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.

https://youtu.be/PEBURwEL9HM

ACTIVITIES

https://www.bbc.co.uk/teach/childrens-mental-health-week/zk37bdm

CONVERSATION STARTER ACTIVITY

Did you know that connecting with others is an important way to look after our wellbeing? Use these conversation starters to help start meaningful conversations at home, in your workplace or in the classroom.

"WHAT ARE YOU GRATEFUL FOR THIS WEEK?"

"WHAT WAS THE KINDEST THING YOU DID FOR SOMEONE ELSE THIS WEEK?"

"WHAT WAS THE KINDEST THING SOMEONE DID FOR YOU THIS WEEK?"

"WHAT WAS THE MOST CHALLENGING THING THAT HAPPENED THIS WEEK?"

"HOW DO YOU FEEL WHEN YOU EXPRESS YOURSELF CREATIVELY?"

"WHAT ARE YOUR FAVOURITE WAYS TO EXPRESS YOURSELF CREATIVELY?"

"WHAT ARE YOU MOST PROUD OF YOURSELF FOR THIS WEEK?"

DRESS TO EXPRESS

THIS CHILDREN'S MENTAL HEALTH WEEK

Use colour to EXPRESS YOURSELF during Children's Mental Health Week by wearing a colourful outfit and donating £2 to Place2Be.

You could wear your favourite colour of choose a range of colours that express how you're feeling.

Shine a spotlight on and raise awareness for children and young people's mental health this Children's Mental Health Week. Help to ensure no child has to face mental health problems alone.

MAKE INSIDE-OUTSIDE BOXES

Follow these simple instructions:

o decorate a box with images and words on the outside to represent the qualities you show to the world

o decorate the inside of the box with images and words that represent the inner qualities, interests and passions that are hidden to most people

o discuss why we all do this and what stops us sharing all of ourselves with others.

CHILDREN'S MENTAL HEALTH WEEK VIRTUAL ASSEMBLY

BAFTA Kids · OAK NATIONAL ACADEMY · Place2Be

https://youtu.be/zisXE4KlLAI

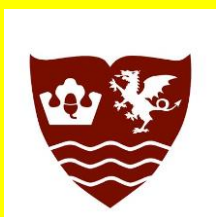## MAKE A PHOTO MONTAGE OR SHORT VIDEO THAT EXPRESSES WHO YOU ARE AS A PERSON

Encourage your students to make a short video or photo montage about themselves. This could include their current likes and dislikes, strengths, interests, dreams and passions.

Alternatively, you may like to challenge your students to complete a 7-day photo challenge during **Children's Mental Health Week**, for instance taking one photo a day that captures expresses some aspect of themselves, either literally or in abstract form.

WRITE A DAILY JOURNAL

Encourage students to keep a daily journal in which they write about whatever comes to mind. Suggest that it can be helpful to carry around an ideas book with you. Jotting down your thoughts can also help you to problem-solve — mind maps are a great tool for this. Creating vision boards about your future dreams and aspirations can also help to motivate and inspire you.

Well-being Day 5th Feb 2021
Reduce your screen time and get creative. Try and complete the well-bring bingo board.

ONLINE CONFERENCE

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 2021

Creativity as a healing tool:
Connecting mind, body & imagination

2 - 4.45PM, FRIDAY 5 FEBRUARY

Place2Be · PESI uk

Lemn Sissay, MBE · Bessel van der Kolk, MD · + Panel Discussion

REGISTER NOW!