

Children's Mental Health Week 2021 – “Express Yourself”

*From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is **“Express Yourself.”***

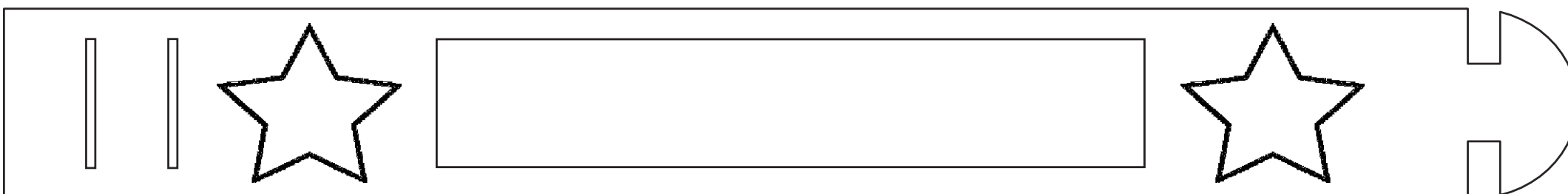
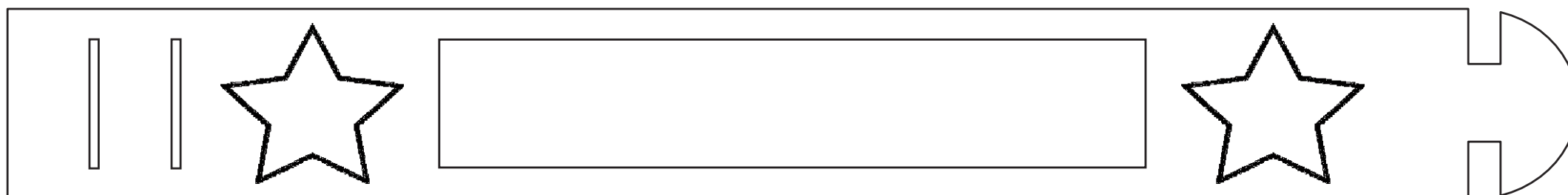
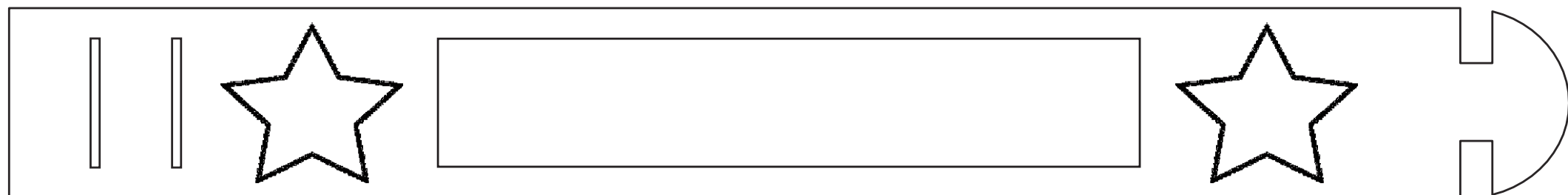
Expressing yourself** is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through **art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

