

 **Hi there! WorldThroughYouth is so excited to offer you the chance to show your culture and creativity!**

 **Scroll down and see a variety of FREE exercises for you to do! (Printable, downloadable)**

To print/download our worksheets, **save it as a PDF** and use your printer settings to print it out. If you wish to **complete it online**, you can **take a screenshot** or save it as a PDF.

4 languages included: English, Chinese, Hindu, Spanish

CHILDREN

[English](#)

[Chinese](#)

[Hindu](#)

[Spanish](#)

While it may seem simple, these worksheets allow for self-expression in children and lets them share struggles without direct confrontation. Art provides a neutral, nonverbal medium for children to express their feelings and explore their identities safely, helping them confront and challenge internalized stereotypes! **So if you are a guardian, a sibling or a teacher, be sure to check these out!**

TEENS

[English](#)

[Chinese](#)

[Hindu](#)

[Spanish](#)

ADULT/YOUNG ADULT (Work in progress)

[English](#)

[Chinese](#)

[Hindu](#)

[Spanish](#)

