



### Finding My Voice patch

Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

# Express Yourself & Write It Out

The first step to embracing your emotions is having the courage to express the way you feel. Select an emotion from the Feelings Wheel, then write a poem about everything it brings up for you.

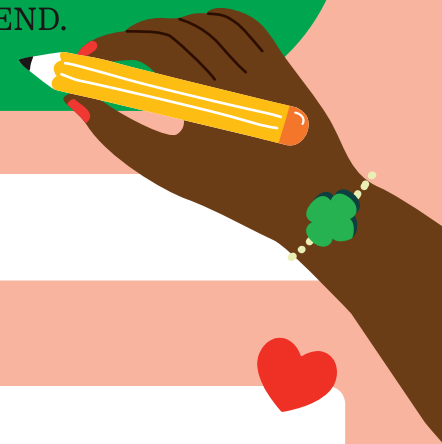




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# Your Words Count

This activity gives you the chance to care for the friends you love, and for anyone else who may need it most. Brighten up their day by writing a poem where each line begins with a letter from the word FRIEND.



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