

Children's Mental Health week 2021.



Children's mental health week is taking place from 1-7th of February and the theme this year is Express Yourself.

As part of your PSHE lesson this week we would like you to think a little bit more about the theme **Express yourself**.

What does express yourself mean?

Please begin by watching these clips:

<https://www.youtube.com/watch?v=e8d-Ae1XTf0>

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

Did you spot the different ways the people were expressing themselves in the video?

Why does finding ways to express yourself matter?

RecapWhat is mental health??

Just like we look after our physical bodies by eating healthy foods, doing regular exercise, getting plenty of rest, we also need to look after our mental health (our minds). One way of caring for our mental health is to share how we are feeling. Expressing ourselves in creative ways is one way of doing this.

Talk to your grown up about what you think it means to express yourself and why it is important for our mental health that we do so.

How does being creative and expressing yourself make you feel?

Look at the video of the story 'Beautiful Oops'.

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

Remember when we express ourselves it's not about being a beautiful dancer or being the best artist, we don't have to be the very best at something it is more about how it makes you feel. Mistakes are important they help us to learn and grow.

How can we get creative and express ourselves this week?

Think about how you are going to express yourself this week. It might be by trying something new, or sharing something creative with a friend that makes you feel good. You might want to use different art materials, words, dance, digital design, growing or planting seeds, creating recipes.

We would love to see your ideas and how you are expressing yourself.