**Self-Expression**

Self-expression makes a person an individual, but sometimes we don’t know how to express exactly what we feel. Listed in the websites below are ways on how to get your child to express themselves freely.

* <https://www.lifehack.org/337413/ways-help-your-child-express-their-feelings>
* <https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings>
* <https://sunshinehouse.com/blog/5-ways-to-help-your-children-express-themselves/>
* <https://www.focusonthefamily.ca/content/first-steps-in-self-control-helping-your-child-identify-their-emotions>
* <https://parenting.firstcry.com/articles/helping-toddlers-describe-events-verbally/>
* <https://www.koobits.com/2013/04/11/ways-to-encouraging-children-to-express-themselves>
* <https://www.mindchamps.org/blog/help-children-identify-express-emotions/>

