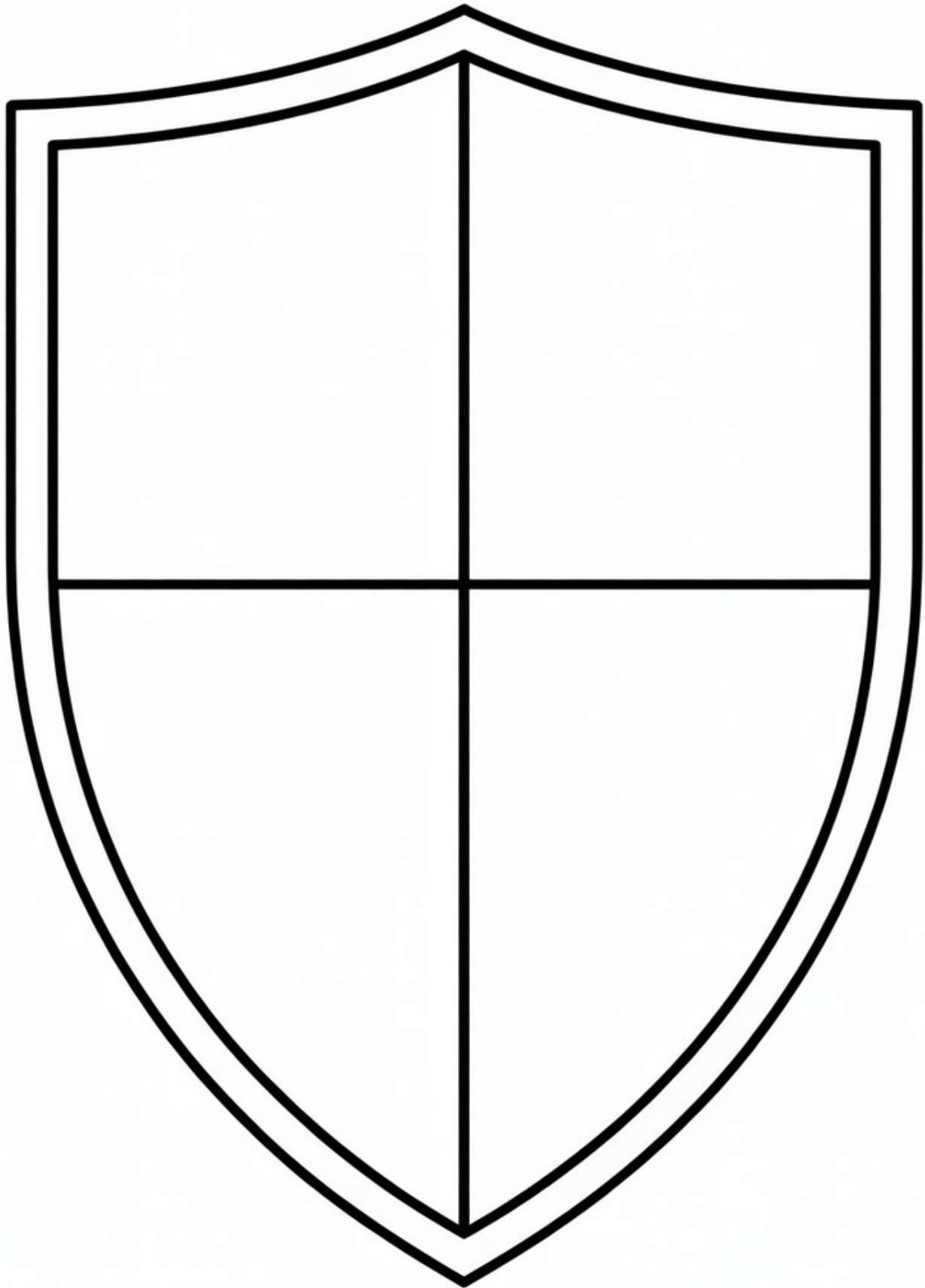
What I Keep
Inside



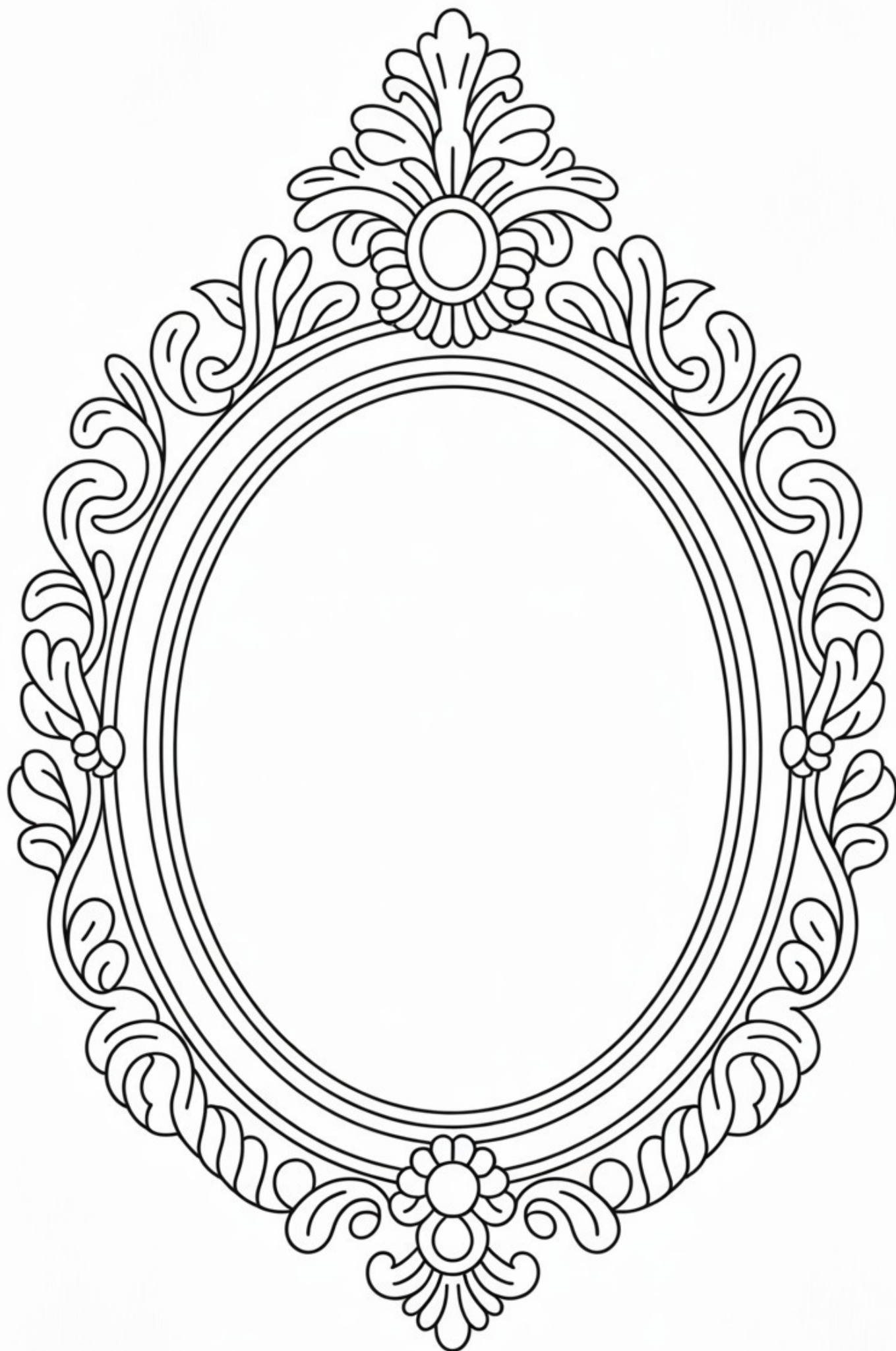
Decorate one mask to show how others see you, and the other to show how you really feel inside.



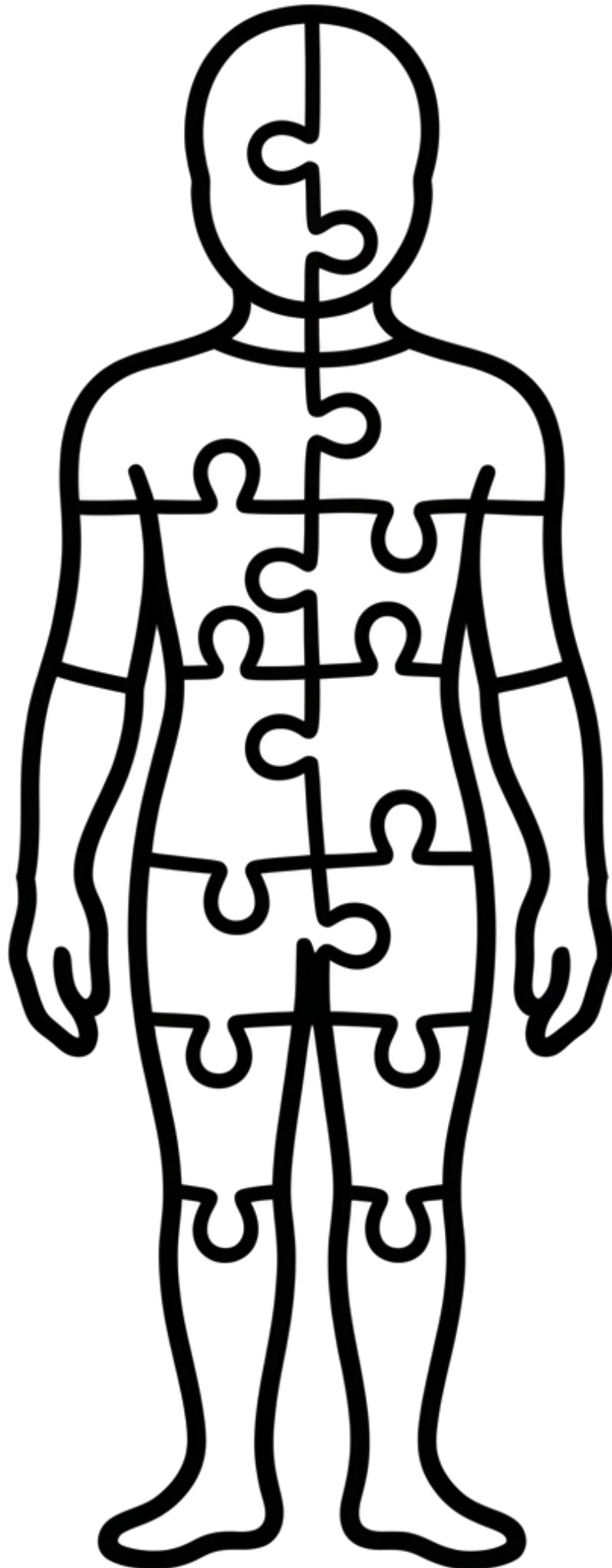
Design your personal shield using symbols that represent your values, strengths, and what's most important to you.



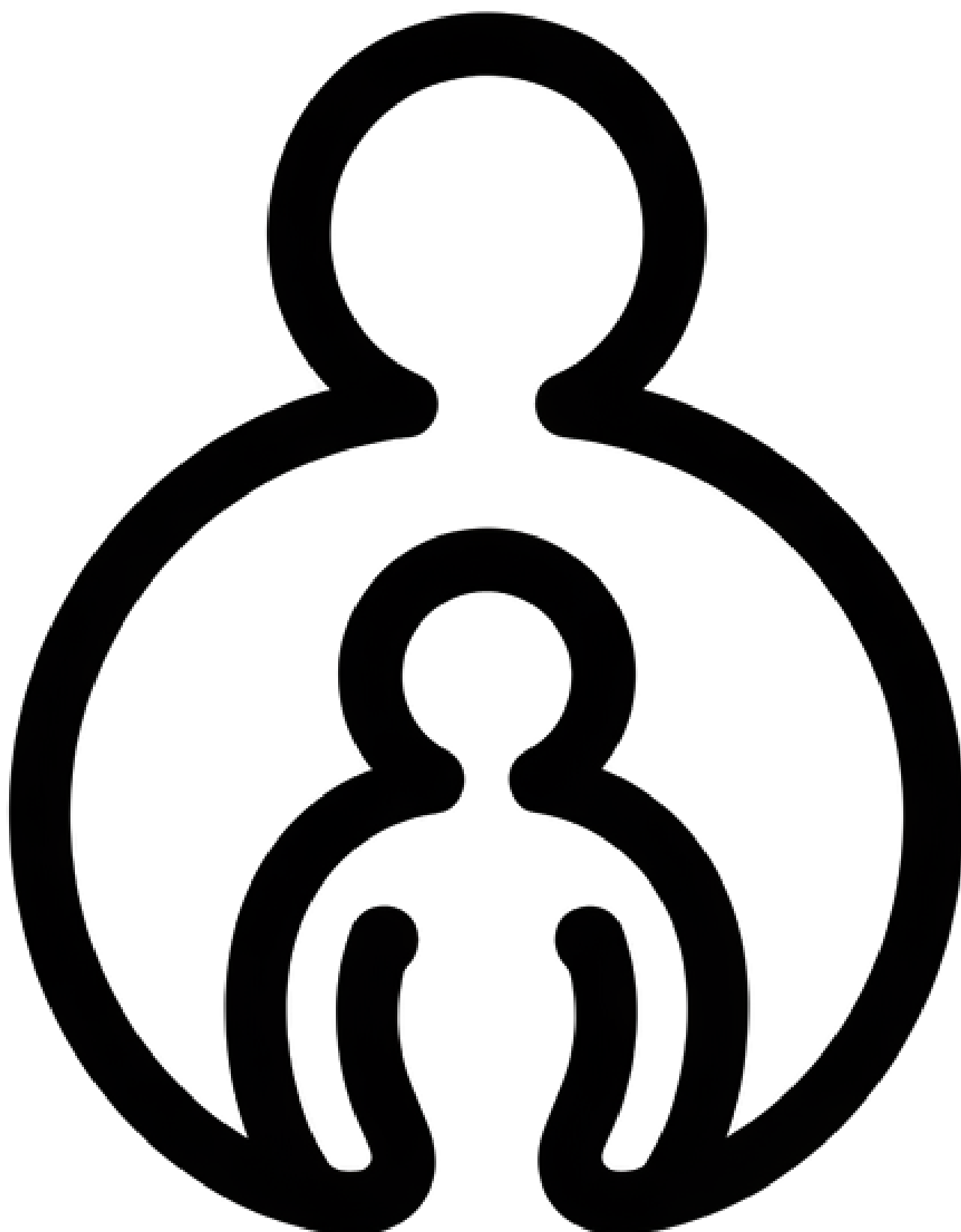
Imagine looking into a mirror. Draw or write what you see in yourself today.



