

## ACTIVITY IDEAS

### HAVE A GO AT DEFINING YOURSELF

Being an adolescent is all about creating our own identity and expressing it!

### PICK A QUOTATION THAT MEANS SOMETHING TO YOU

This could have been said by a famous person, or selected from a song or book etc.

Here are some examples you could use:

Fay Weldon: *"The desire for self-expression afflicts people when they feel there is something of themselves which is not getting through to the outside world."*

Deeyah Khan: *"Self-expression should not be a challenge that demands extraordinary talent but should be a right accessible to all."*

Criss Jami: *"Everyone has their own ways of expression. I believe we all have a lot to say, but finding ways to say it is more than half the battle."*

"THE SELF IS NOT  
SOMETHING THAT ONE

FINDS. IT IS SOMETHING  
THAT ONE CREATES."

Psychiatrist Thomas Szasz

### MAKE A PHOTO MONTAGE OR SHORT VIDEO THAT EXPRESSES WHO YOU ARE AS A PERSON

### WRITE A DAILY JOURNAL

Jotting down your thoughts can also help you to problem-solve — mind maps are a great tool for this. Creating vision boards about your future dreams and aspirations can also help to motivate and inspire you.

### UNDERSTANDING DANCE AS A FORM OF SELF-CARE

Watch the following videos as inspiration for how dancing can be used as a way to de-stress, join together and express your identity:

Dancing Di' Stress Away by Study in Sweden <https://bit.ly/33cBHGO>

Dance as self-care by Anna Freud NCCF <https://www.youtube.com/watch?v=ISxmYT4fbBQ>

### MAKE INSIDE-OUTSIDE BOXES

Decorate a box with images and words on the outside to represent the qualities you show to the world

decorate the inside of the box with images and words that represent the inner qualities, interests and passions that are hidden to most people

discuss why we all do this and what stops us sharing all of ourselves with others.