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MISS ARMSTRONG

# Express YOURSELF

How do you express yourself, your feelings, thoughts and ideas?

How does expressing yourself make you feel?

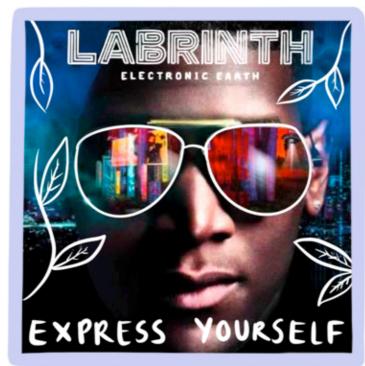Why is it important for people to be able to express themselves?

What do you think Labrinth means when he sings 'It's not what you look like, when you doing what you doing'?

Press play and sing along.

Write your own song about expressing yourself and perform it or record it.

See how many facial expressions you can make during the song.

**LABRINTH**
ELECTRONIC EARTH

**EXPRESS YOURSELF**

@TEACHPAL

Remember expressing yourself is not about being the best at something. It is about being yourself: sharing your thoughts, ideas and feelings, and doing what makes you happy.

Place your pen on the paper, close your eyes and play the song. Move your pen along with the music and stop after 30 seconds. Open your eyes and colour in your design with the colours that you feel represent you. Write down all the things you enjoy or that make you unique (see my example). You could also create your own picture inspired by the lyrics.

Open Garage Band on your iPad or Chrome Music Lab on your laptop and create your own music.

Write a poem about the importance of expressing yourself or a poem all about what makes you unique. This could be an acrostic poem, haiku, free verse or any of the poetry types you have learned.

Play this song and create your own dance or just freestyle!