Fill each section of the figure with words, patterns, or colors that represent different parts of who you are.



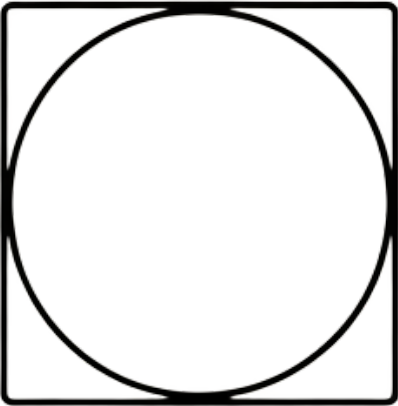
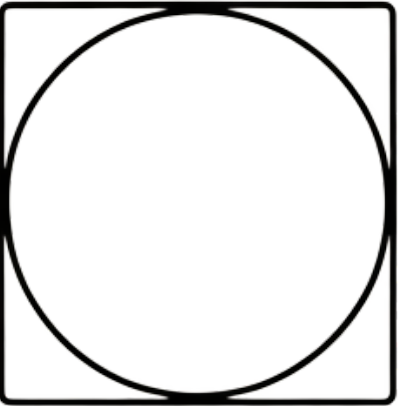
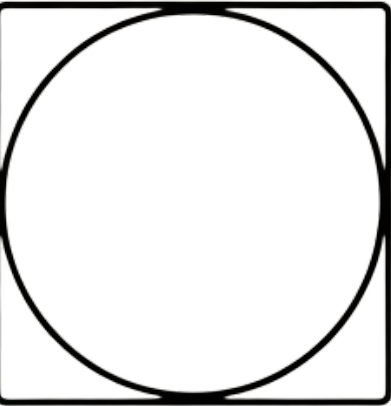
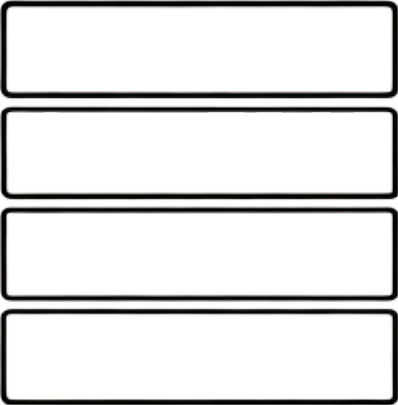
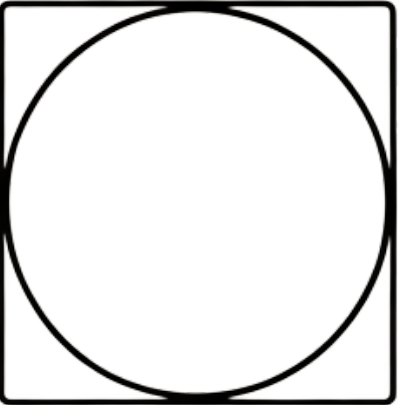
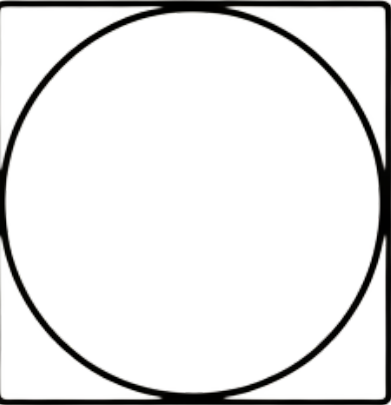
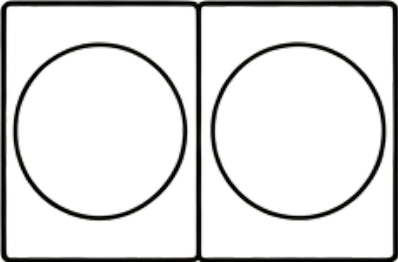
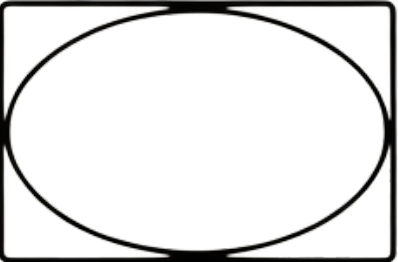
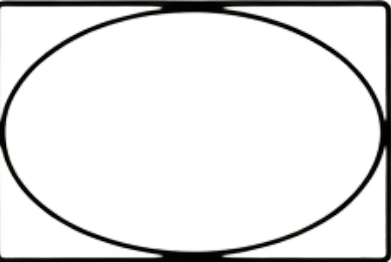
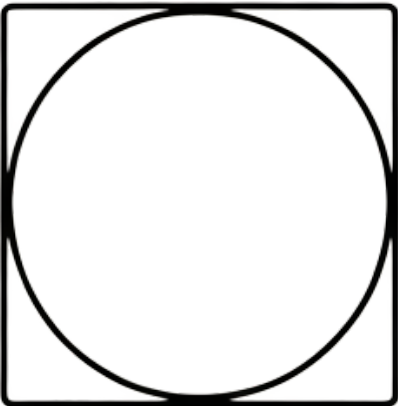
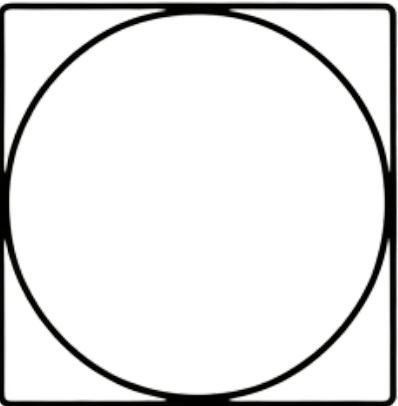
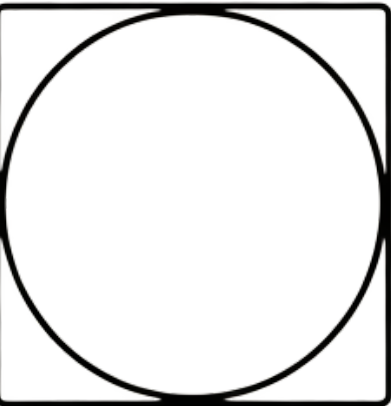
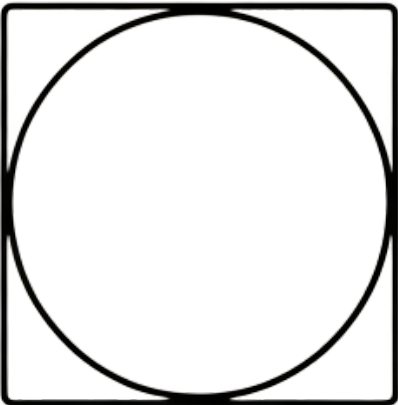
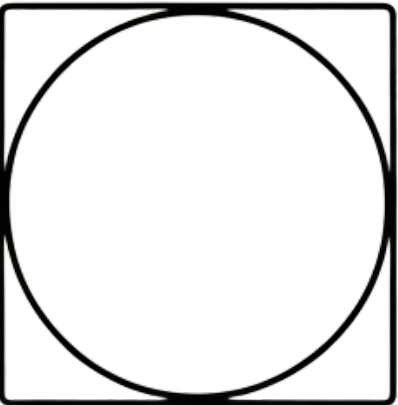
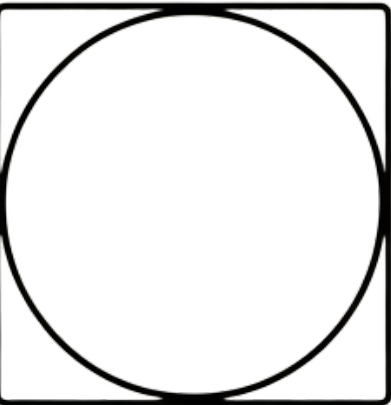
Show what people see on the outside versus what you feel or hold inside at your core.



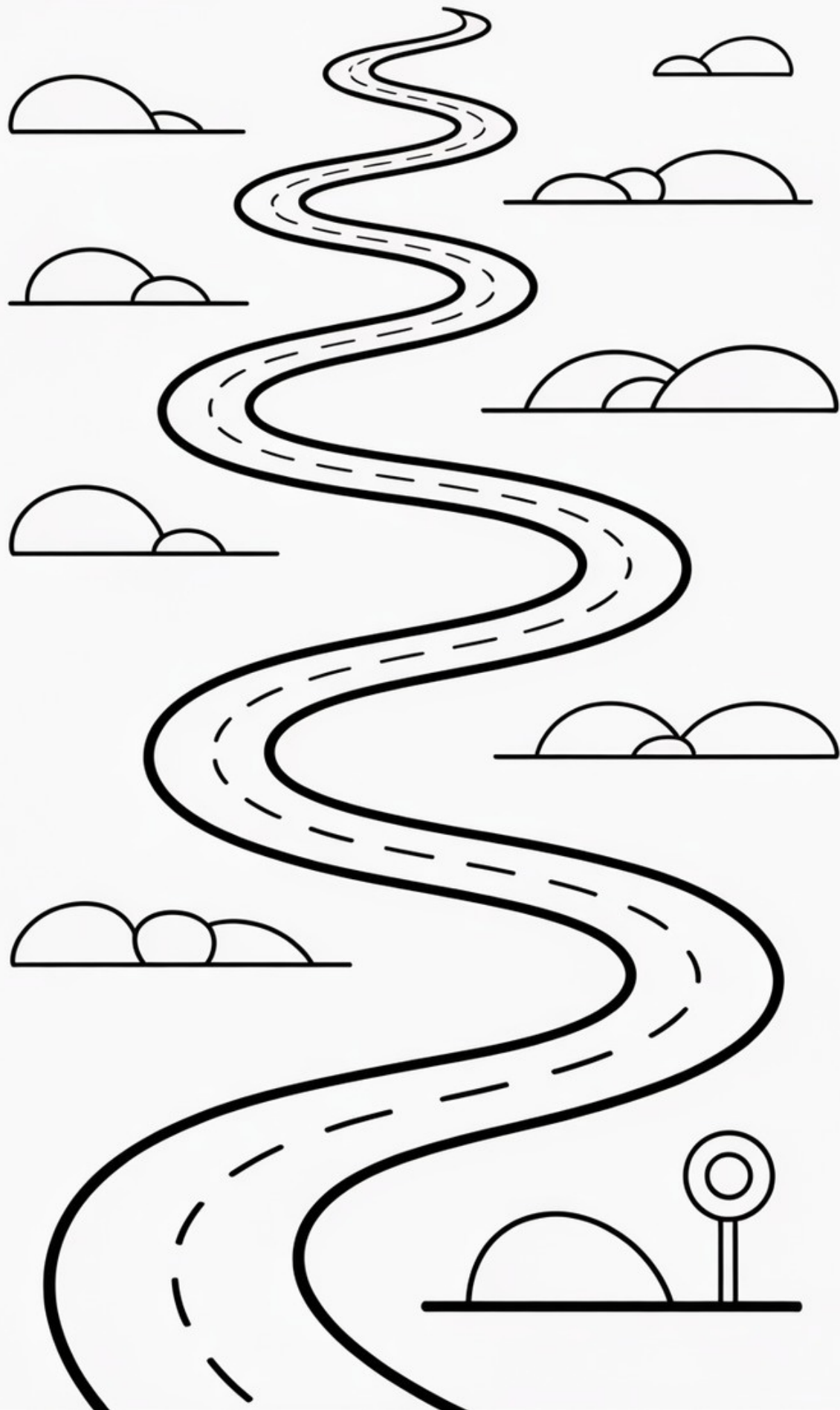
Use the two halves to represent balance in your life, opposites, emotions, or areas you're trying to harmonize. (Use white color on black side side)



