



ISULAT MO!

Write It Out!

Tandaan na may maraming paraan upang ipahayag ang iyong sarili at ang mga damdamin: pwede kang gumuhit, magsulat ng tula, mag-bullet journal at higit pa. Narito ang ilang mga opsyon para makapagsimula. Halika na.

Remember that there are different ways to express yourself and your feelings: you can draw, write a poem, bullet journal and more. Here are some prompts to get you started. Let's go.

① **Ano ang kailangan ko ngayon?**
What do I need right now?

② **Sino ang kinakausap mo kapag may problema ka?**
Who do you talk to when you have a problem?

③ **Ano ang tatlong bagay na nagpapagaan sa iyong pakiramdam kapag ikaw ay nalulungkot?**
What are three things that make you feel better when you are feeling down?

④ **Ano ang pinakamagaling mong panaginip? Isipin na kahit anumang bagay ay pwedeng mangyari!**
What is your wildest dream? Imagine anything is possible!

⑤ **Kailan ka huling tumulong sa isang kapwa tao, anong naramdaman mo?**
When was the last time you helped someone, how did it make you feel?

Submit narratives, poems and art for prizes:

DirectingChangeCA.org