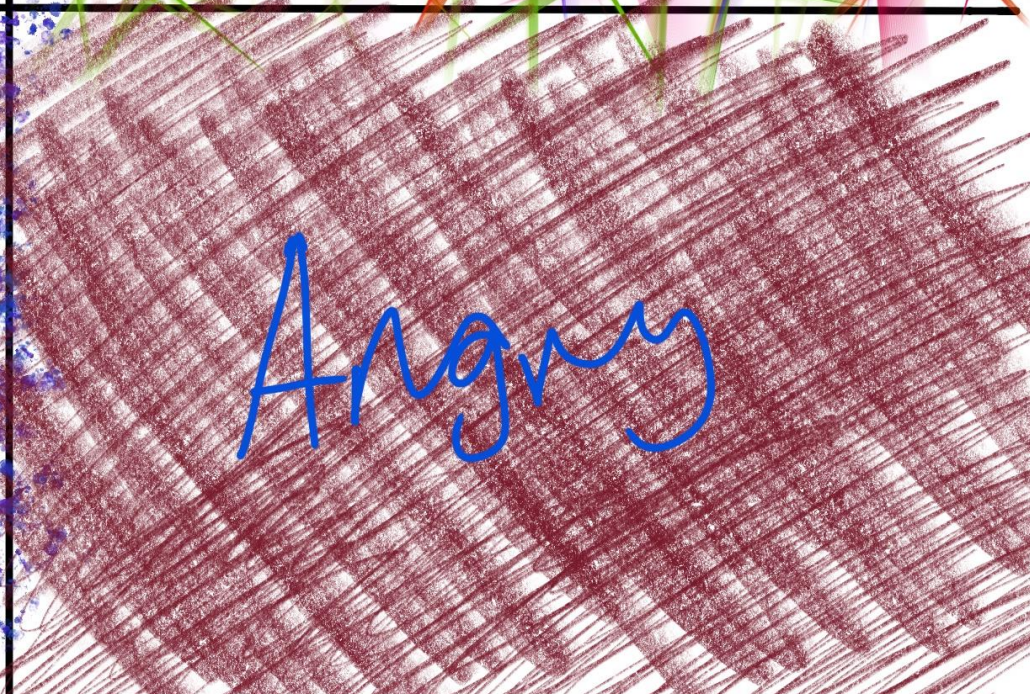
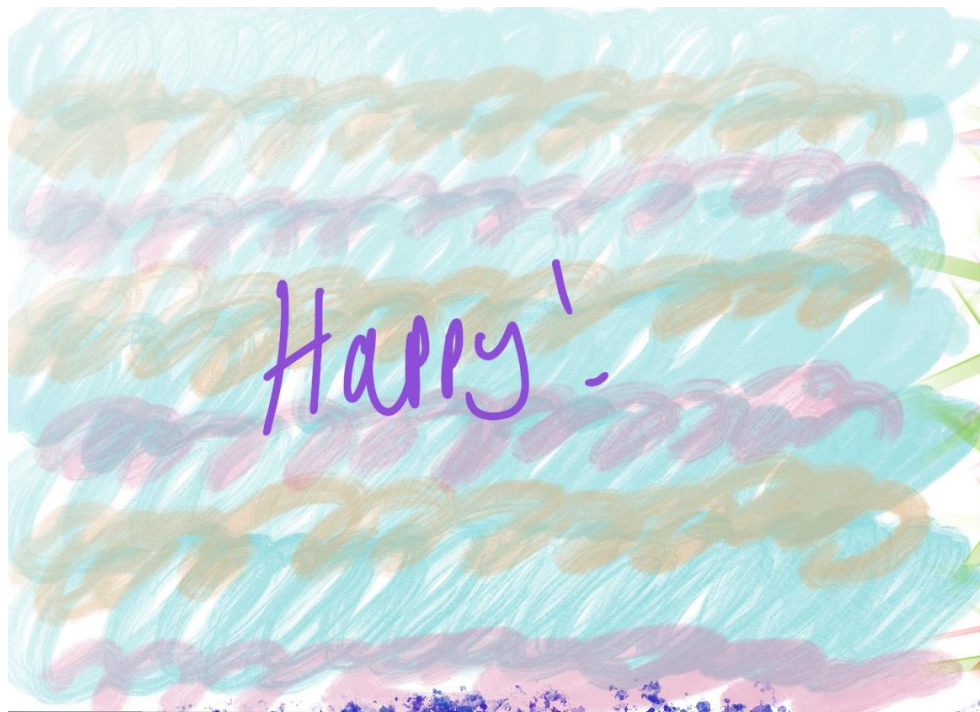
*It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.*