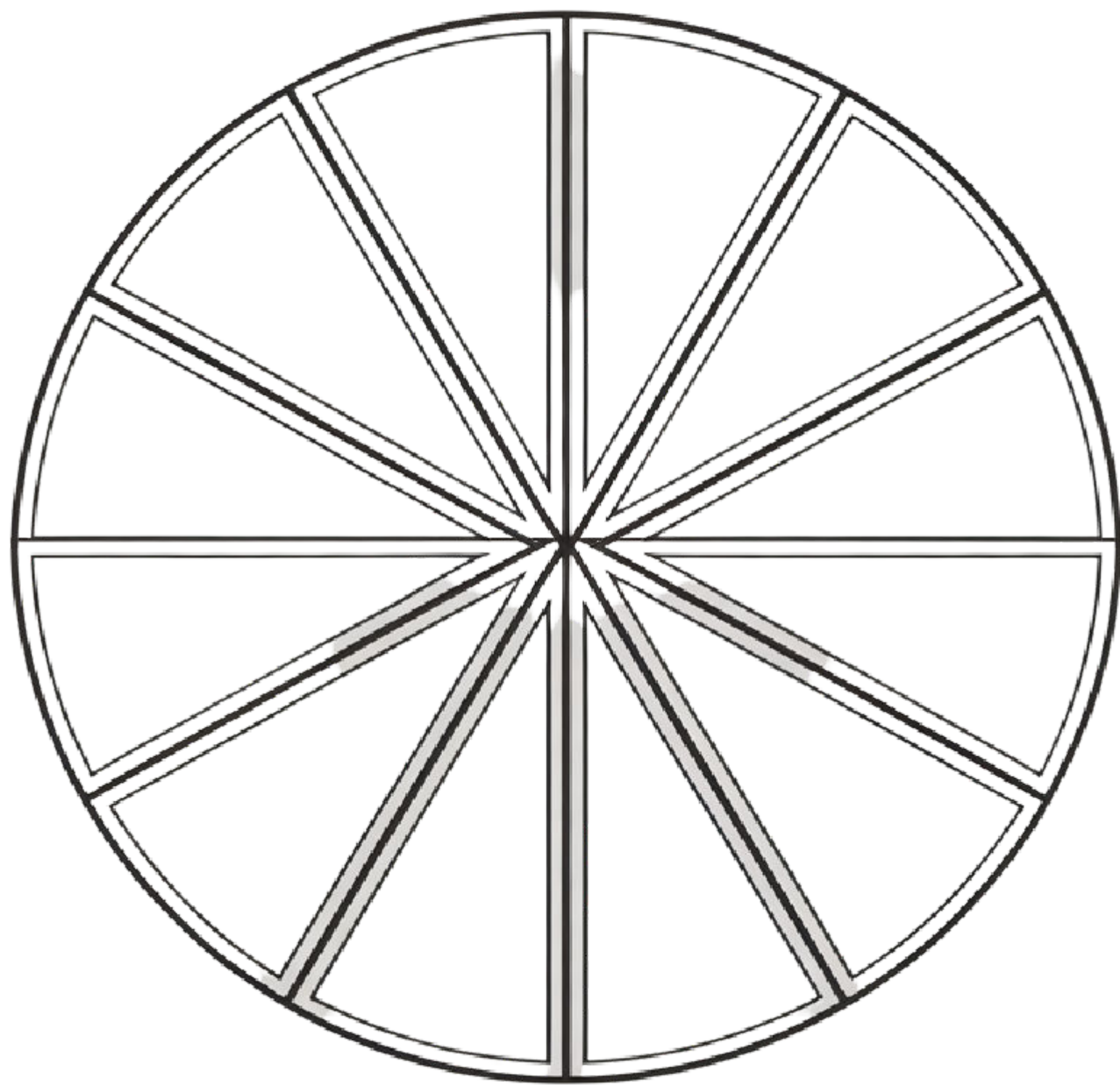
Fill the boxes with drawings, words, or images that reflect your dreams, goals, and future hopes.

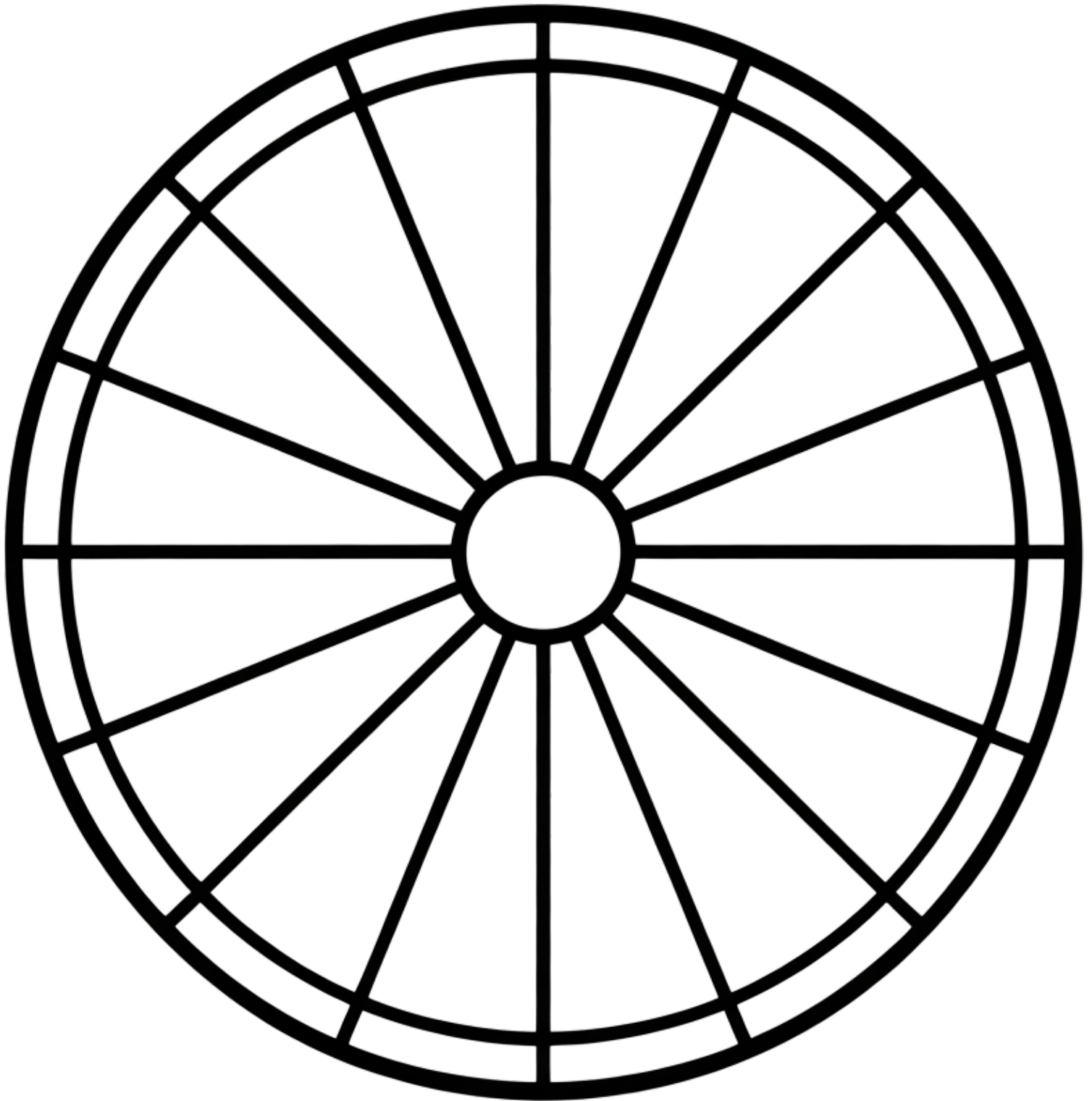
Illustrate your life journey so far. Include key events and challenges in the milestones on this path.



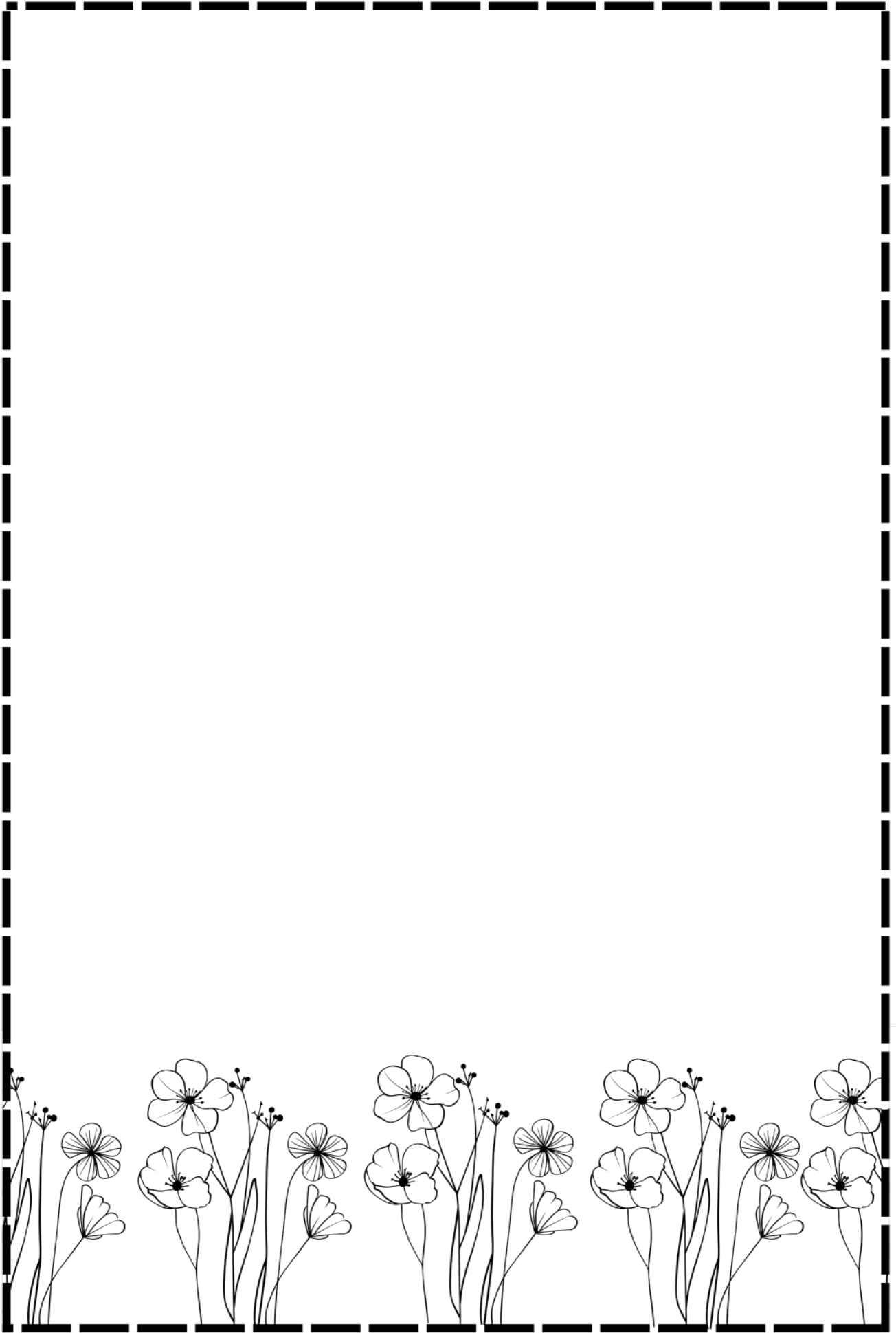
Fill each section with one of your roles (friend, student, sibling, etc.) and add what each means to you.



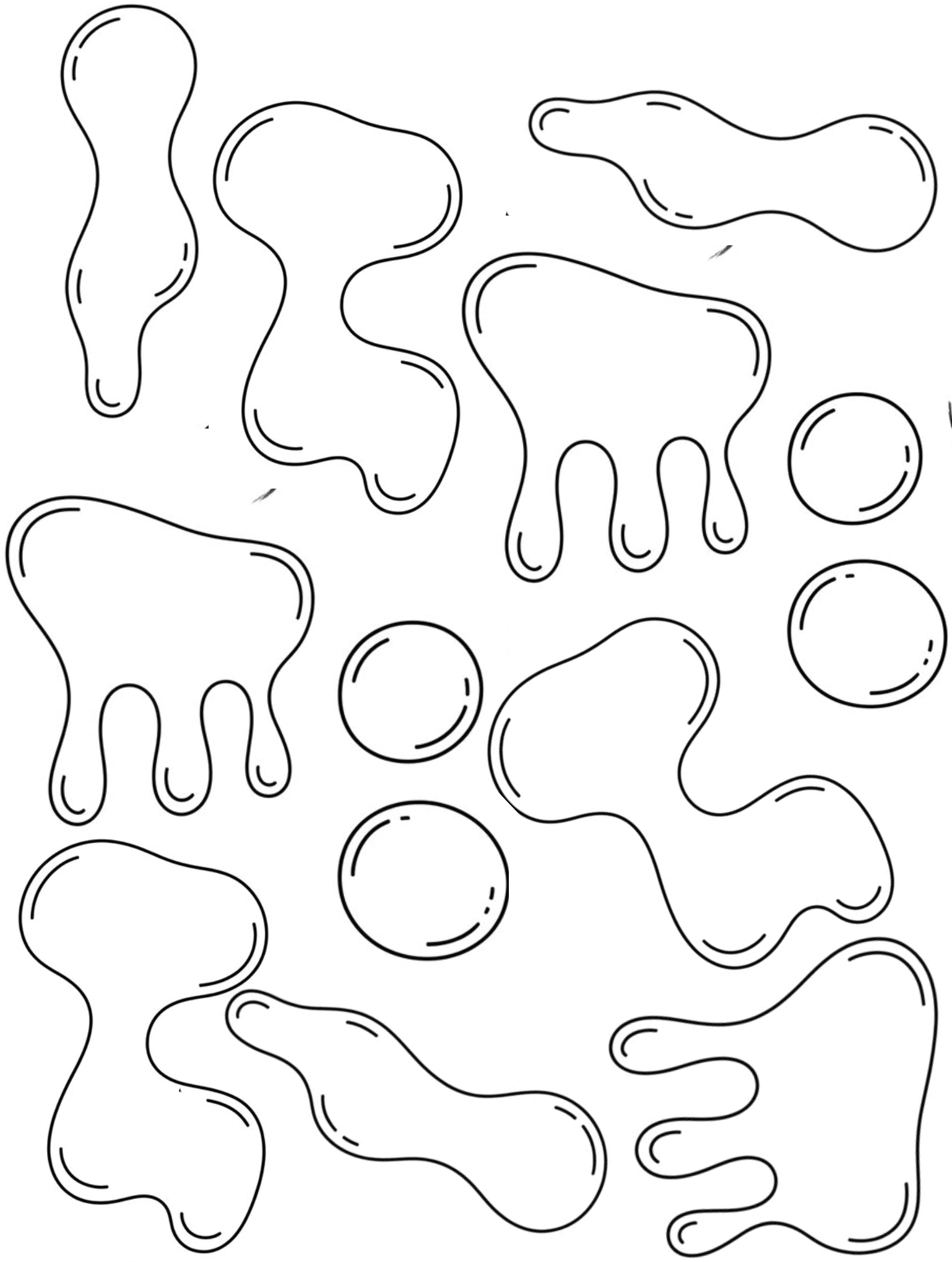
Fill each section with a color, word, or face that represents a different emotion you feel .



