

EXPRESS YOURSELF

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



To celebrate Place2Be's Children's Mental Health Week, we've come up with seven ways for you to express yourself throughout the week!

DAY 1

Dress to Express! Forget fashion and forget what anyone else thinks - today is the day to wear an outfit that is 100% you!



DAY 2

Create a playlist of songs that expresses who you are as a person. Whether it's the style, title, lyrics or beat - if it reflects you, add it in!



DAY 3

Make a word cloud of all the words that represent you. This could include your personality, feelings, passions, hobbies, dreams and more!

DAY 4

Choose an emotion (e.g. happy, excited, angry etc.) and create a form of art that expresses this. This could be anything from a drawing to creating a dance or video - get as creative as you like!

DAY 5

Find a quote that reflects who you are, or inspires you to express who you are. Stick it to your wall or save it as your phone wallpaper, for a daily reminder!

DAY 6

Create a photo montage of everything that reflects you, including all the ways you like to express yourself. Think about your hobbies, skills, likes and passions!



DAY 7

Write a bucket list of all the ways you're going to express yourself this year. 2021 is the year to be bold and most importantly, the year to be you!



We'd love to see all the ways you've expressed yourself creatively this week! Tag us on Instagram, Facebook or Twitter @youngsomerset and be in with the chance of winning a prize!