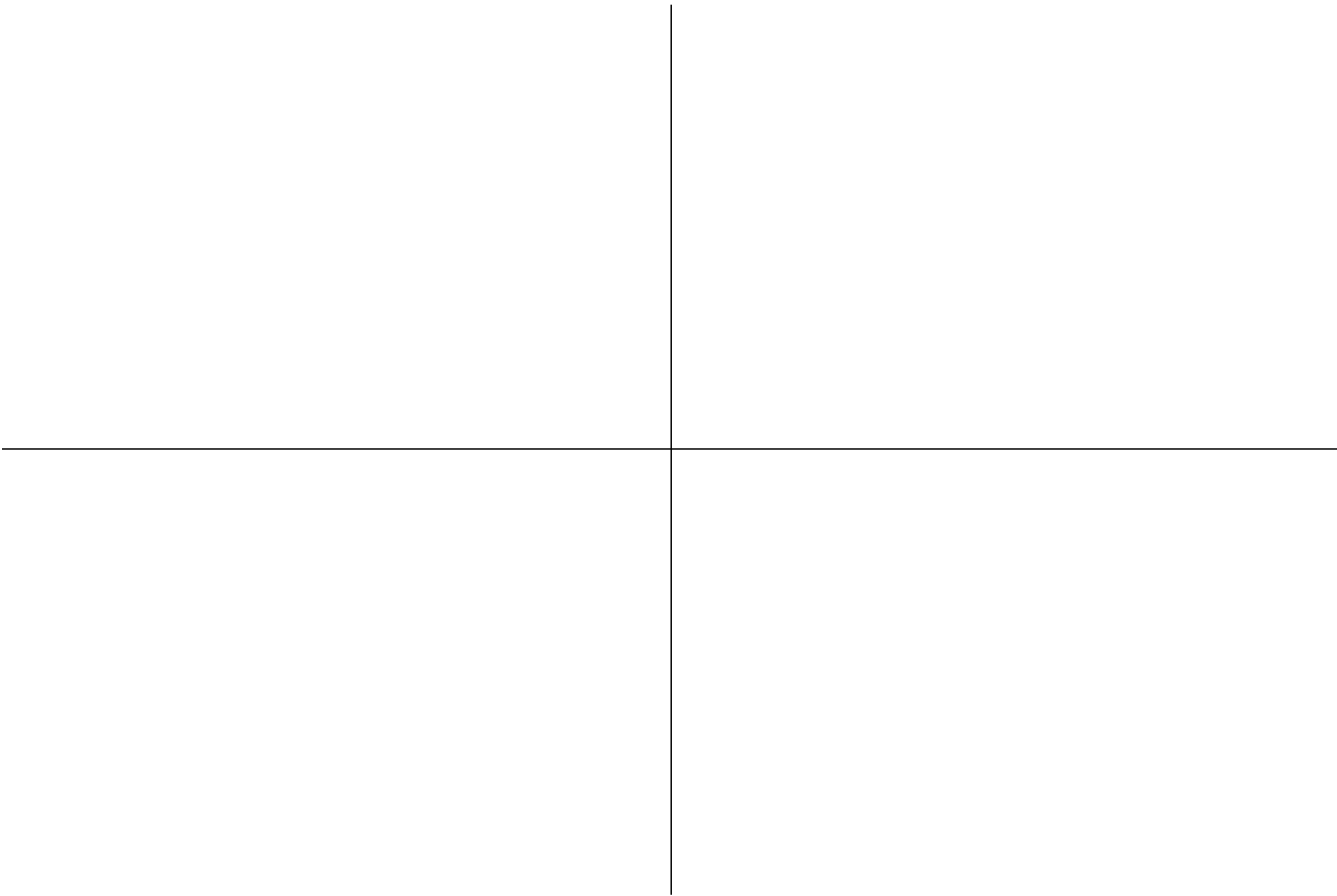
*Please find below a selection of ideas to support the theme of **“Express Yourself”**. Feel free to adapt the ideas as you wish for your class and apply your own discretion as to when, where and how the tasks are completed.*

