

My name is Ayat A

Pictures of me and the things I love!



The creative ways in which I express myself:

The things I do to express myself is Art ,dancing,playing games,watching movies,baking,taking pictures and also crafting. When I am so bored I do these things to keep me going, and it feels great when I do them.I also like doing my homework which my teacher gives me:)

My advice to you when you are feeling low:

You can watch movies with your family,play games with your siblings and also you can bake and do some art and craft.When you are sad you can go talk to someone you trust or share your feelings with them.

My name is Adam

Pictures of me and the things I love!



The creative ways in which I express myself:

I like to draw, i like to make figures out of paper from printing it out. I also love making lego.
I like to exercise and going out for walks
I really like playing with Sean we play Video games together and football.

My advice to you when you are feeling low:

Is to talk to someone about how you feel,or find something you really like doing.

My name is Sunzara

Pictures of me and the things I love!



The creative ways in which I express myself:

I like to play with snow and help my mum to bake and .
I also go outside with my family in holiday and have fun. I like swimming.

My advice to you when you are feeling low:

If you're feeling low you could do your favourite stuff like drawing, exercise playing with your friend that you no.



My name is Maha

Pictures of me and the things I love!

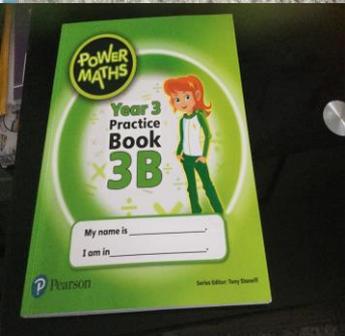


The creative ways in which I express myself:

I love to draw and play with my friends and family. I like maths because it makes me happy. I love to hula hoop and cook with my mum.

My advice to you when you are feeling low:

If you're feeling low do something you love to do like drawing, playing, and exercise.



My name is Zain

Pictures of me and the things I love!



The creative ways in which I express myself:

I really like baking with my mum and sister . i like to relax by colouring and painting. I love spending my time with my family on holidays.

My advice to you when you are feeling low:

If you are feeling low do things that makes you happy and things that you enjoy.

Find comfort in familiar things for example : a special blankie or favorite cuddly toy or a cuddle with a special person (your mummy or daddy).

My name is Mehreen

Pictures of me and the things I love!



The creative ways in which I express myself:

The way I express myself is that I draw and colour when I feel bored. Also I like to make things and bake with my mom and I like to paint. Sometimes I watch films.

My advice to you when you are feeling low:

My advice when you are feeling low is to talk to someone or do something you really enjoy.