

# Children's Mental Health Week 2021

**EXPRESS  
YOURSELF**

#ChildrensMentalHealthWeek



Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is **Express Yourself**.

**Watch the Virtual assembly (available from 1<sup>st</sup> February)**

<https://www.childrensmentalhealthweek.org.uk/assembly>

# What does express yourself mean?



Express yourself is about finding creative ways to share feelings, thoughts, or ideas, through things like art, writing, music, dance and doing things that make you feel good.

REMEMBER: 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 how you are feeling that can help **you feel good about yourself.**

Can you spot the different ways people are expressing themselves in this video?

<https://www.youtube.com/watch?v=rfbOkWFTRAw>



# Why does finding healthy ways to express yourself matter?

Finding creative, enjoyable ways to share our thoughts, feelings and ideas can make us feel good and help our mental health, especially when we face tough situations or difficult time.

**It matters because when we feel good about ourselves, it can help our mental health and wellbeing.**



# What is Mental Health?

Remember, just as we look after our physical health(our bodies) by doing things like exercising, eating well and getting enough sleep, we also need to look after our mental health (our minds).

One way of caring for our mental health is to notice and share how we are feeling. Expressing ourselves in creative ways can help us do this.

Challenging times (like lockdown) saw lots of people finding creative ways to help them through it (such as gardening or growing plants, mindful colouring, drawing, reading or writing stories, making models, dancing, baking, etc.).



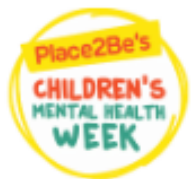
# How does being creative and expressing yourself make you feel?





We are all different and will find different creative ways to express ourselves. Finding healthy ways to express ourselves can make us feel good, happy, relaxed, excited, connected ...





## WE CAN FIND CREATIVITY IN MANY DIFFERENT WAYS

Listen to or read the story “Beautiful Oops” (or one of your own)

Remember, when we express ourselves we don’t have to be a great artist or a wonderful dancer. It’s not about being the very best at something or putting on a performance.

Let’s encourage each other to find lots of different ways to get creative and express ourselves.



<https://www.youtube.com/watch?v=2fZjMYdQjGM>

How can we help and support each other to get creative and express ourselves this Children's Mental Health Week?

Finding healthy ways to express ourselves creatively is one way of looking after our mental health

Think about what you are going to try this week. You might want to try something different, or you might want to share with a friend something creative that makes you feel good.

You could try some of the suggested activities on the next slide.

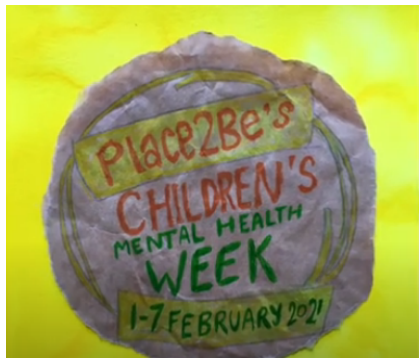
# Activities

Have a go at the one-minute Squiggle Game by Place2Be's Art Room team.

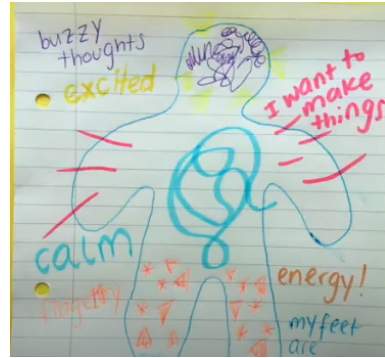
<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

Try this two-minute creative challenge. The challenge is to make a dog! Watch and follow these instructions

<https://www.youtube.com/watch?v=dD4Gv3s3QH8>



Try this simple 'draw your feelings' activity by Place2Be's Art Room team. the demo: <https://bit.ly/3iJCoMv>



Keep an exercise diary – exercise is great for our mental health!

Listen to music.

Draw, paint, sing!

Have some non-screen time.

# Non-screen activities you can do at home

Our earth is very special. These activities will help you reflect on how we can make it a better place.



## 1 Imagine you're a reporter.

Can you write a news report from today? What is the major event you will write about?

## 2 Interview someone

in your family about the world today, what will you ask? Write down their answers.



## 3 Plant a seed!

Plants can save the earth! Can you plant a tree that will last for years?



## 4 Clean up your patch of earth.

Go out for a walk in your area, collect litter that has been dropped and put in the bin. Don't forget a pair of gloves and a rubbish bag.

## 5 Quiz time!

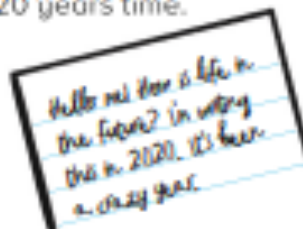
Can you think of ten questions about the earth today? Try them out on someone! How many can they answer correctly?

## 6 What does the earth look and feel like today?

Can you write a short description? Include what you like and don't like.

## 7 Hello me!

Write a letter to yourself to open in 20 years time.