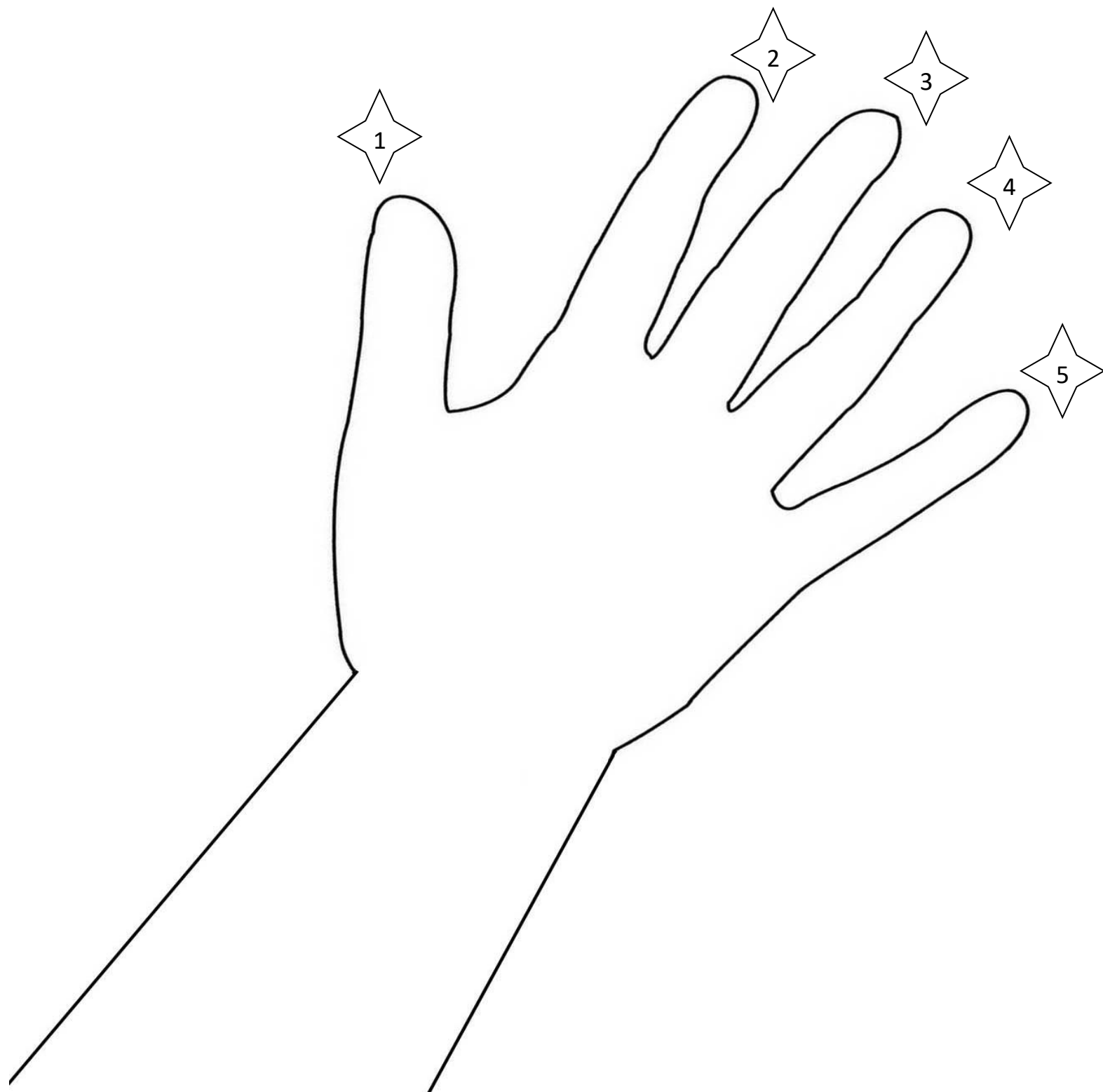
<p>Task 1: Friendship If everyone was the same, nobody would be special. In particular, no one would be special to us. So why not remind someone why they are special to you by designing a friendship bracelet that shows what makes that person unique to you. You can even make them a card to go along with it.</p> <p>See attached resource</p>	<p>Task 2: Art We express our emotions and feelings in so many ways. Whether this is laughing, crying, shouting, cuddling or sitting quietly. Similarly, we can express our emotions through art using different mediums. Using a variety of resources (paints, crayons, pens, pencils, stickers, etc.) and a variety of techniques (line, hatching, inking, geometric, graining, painting, smudging), can you express 4 different feelings in 4 different ways.</p> <p>See attached example and attached resource</p>	<p>Task 3: Music Music can make us feel a whole range of emotions. It can make us happy and want to dance around or make us really feel in touch with ourselves and how we are feeling. Listen to these songs and think carefully about what the artist is trying to get across.</p> <p><i>What parts stood out to you? What is the message? Do you think the message the artist is putting out is a positive one?</i></p> <p>https://www.youtube.com/watch?v=NxzUoJsXrdU – KS1 https://www.youtube.com/watch?v=yKpVM9QQzls – KS2</p>	<p>Task 4: Creative Writing Writing is a great way to use our language skills to get across how we are feeling and how we see ourselves.</p> <p>KS1 – Using the template, can you think of 5 things that are truly special and unique to you.</p> <p>KS2 – A C.V is what adults use to tell future employers about themselves. Can you make your own Wellbeing CV expressing all the wonderful feelings, hobbies and personality traits that make you unique? A template is attached.</p> <p>See attached resource for KS1 and KS2</p>
<p>Task 5: Poetry Unlike factual writing or story writing, poetry gives us the freedom to express ourselves but not have to worry about grammatical rules.</p> <p>Why not create an acrostic poem using your name, with each letter expressing a feeling, thought, idea or personality trait of yours.</p> <p>Or use any form of poetry you want to express this!