



EXPRESS YOURSELF



CHILDREN'S MENTAL HEALTH WEEK
1ST-7TH FEBRUARY 2021



To celebrate Place2Be's Children's Mental Health Week, we'll be exploring the different ways you can express yourself, and the creative ways you can share your feelings, thoughts and ideas.

What makes you, you?

Use the cloud to write as many words as you can that describes who you are. Think about what makes you unique - your personality, your likes and your hobbies!



Dress to Express

Take a picture of yourself wearing something that expresses who you are. Maybe it's a pair of yellow fluffy socks, your favourite PJs or some fancy dress!



Being able to express how we feel is so important for our mental health - we can express our feelings in so many different ways!

Draw your feelings

Grab some coloured pens or pencils and think about how you are feeling. Use different colours and shapes to show how you are feeling in each part of your body. Take a look at this [video](#) for some ideas!

Today I feel...



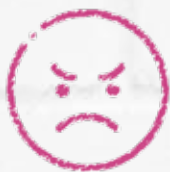
HAPPY



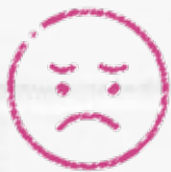
SCARED



EXCITED

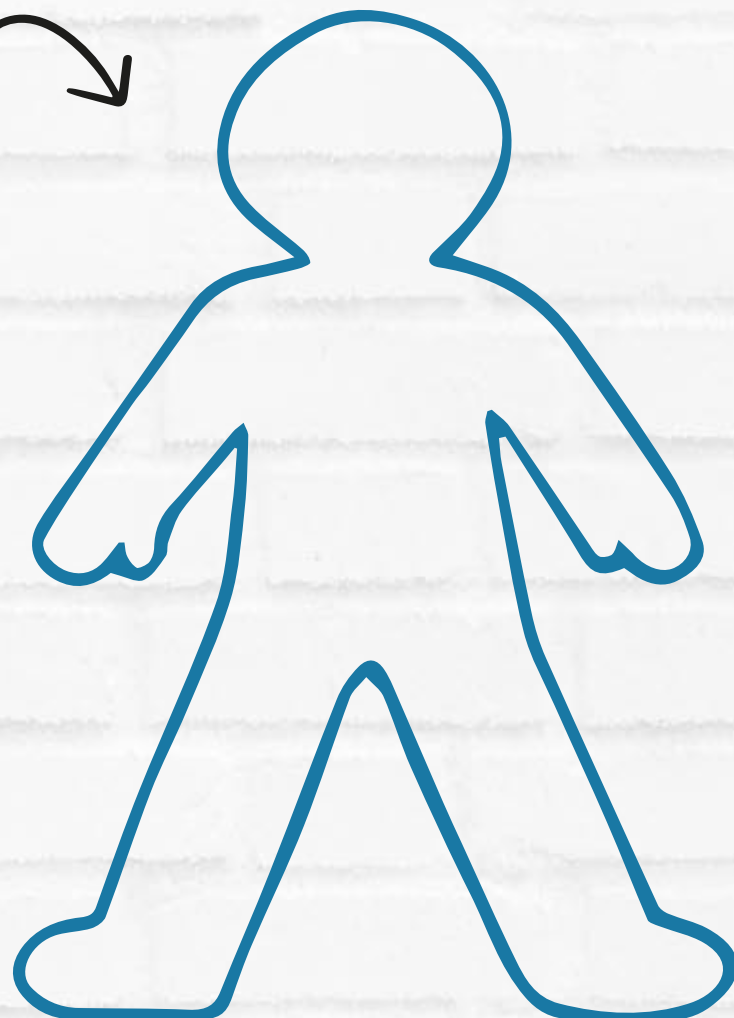


ANGRY



SAD

because...



Talking to someone about how you feel, or writing down your feelings is a great way to express yourself!

Draw or write all the ways that you like to express your feelings, thoughts and ideas!



Get creative

Choose an emotion, and think of a creative way you could express this feeling. For example, you could create a piece of art, choreograph a dance, write a song or make a video - be as creative as you can!



We'd love to see all the ways you've expressed yourself creatively this week! Let us know what you've been up to and be in with the chance of winning a prize!

Email lydiaburton@youngsomerset.org.uk or tag us on Instagram, Facebook or Twitter @youngsomerset

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