## 8 Investigate!

How are we harming the earth at the moment? How can we change that? Write down what you discover.

9 Write a poem, song or rap to remind people to look after the earth. Perhaps the title could be 'pollution solution'.



## 10 What would it be like to time travel?

Write a story about it! Which year will you travel to? What does the earth look like then?



**11 Wild art!**  
Collect things from the garden and make a piece of art. A picture or sculpture from twigs or leaves, or something else.

**12 Upcycle!**  
Use items from your recycling to make something cool. A model, a piece of art or something else.



**13 Write a diary entry** of a memorable day from this year. Make sure you include how it made you feel.



**14 Should we celebrate Earth Day every year?** Or should every day be Earth Day? Debate and discuss with someone you know.

**15 Ask a friend or family member to write a letter to you.** Keep it safe and re-read it in years to come.



**16 Draw, paint or make a model** of what you think the earth will look like in 20 years time.



**17 Take charge!** Can you be in charge of recycling in your house?

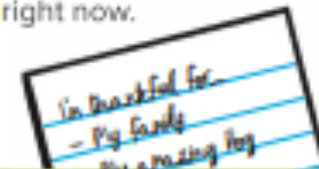


**18 Favourite things.** What are they at the moment? Write a list. How much do you think they will change over time?

**19 Draw a self-portrait.** What do you look like now?



**20 Be thankful.** Write a list or draw a picture of all the things you're thankful for on Earth right now.



**21 Start a scrapbook.** Collect things from this year to include in it. Photos, newspaper clippings, tickets. What else could you include?



**22 Going for goals.** Write a list of your goals for the future. What do you hope to achieve?



**23 Eco-warrior!** Create a list of the rooms in your house and monitor how often the lights are used. Can you save electricity in any of them?

**24 Design and make a poster** of all the ways we can look after the earth.



**25 Make a time capsule.** You could include all of the things you produce from these activities. What else? Hide it away and don't open it for years to come.



# What Are My Best Qualities?

Each one of us is different.

You are a very special, unique person with many special, positive qualities.

Can you list as many of these as you can below?

There are a few examples to get you started. If you are struggling, ask the adult you are with. Try your best to do this on your own though.

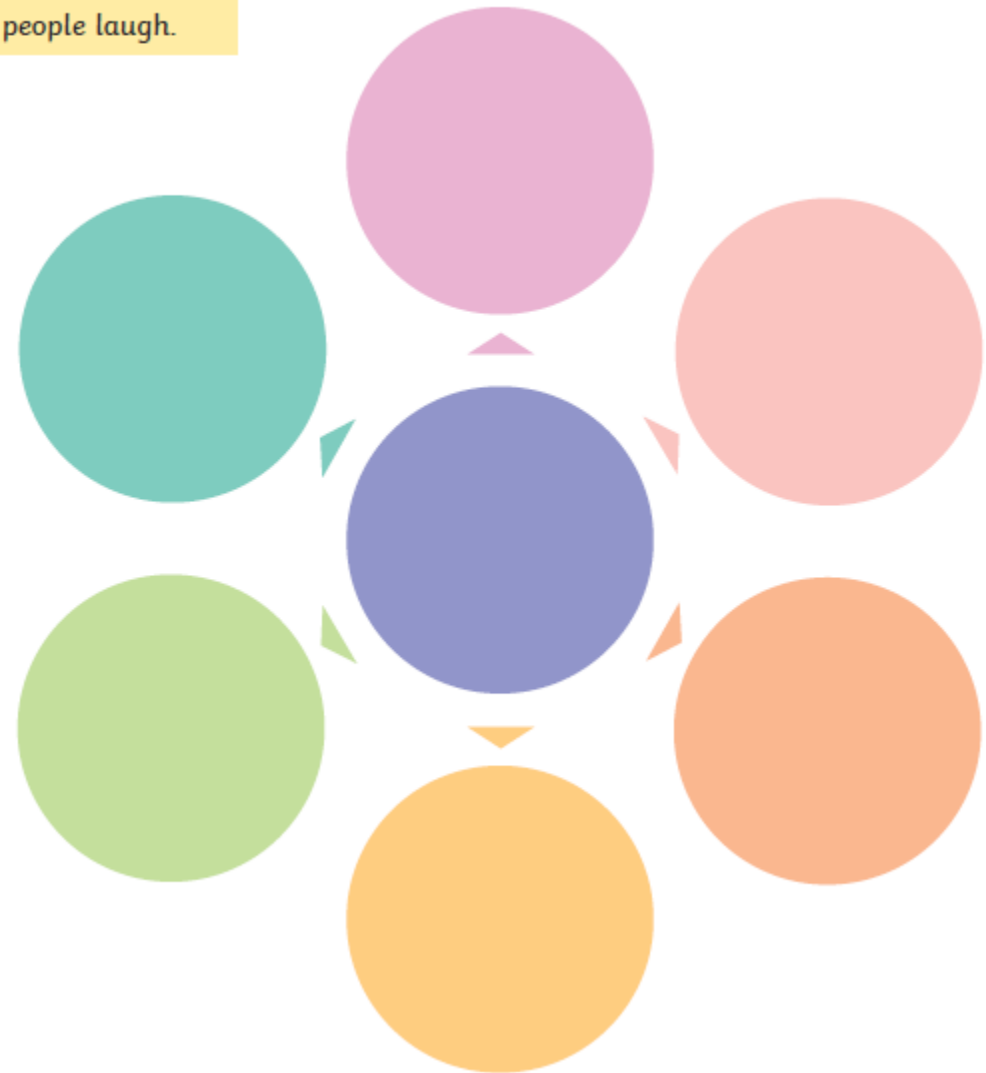
Write all those wonderful qualities down and be proud of who you are!