</p> <p>See attached examples</p>	<p>Task 6: Films Films are a great way to escape reality and help us feel good about ourselves, but a lot of films are good at reminding us and teaching us about expressing ourselves. Here are some films based on self-expression that you might want to watch! Once you've watched the film, you could record your thoughts on what the message of the film is. You could write, film, draw or record your reflections however you want.</p> <p><i>Moana (Finding your purpose)</i> <i>Sing (Self-confidence and expression)</i> <i>Inside Out (Feelings and emotions)</i> <i>Soul (Uniqueness)</i> <i>Dumbo (Uniqueness)</i> <i>Zootopia (Breaking the norm)</i> <i>Greatest Showman (Uniqueness)</i></p>	<p>Task 7: Cooking and Baking Food is a huge part of our lives! What we put in our bodies has a big impact on how we feel about ourselves. But more so than that, food really allows us to express our uniqueness. Our rich blend of cultures, traditions and diversity means we can really get to show our uniqueness through our food.</p> <p>With an adult, can you cook something quite unique to express yourself? This could be a recipe that reflects your heritage, a family secret or just your favourite dinner that makes you happy.</p> <p>Take photos and record what makes the food unique and how it helps you express yourself.</p>	<p>Task 8: Film Making and Photography We have access to so many pieces of technology and don't make use of them. A way to express ourselves could be through a mini film or photography project that really shows who you are.</p> <p>Start by planning the project by writing a script or writing out the things you want to show others that highlight your uniqueness. Put your project together using any camera you can get access to, and try not to worry too much about how things looks. Having fun and trying your best is the most important part of it.</p>

Friendship bands









My Wellbeing CV

Your name:

Basic Information:

Hobbies and interests:

Likes and dislikes:

Achievements:

Fun Facts:



Reuben

Radiant personality

Easy Going

Understanding

Basketball player

Energetic

Never a dull moment

Reuben, you're a champ



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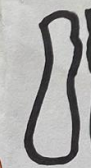
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