MENTALLY ⇒ WELL SCHOOLS

Date:

Class

WHO AM I?

Instructions: Use the space below to draw some self-portraits. On the left side, draw how you look on the outside. On the right side, draw how you feel on the inside. There's also space to draw your favourite food, games, people or other favourite things. Colour your creations when you're done!

How I look on the outside



How I feel on the inside



Some of my favourite things



Random doodles and stuff