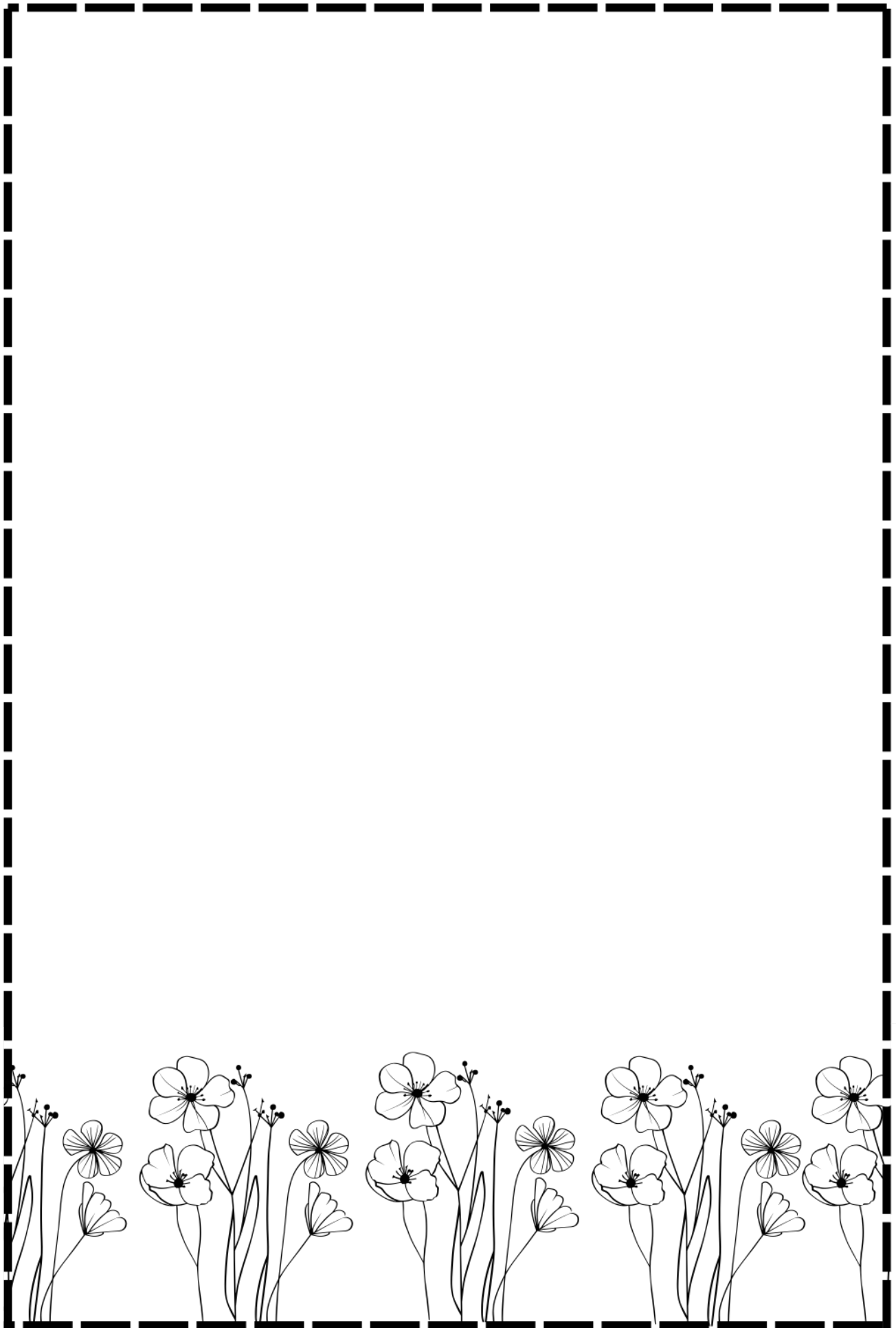
Use lines, shapes, and colors to express how you feel right now—no need to make it look like anything specific.



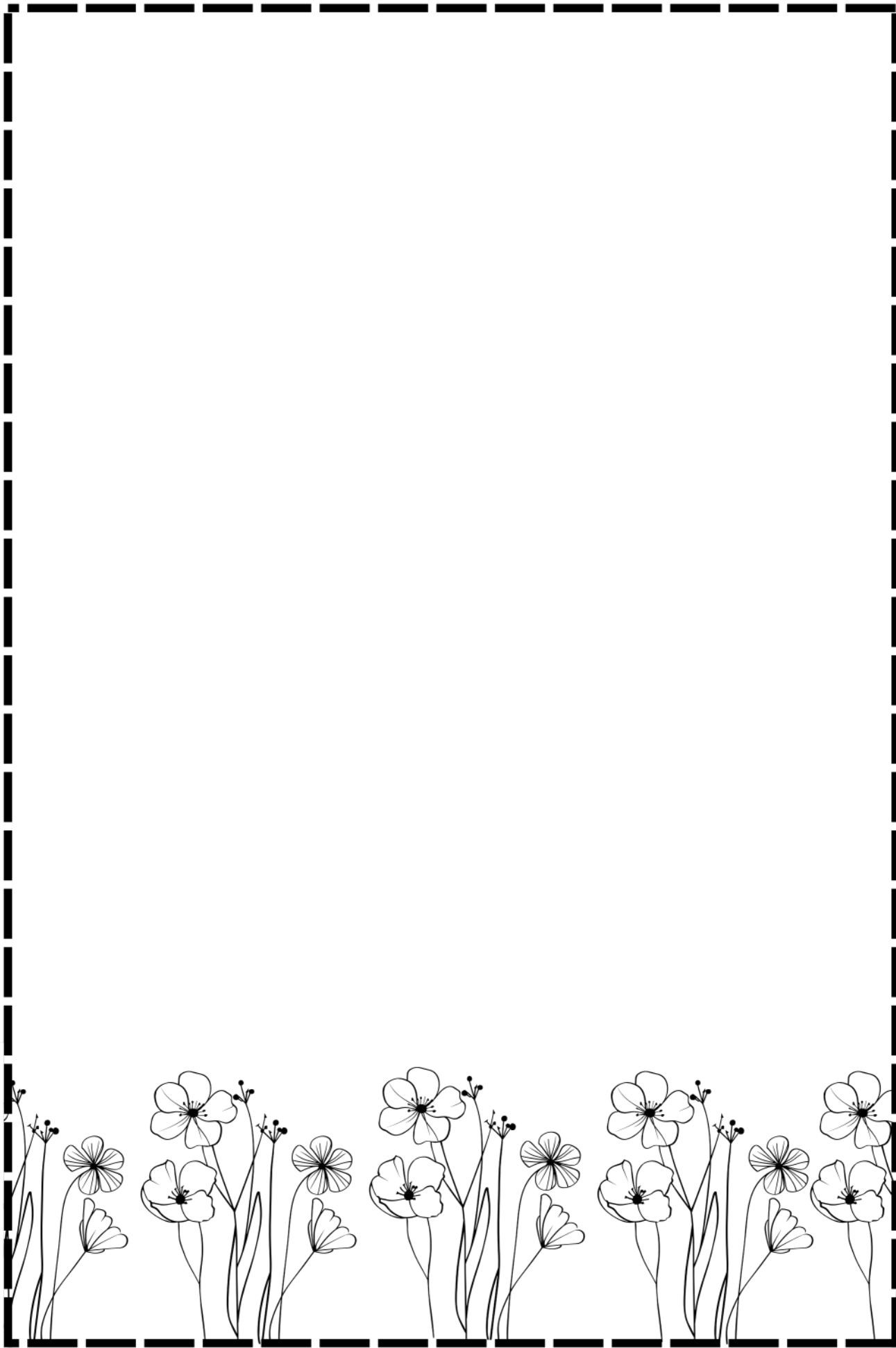
Let your feelings 'splash'. Fill these areas freely with expressive marks or paint drips to release energy.



Drop color or ink in the center, then blow it outward to see where your emotions
take shape.



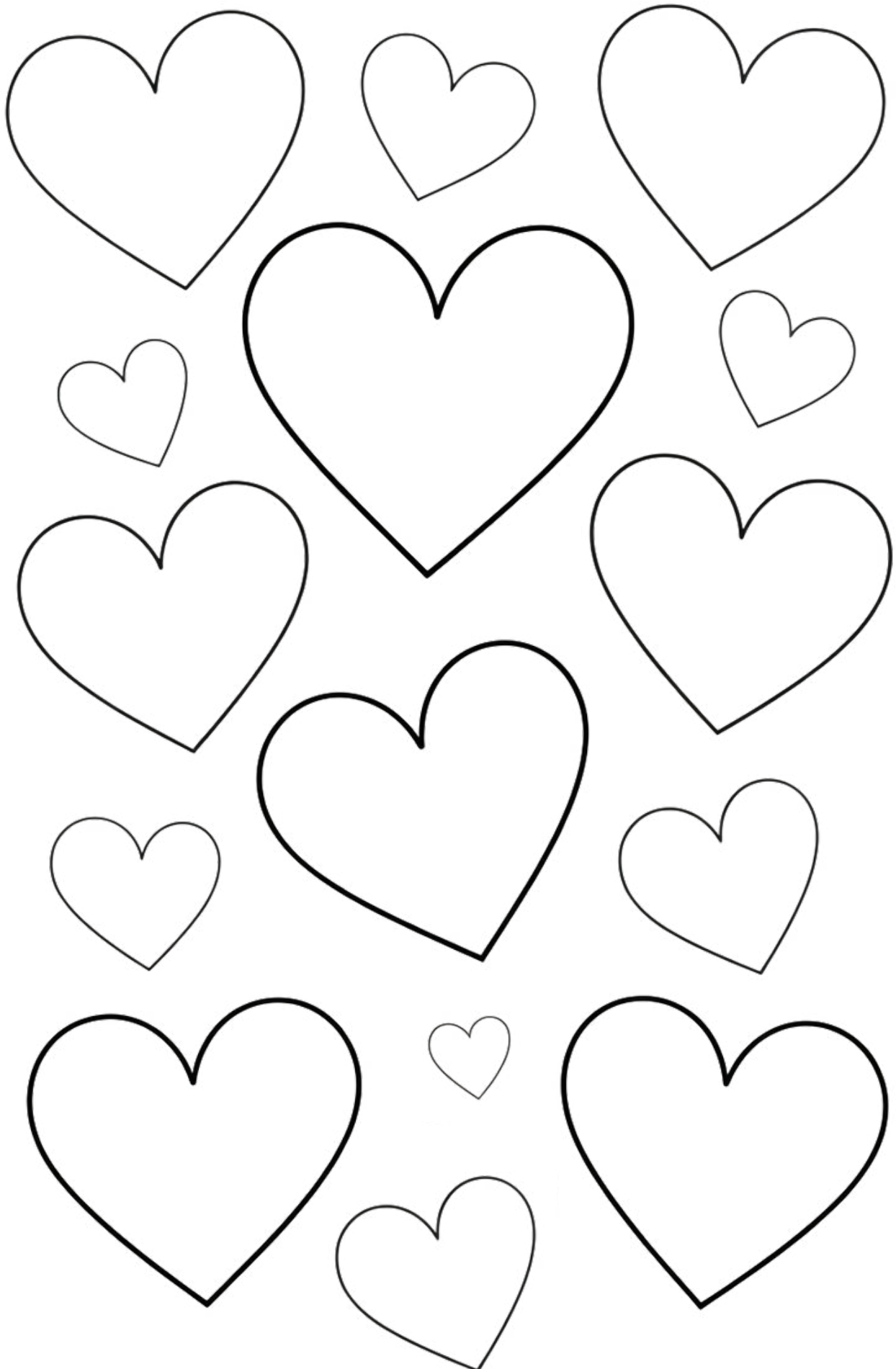
Create your own safe place. A space that feels peaceful, comforting, and completely yours.