Examples:

I am honest.

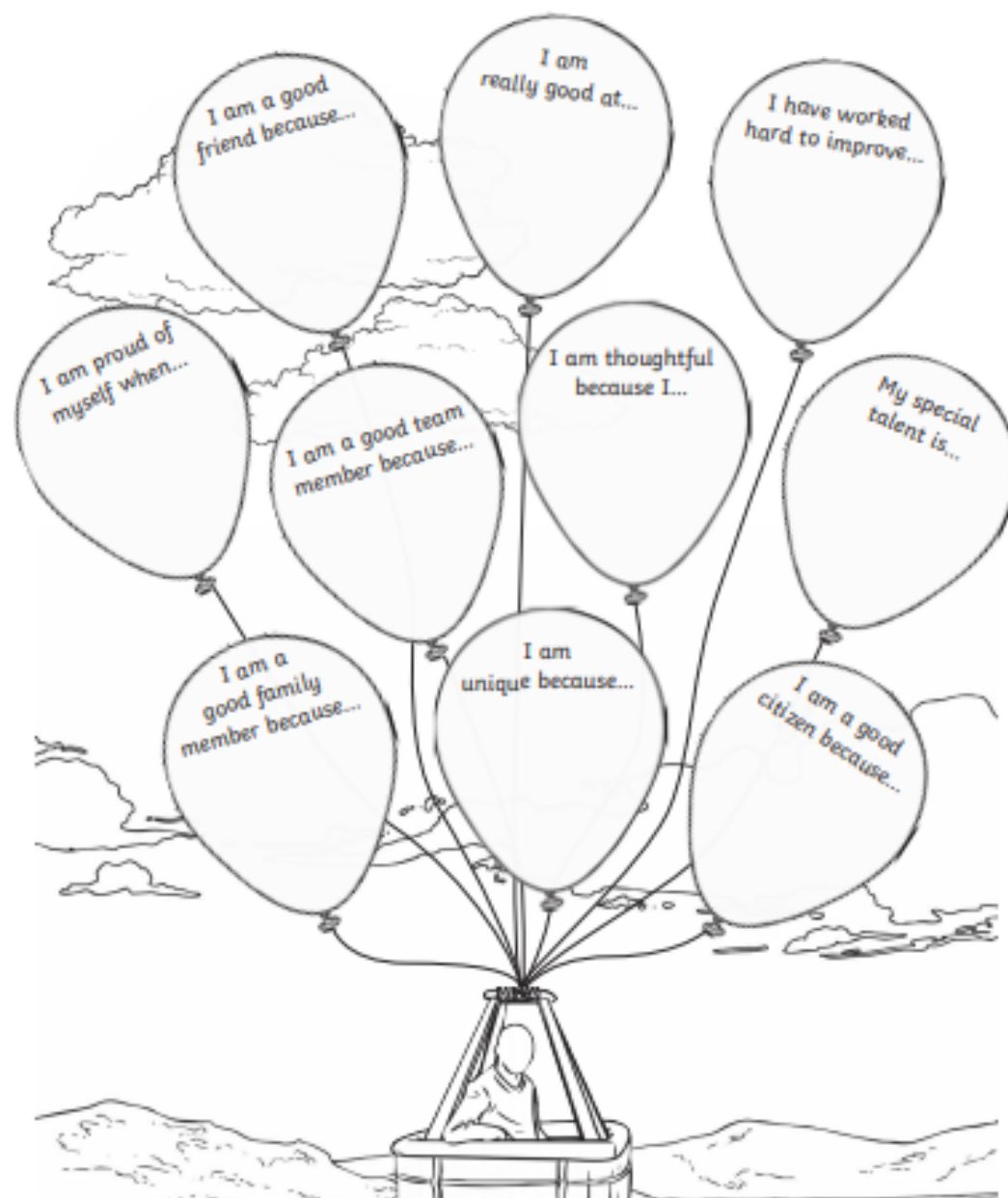
I am brave.

I make people laugh.



# I Am an Amazing Person!

Read and finish the sentences in the balloons below.



# How Can You Be Kind to Yourself?

We often think about how we can be kind to others and what effect our behaviour has on other people.

Have you ever thought about how you can be kind to **yourself**? Using the hearts below, write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off.

Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.

