

Health and Wellbeing- Children's Mental Health Week

Well done for completing another week of home learning everyone!



This week (Feb 1st- 7th) is Place2Be's Children's Mental Health week. Their theme for this year is "Express Yourself". Read Place2Be's introduction to this year's theme-

"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.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas."

Think about the ways that people can express themselves. For example- through dancing, writing stories, singing etc. How many things can you think of? What are the ways that you express yourself?

Place2Be has some great resources and activities online for you to have a go at. Here is a list of some of the things you can get up to-

- There is a free virtual assembly which you can watch at home and take part in some of the activities. <https://www.childrensmentalhealthweek.org.uk/news/watch-our-children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>
- Have fun creating squiggle drawings. Watch the video and have a go yourself. <https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be> Why don't you challenge your family to a squiggle drawing contest?
- Design a hat or piece of clothing which you think shows off your personality and expresses yourself. Think about what colours, materials, patterns, images etc. that you will include on it. Why have you chosen these things? How does your design link to your personality?
- Imagine that you had magical powers, what spell would you cast to help children's mental health?
- Have a go at the "Draw your Feelings" activity. Here is a link to the demonstration video- https://www.youtube.com/watch?v=STdJ_8ORyE&feature=youtu.be

- Check out the BAFTAs Young Presenter Competition. Would you like to enter it? <http://www.baftakids.org/competitions/young-presenter-competition-2021>
- Watch one of the virtual sessions which explore some of the ways people express themselves using- Art, Dance, Acting, Writing and Creating content- and feature some well-known, famous faces. <https://www.childrensmentalhealthweek.org.uk/news/i-express-myself-through-virtual-sessions-on-creative-expression/>
- Listen to a short message from The Duchess of Cambridge. <https://youtu.be/PEBURwEL9HM>

Parents/carers- There is also a section on Place2Be's website which offers ideas of wellbeing activities for families to do together. <https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

Have fun exploring all of the amazing, free online resources and activities. Let us know on the blog which ones you have worked on and enjoyed!