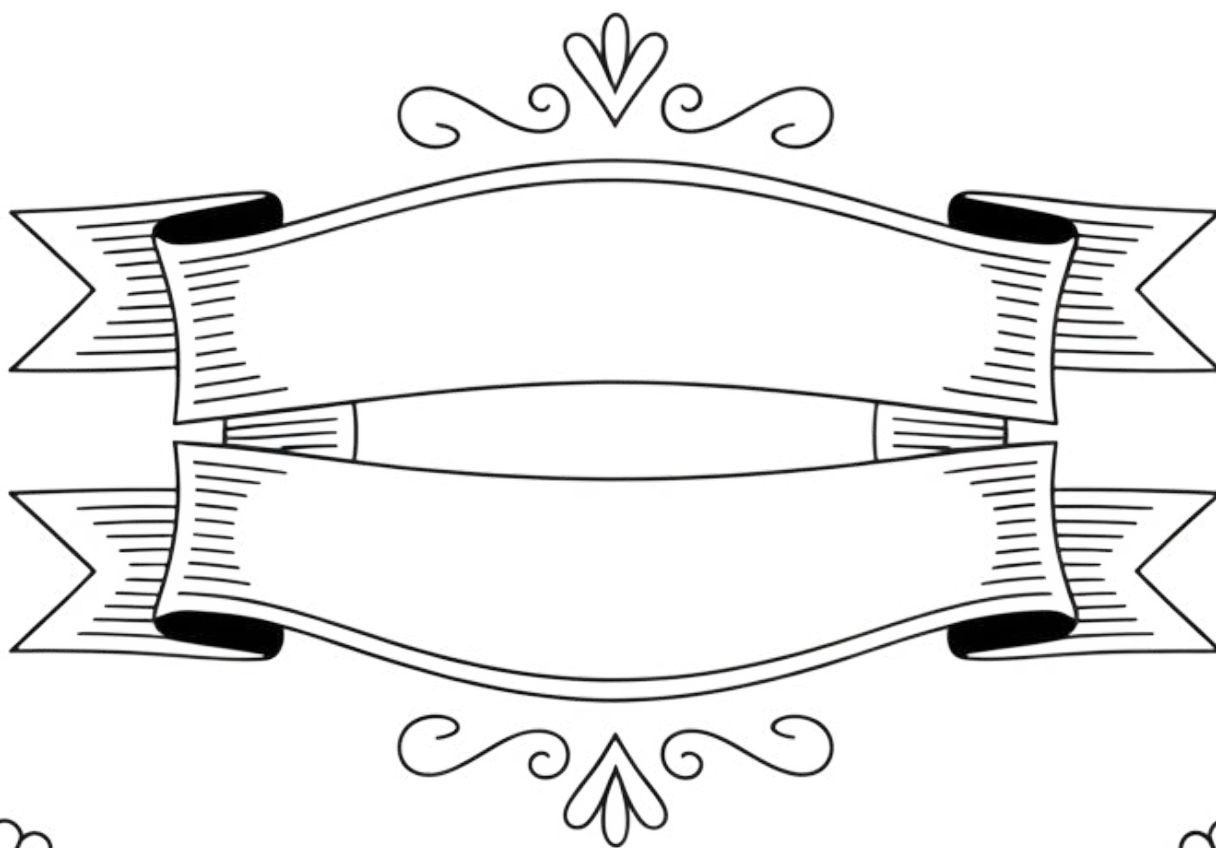
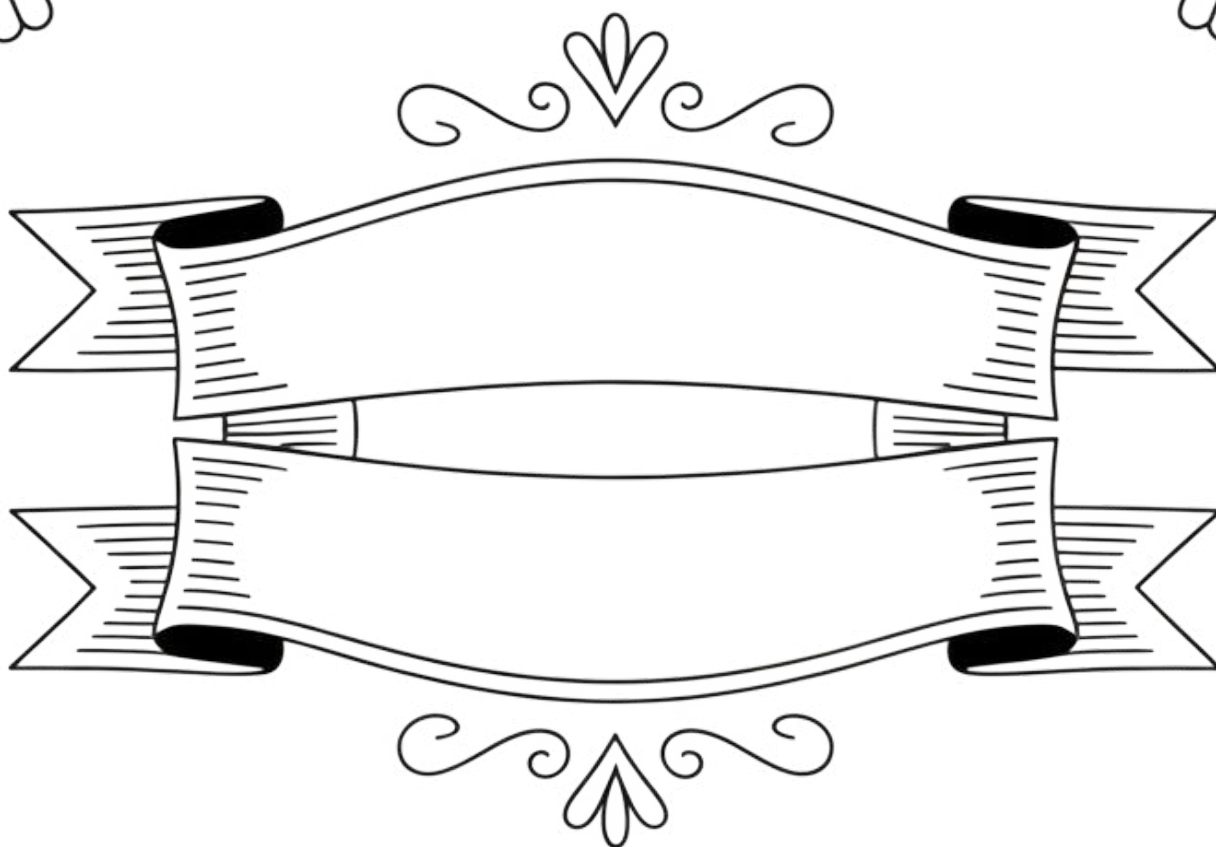
Draw or color each flower to represent a different feeling growing inside you.



In each space, draw or write something you feel thankful for.



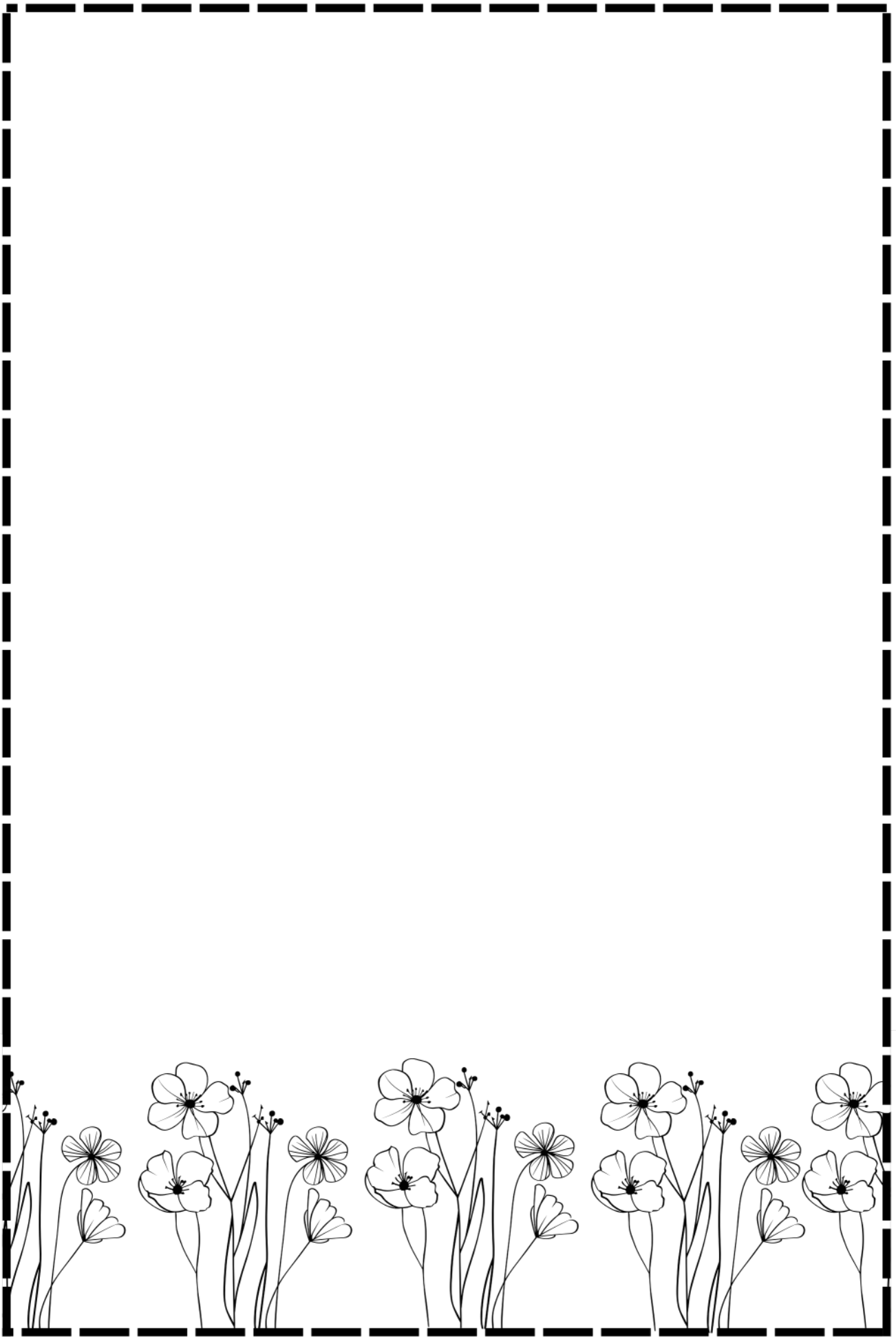
Write or illustrate a positive message to yourself inside the frame.



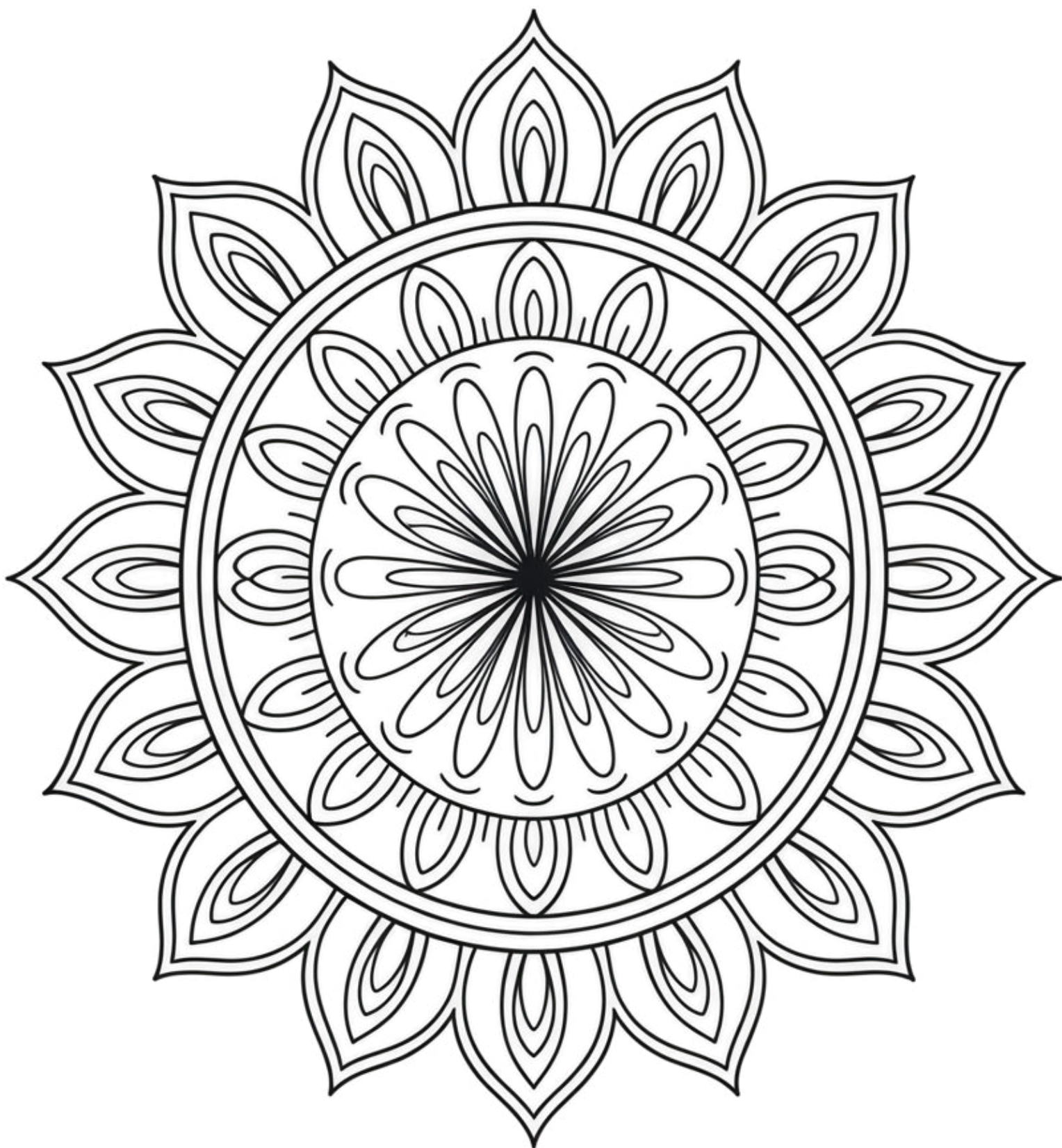
In the first box, draw how you felt before a change or event; in the second, draw how you feel now.

The image shows two identical vertical rectangular boxes side-by-side, separated by a thin vertical line. Each box is designed for drawing and features decorative corner elements. In the top-left corner of each box, there is a small circle with a line extending from it, and a cluster of several elongated, teardrop-shaped lines radiating outwards. In the bottom-left corner, there is another small circle with a line extending from it, and a cluster of several elongated, teardrop-shaped lines radiating outwards. The boxes are otherwise empty, providing space for a drawing.

