



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.

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.

You can express yourself through many different mediums and art forms you may consider including: simple craft making, sculpture, junk modelling, mask making, murals, weaving, painting, photography, film, digital art, dance, drama, mime, poetry and literature, music, singing, gardening and cooking. But, there are lots more to choose from.

Choose as many activities as you wish from the list below, and show us on Seesaw! Perhaps we will choose to display some in school or on our GWPS Twitter page.

Please remember, all these activities are optional!

Activity	Resources	Task
The Daily Mile Outside walk/Run	<ul style="list-style-type: none"> - Comfortable walking shoes! 	Try to go on a walk. Observe nature or the changes from Winter to Spring.
Dress to express Clothes/Dressing up outfit Hairstyles	<ul style="list-style-type: none"> - Your favourite outfit or dressing up costume - Your favourite hair style or a new hair style you want to try! 	Pupils could wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions. <i>(Place2Be ask for a £2 Donation if you would like to donate)</i>
Disco time	<ul style="list-style-type: none"> - Music - Space 	Have a sing along (and a dance) to your favourite song. It always lifts the spirits and boosts the mood ☺
Colouring (mindfulness)	<ul style="list-style-type: none"> - Colouring page - Colouring pencils 	Take your time and really concentrate on staying within the lines. We have included some pictures for you to colour underneath.
Draw with Rob	<ul style="list-style-type: none"> - YouTube - Pencil - Paper 	https://www.youtube.com/watch?v=bhyCxVPb1qU If you enjoy drawing, follow the step by step guidance to draw Rob's most famous character – The Gregosaurus! However, you can choose any character to draw!
Squiggle Game Be inspired by a picture made from scribbles!	<ul style="list-style-type: none"> - YouTube access - Piece of paper - 1 Pen/Pencil 	Close your eyes. Put your pen on your paper and draw squiggles for a few seconds. Open your eyes again and just look at your new creation... what can you make it into? <i>The Squiggle Game - Children's Mental Health Week 2021 - YouTube</i>
Beautiful Oops.	<ul style="list-style-type: none"> - YouTube access - Piece of paper - 1 Pen/Pencil 	<i>Beautiful Oops! By Barney Saltzberg - YouTube (KS1)</i> <i>Beautiful Oops by Barney Saltzberg - YouTube (KS2)</i> Similar to the last activity (Squiggle game), But this time...you might want to tear up some paper, to put back together again in an imaginative creation!
Baking	<ul style="list-style-type: none"> - Favourite recipe - Ingredients - Adult supervision 	Have a go at baking some biscuits/cakes. One of the best parts is tidying up and licking the spoons/bowls! Then the ultimate best part is tasting the final outcome!
My Dear New Friend Write a letter to someone in a care home. Your letter will brighten someone's day, and might even get a reply!	<ul style="list-style-type: none"> - Letter / writing paper - Envelope - Pen/pencil - Stamp 	Write a chatty letter starting with 'My dear new friend'. Try to handwrite it neatly and include details and drawings about your day, life and pets. Ask your child to sign the letter with their first name only. If you would like a reply to your letter, provide just your first name and Great Waldingfield Primary School rather than sharing your home address. <i>Remind your child that not everyone will be able to reply, but they will be very pleased to receive their letter!</i>
Poetry	<ul style="list-style-type: none"> - Something to write on 	Write a poem to express your feelings. How do you feel? What do those feelings look like?
Take photographs of 5 of your most favourite things	<ul style="list-style-type: none"> - Camera - Someone/Something to capture! 	Photography is a great medium to express yourself, what do you want to take a picture of? What memories are you going to create? Where might you display these to reflect on your photography findings!
Family time	<ul style="list-style-type: none"> - Choose a board game / play charades / Simon Says. 	Spend about half an hour of your day, just playing a game and having a laugh all together.
Sleep	<ul style="list-style-type: none"> - Bed! 	Have an early night. Sleep is an important way to stay healthy and feel refreshed!

