

Have a singalong

Put on your favourite music and sing your favourite song. What do you like about this song? How does it make you feel?



It's good to talk

Talk to someone at home about how you are feeling. Talk about the things that are worrying you or you feel unsure about. It can really help to talk things through!



What makes me happy

Spend time, each day, doing something that makes you happy. Write down what it was that made you happy each day.



Get creative

Draw or paint your emotions - what colour are the different emotions to you? You could listen to the story *The Colour Monster* [The Color Monster - Read Aloud by Mr. Joshua Brooks - YouTube](#)



Family time

Spend some special time with your family - play games, go for a walk or do something creative together.



Happy Box

Make yourself a box of all the things that make you feel happy and safe. You could use an old shoebox and decorate it.

You can look at this when you are feeling scared or worried



How I feel

What things make you feel ...

Happy?

Sad?

Angry?

Excited?

How do you show these?



Children's Mental Health Week - Express Yourself
1st - 7th February 2021

Nature Art

Whilst out on a walk, collect some items along the way that interest you. Take them home to create a piece of natural artwork.



Being kind

How will you be kind today? Acts of kindness are always a great idea for our own and others' mental health. Try to do something kind each day.



MasterChef!

With an adult, can you create a masterpiece in the kitchen for the family to share and enjoy? You could make raspberry buns, just like Mrs Burns and her daughter.



Dress to Express Day!

Create something to wear on 'Dress to Express' day this Friday. You could decorate something you already own, make a hat or you could even wear your favourite party clothes.



Keep dancing

Put on your favourite music and dance around the room! How does it make you feel? What sort of movements do you enjoy making?



Keep active

Find something energetic to do for at least 30 minutes. Try to make sure that you increase your heart rate. You could complete a PE with Joe Wicks.



Calm corner

Create a calm, comfortable corner someone in your home. Spend some time there when you need to relax.