Use this page as your safe space canvas. Draw, paint, or sketch a place that brings you the most peace.



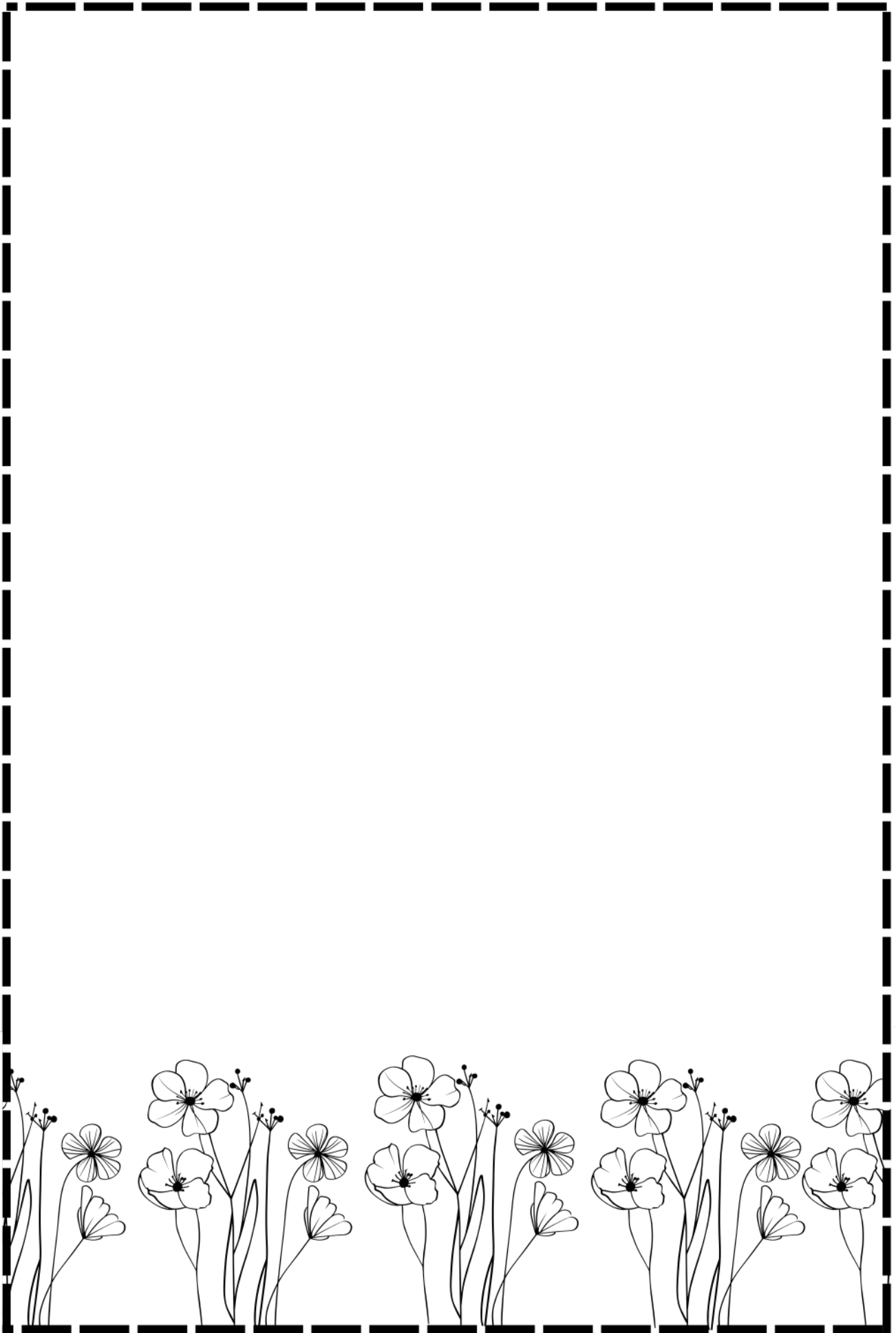
Slowly color or decorate this mandala to relax your mind and focus on the present moment .



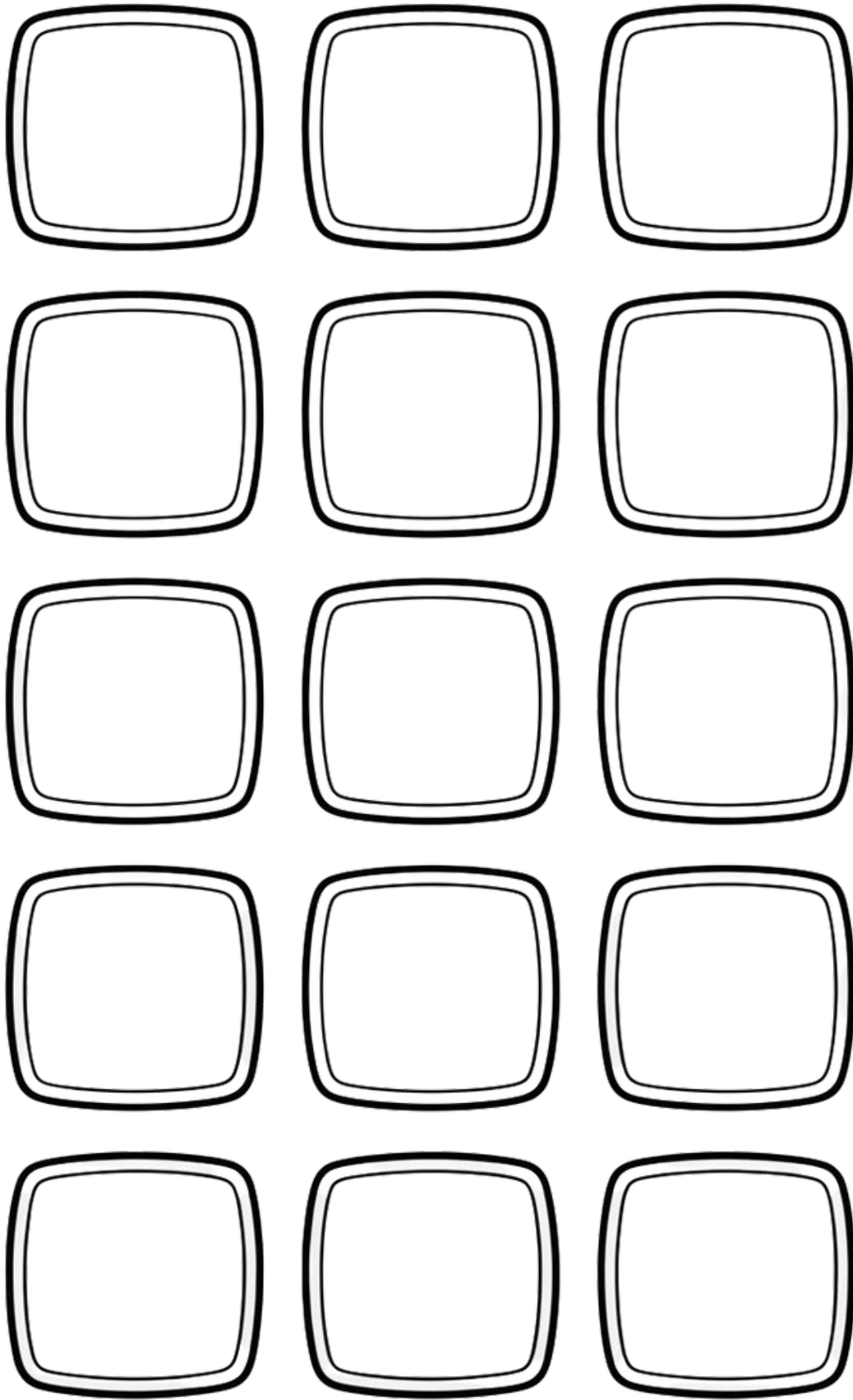
Fill each box with your own repetitive lines and patterns. Focus on calm movement and rhythm.



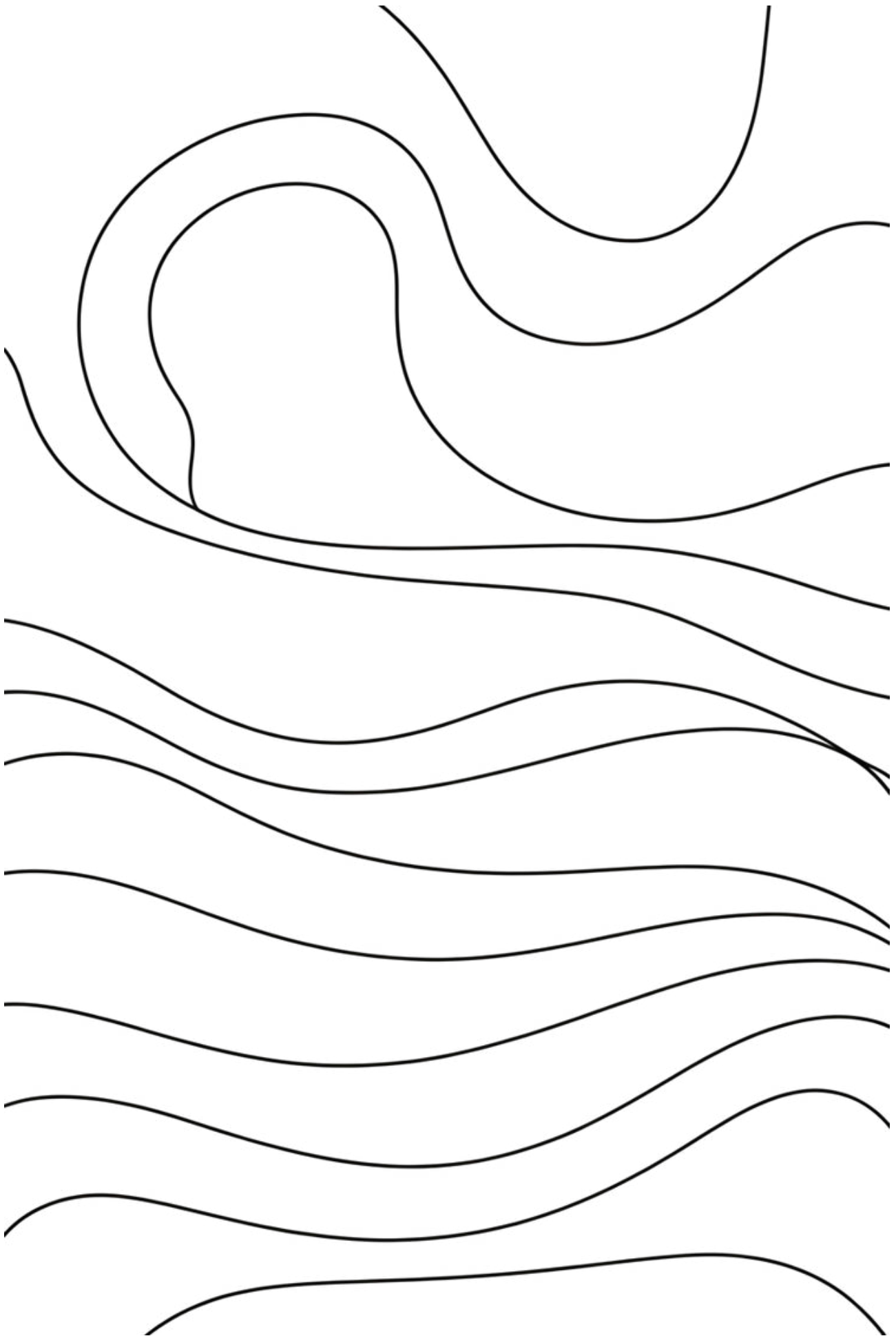
Add or glue natural materials (leaves, petals, twigs) to create your own peaceful nature collage.



