

# express yourself

M X Z S I R R R P A I N T G O E Q  
R W F Z I G J O U R N A L Y A J Q  
U R E I N M E T N A H C O P O X W  
W I E I N C Q F T M H V F Z C I C  
R T S T T U O K R O W X L I N I I  
I E N T A G C C A N E W E S G M S  
T A C D D K Y I P A D L S C Y X U  
E P Q U L L S M W T N F R L Q E M  
A O R L A V V O R U Z A U R K D E  
R E R U P K W C L R Y R O L U M K  
A M G X R H B A W E D D Y Q Y S A  
P H M Y S Y Y E I W A R E Z Q M M  
B Q O K D J F K Y A N A L Q E N T  
T G P L V H X A O L C W Y W Z K R  
A R I A W Z R M R K E J T O B E W  
N J Z T K F Z Z A N N A S R A H U  
V E T E D I R E K I B R D G N Q Q

style yourself	make a comic	write a poem	nature walk
write a rap	make music	bike ride	journal
workout	skate	chant	laugh
paint	dance	talk	sing
draw	yoga		