

Children's Mental Health Week: 1 – 7 February 2021

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Join us this week as we explore the different ways we can express ourselves, and the creative ways we can share our feelings, our thoughts and our ideas.

Monday 1st February – Crazy Hair Day

Enjoy your day with a crazy hair style. Express yourself through your creativity. We look forward to seeing the results!

Tuesday 2nd February – Draw/write a poem about your feelings or Play the Squiggle Game.

1 minute Squiggle Game: <https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

Draw Your Feelings: https://www.youtube.com/watch?v=STdJ_8ORyE&feature=youtu.be

(N.B – these are links to external websites; supervised viewing is suggested. The article itself is appropriate. Adverts might pop up)

Wednesday 3rd February - Dress to Express

Wear your favourite colour or choose a range of colours that express how you are feeling. Colour can be very personal, and mean different things to different people so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.

Why did you choose that colour? How does this make you feel?

Thursday 4th February – Sing it out Thursday

Choose a song, learn the words and sing it with family or with friends (via zoom). You may prefer to join in by clapping, clicking your fingers, using percussion instruments, miming or dancing.

Friday 5th February - Dress like superheroes, find your brave!

Today's dress like superheroes signals the end of a fun-filled Children's Mental Health Awareness week. Dress up like a superhero or add superhero accessories and find your brave!

Links you may find useful:

<https://www.dropbox.com/s/24sn304w61v52hs/CMHW2021%20-%20tips%20for%20parents%20and%20carers.pdf?dl=0>

<https://www.nhs.uk/oneyou/every-mind-matters/>