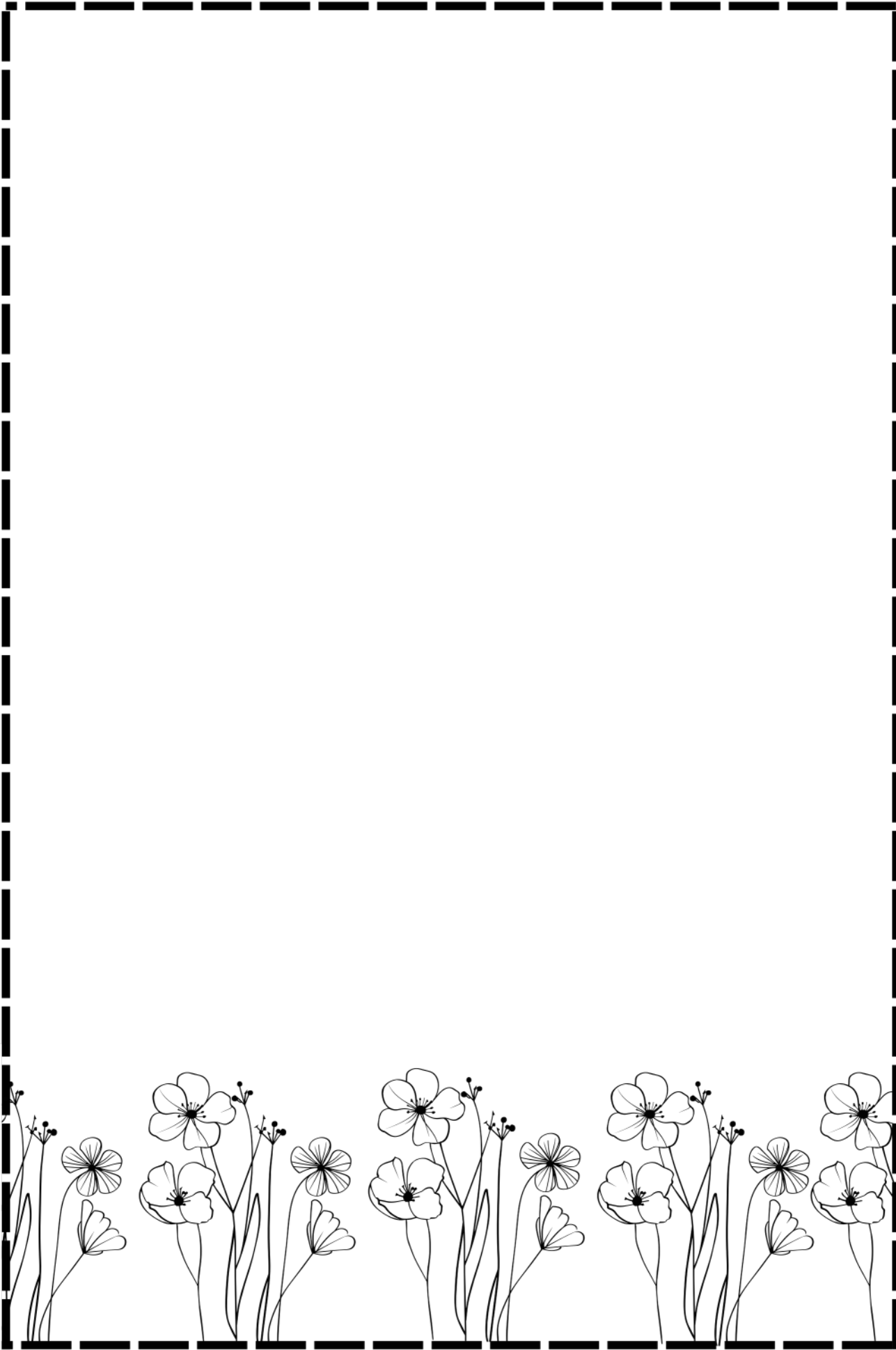
Place this paper over textured surfaces and rub with crayons or pencils to notice calming details.



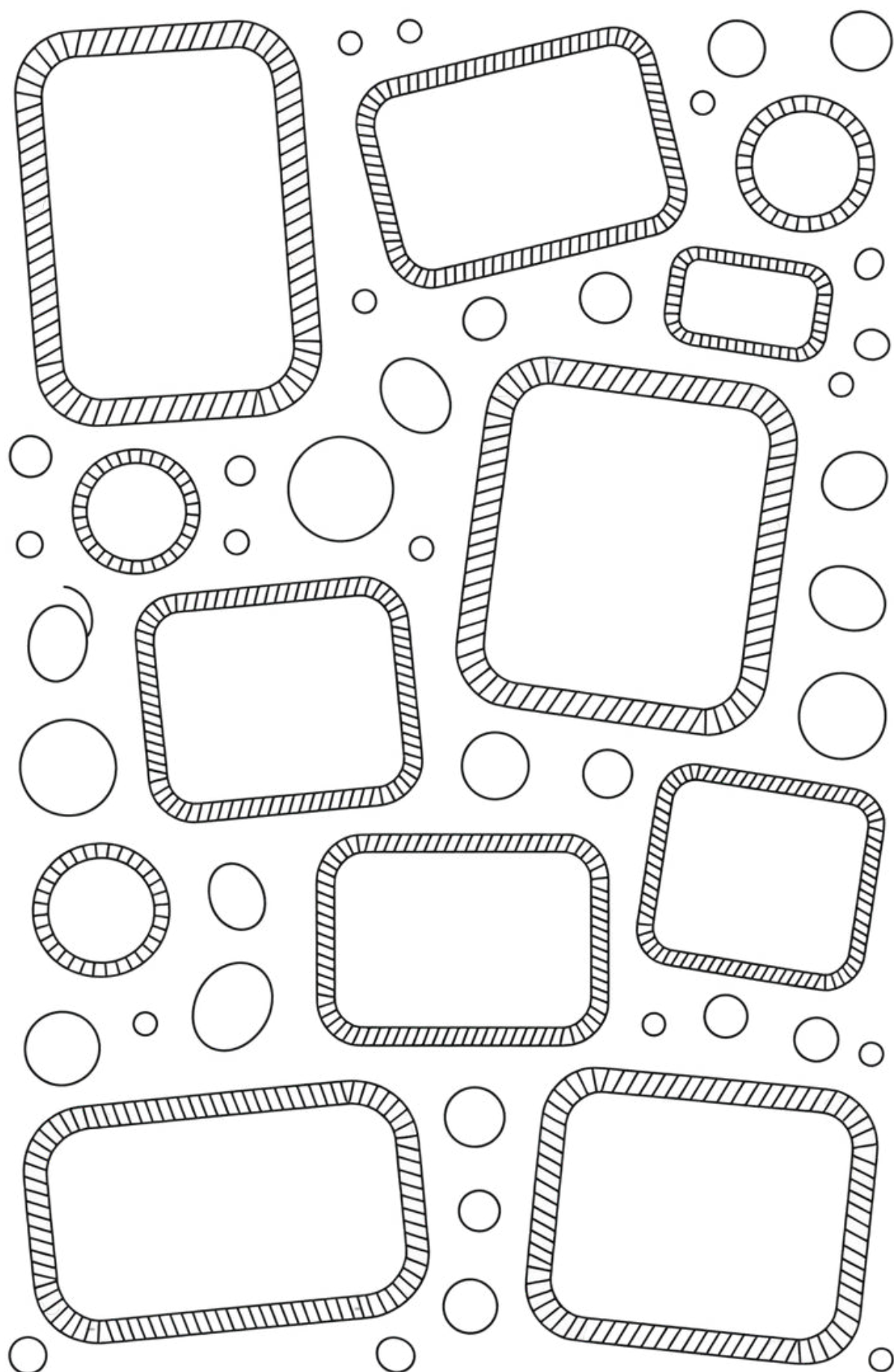
Gently paint over this outline using watery colors and notice how they blend and move.



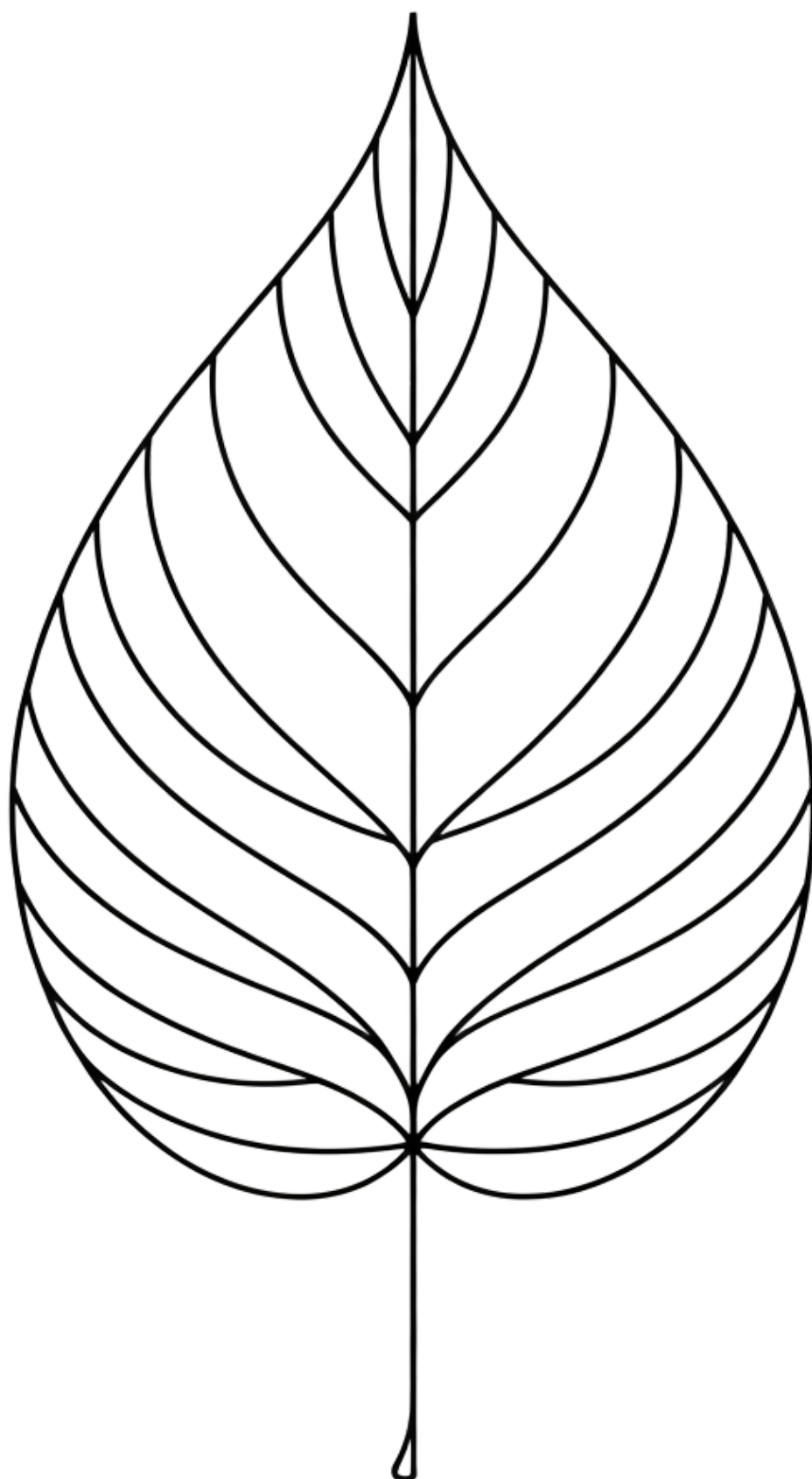
Draw without lifting your pen. Follow your eyes, not your perfection. Let your hand flow.



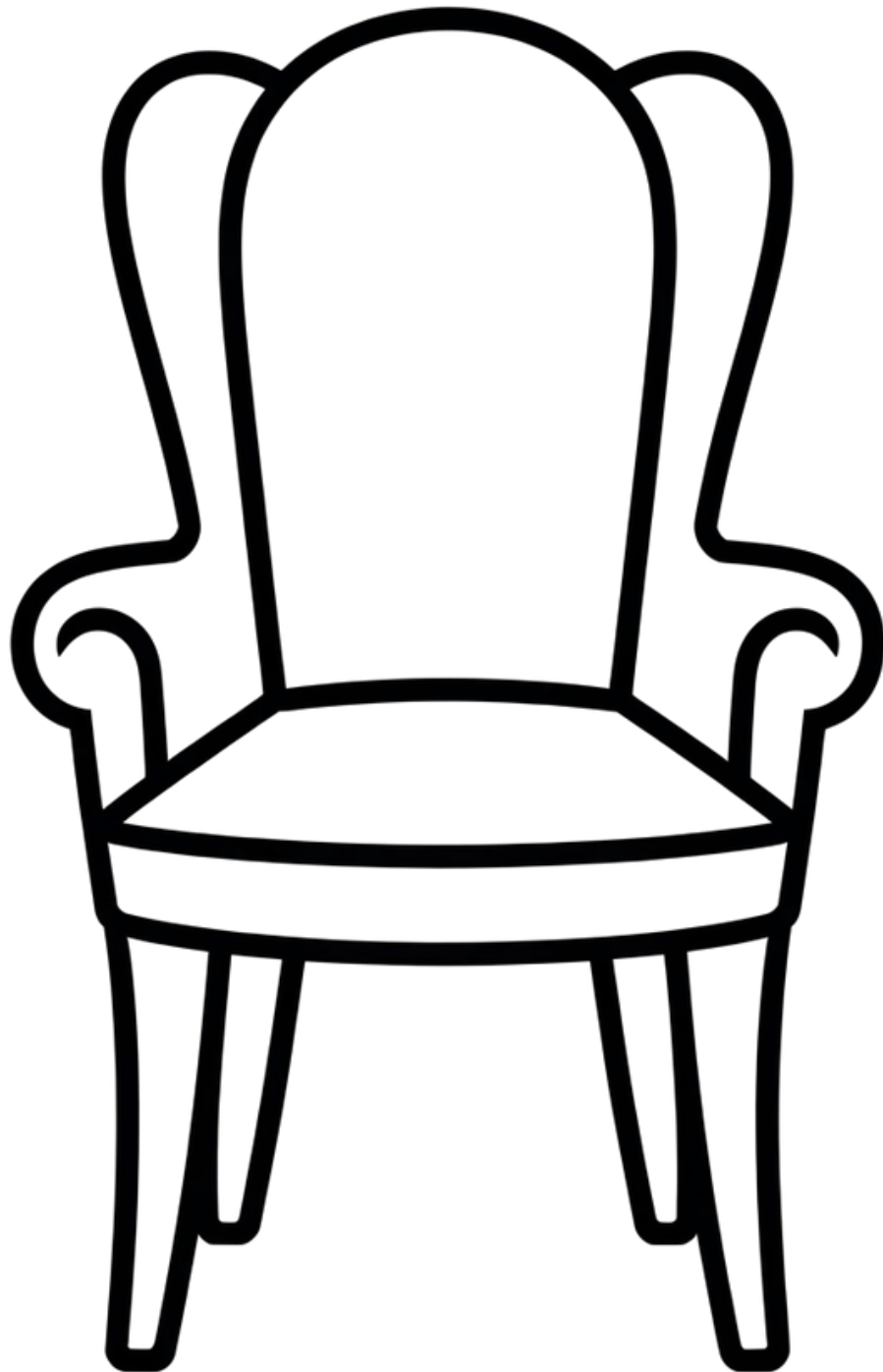
Fill the spaces with doodles that reflect your thoughts or emotions in this moment .



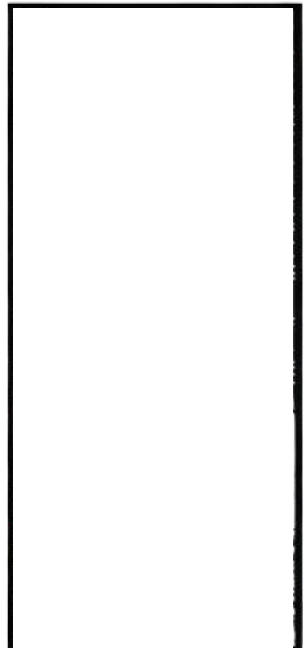
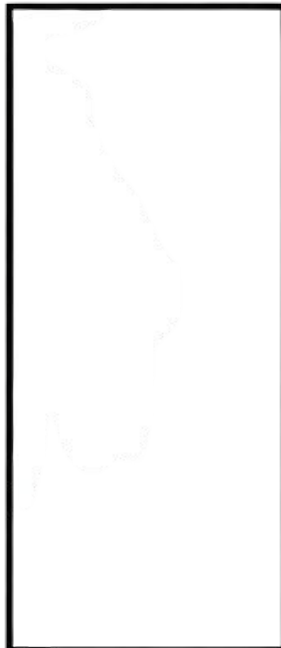
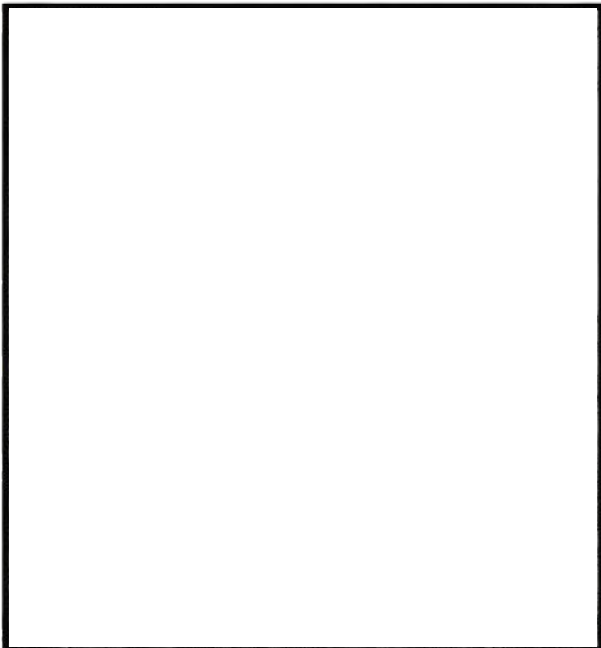
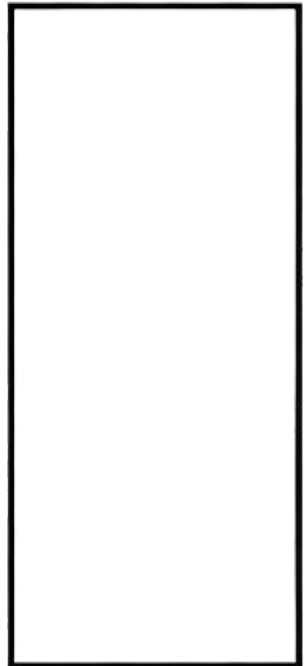
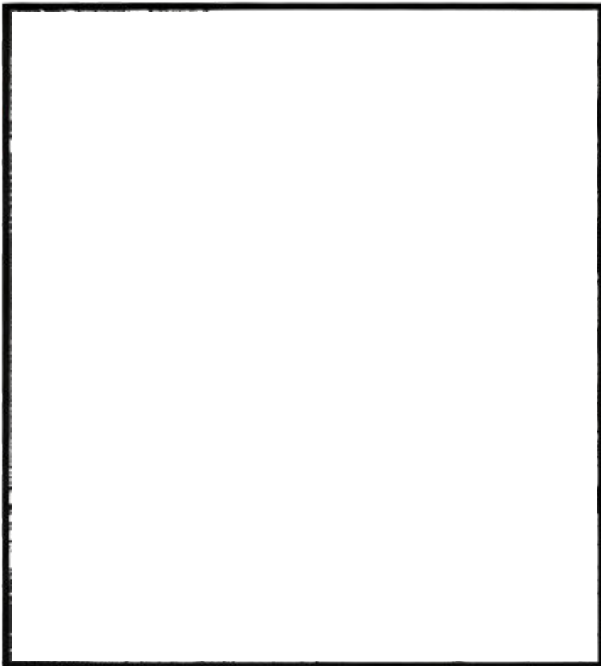
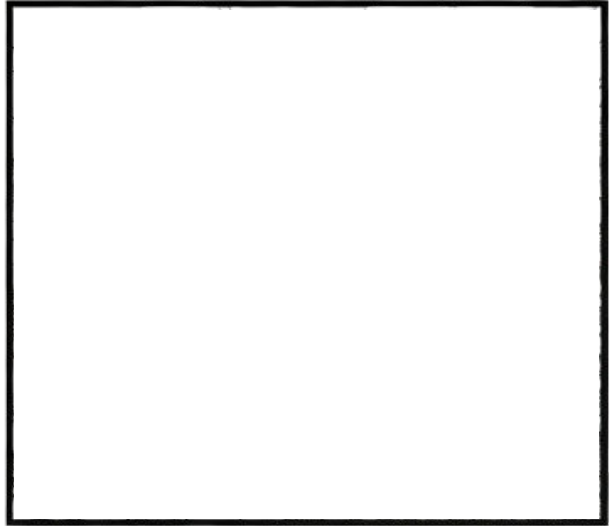
Shade one side lightly and the other darkly, focusing on balance and quiet attention.



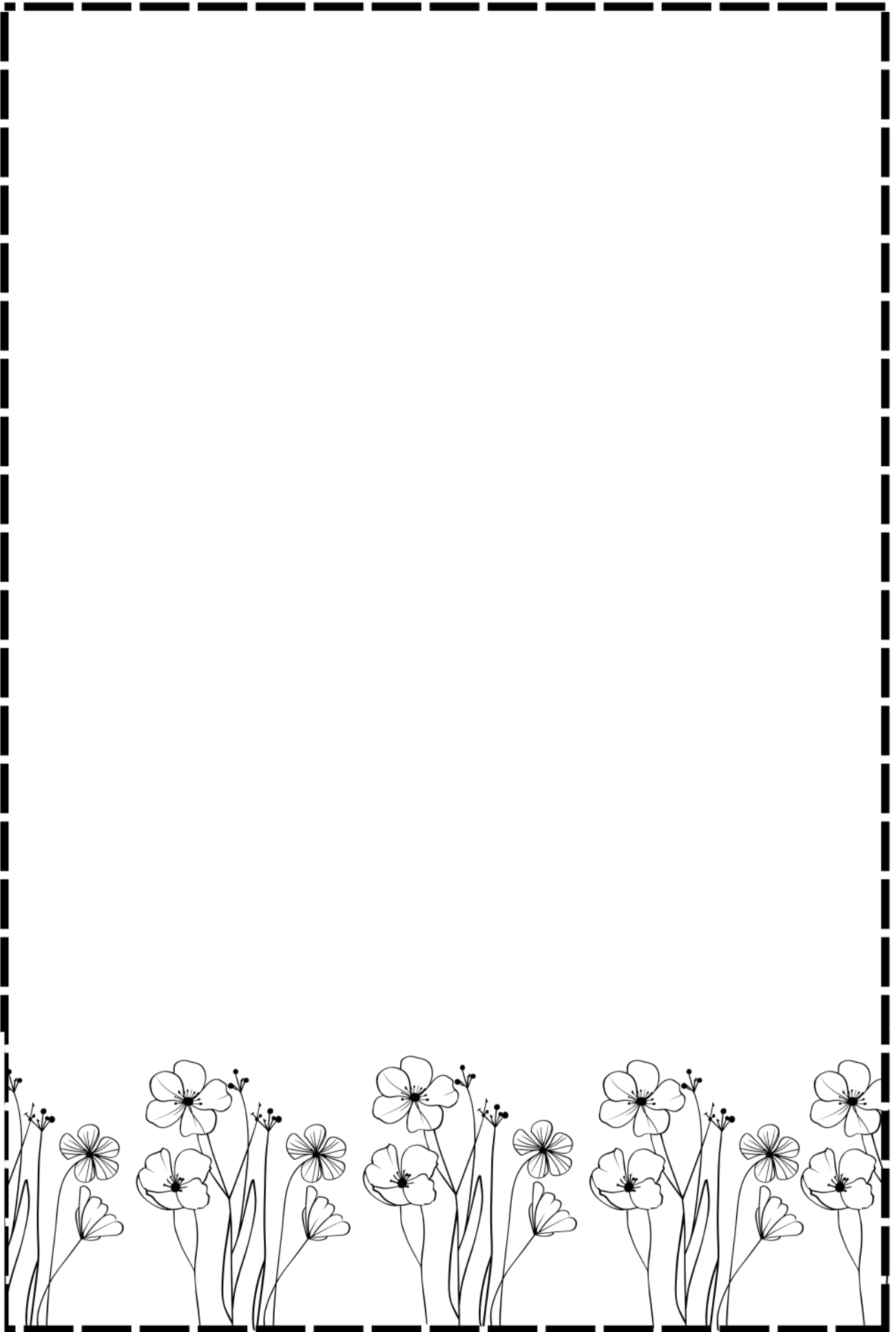
Draw around the shape, focus on what's between the lines rather than inside them.



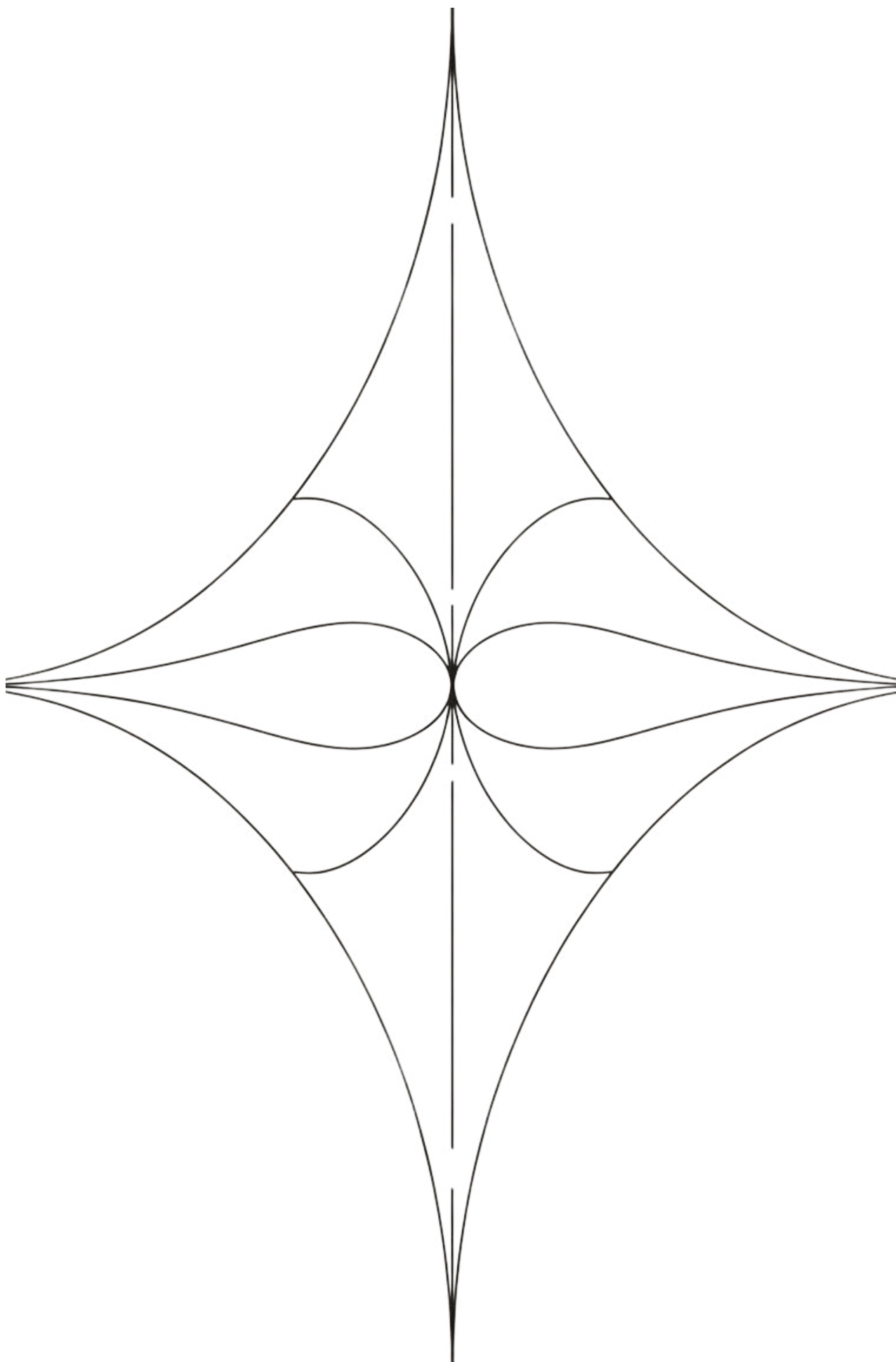
Tell a short story about something meaningful or challenging that happened to you.



Create an image, symbol, or pattern to honor someone or something you've lost.



Drop ink or paint on one side, fold the paper, press, and open to discover mirrored shapes.



Inside the hand, draw, write or paste sensory things that bring you comfort or calm.



Add tactile elements like fabric, yarn, or sand inside each section of the mandala.

