



Draw at least one
thing, person or
moment you are
grateful for.

EXPRESS
YOURSELF



EXPRESS
YOURSELF

Split your page into 4 and draw:

Something you're proud of

Something you're grateful for

A hope or wish you have

Someone important to you

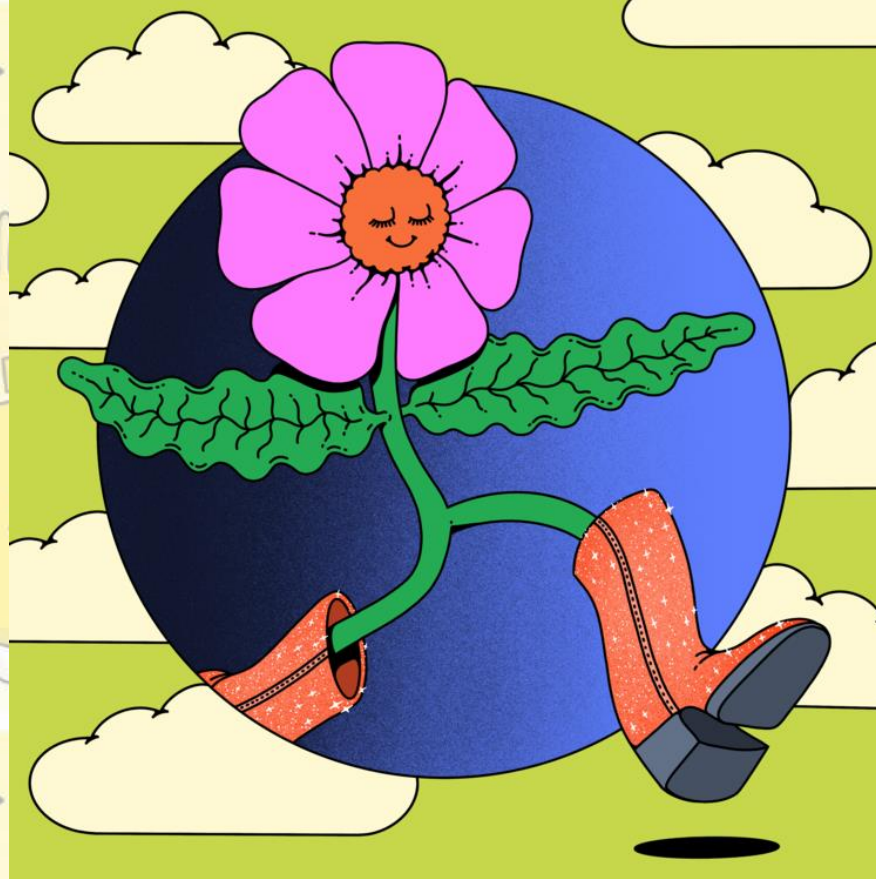


EXPRESS
YOURSELF

What's the best
thing you've seen
today? Draw it!



EXPRESS
YOURSELF

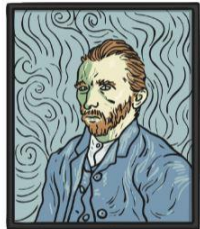


Design a pair of shoes that represent
you. Trainers? Sparkly cowboy boots?
Up to you!

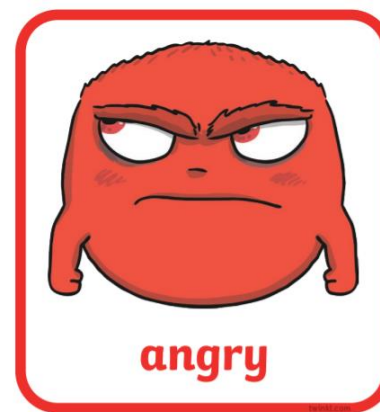


EXPRESS
YOURSELF

Imagine you have a
golden ticket to your
perfect day. What would
you do? Draw a comic
strip to show us!



EXPRESS
YOURSELF



Design emotion monsters
for these feelings. What
do they look like for you?

Anger, joy, worry, sadness,
excitement



EXPRESS
YOURSELF

DRESS TO EXPRESS!

Go and get an accessory to
wear for Zoom today that
expresses your own unique style.



Imagine you are stranded on a desert island for a day.


EXPRESS YOURSELF

WHAT FOOD WOULD YOU LIKE TO FIND ON THE ISLAND?

WHAT MUSIC WOULD YOU LIKE TO HEAR PLAYING?

HOW WOULD YOU SPEND THE DAY?

IF YOU COULD HAVE ANY ART MATERIALS WITH YOU, WHAT WOULD THEY BE AND WHAT WOULD YOU MAKE?



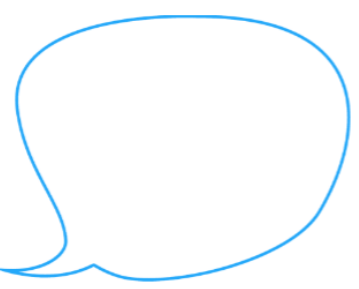
For your movement break today,
try one of [these](#) Super Mood
Movers!

Want a moment to take some
deep breaths? [Try this!](#)

Place2Be's

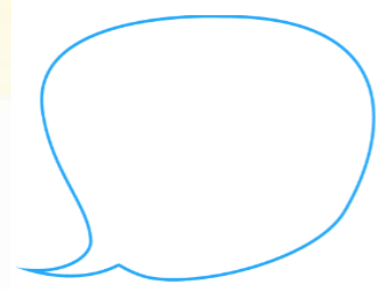
CHILDREN'S
MENTAL HEALTH
WEEK

1 - 7 FEBRUARY 2021



EXPRESS
YOURSELF

If (insert day of
week) was a
colour/animal/smell,
what would it be?



EXPRESS
YOURSELF

What would your top
song of all time be?

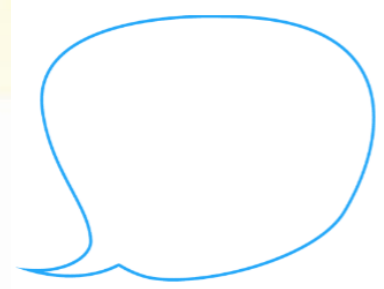
How does it make
you feel?



EXPRESS
YOURSELF

Give yourself a
compliment.





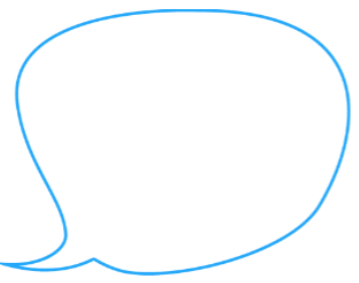
EXPRESS
YOURSELF

Choose one kind
thing to do for
yourself today.
What's it going to
be?

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

1 - 7 FEBRUARY 2021

Which Blob are you right now?



EXPRESS
YOURSELF

Blob feelings



Place2Be's

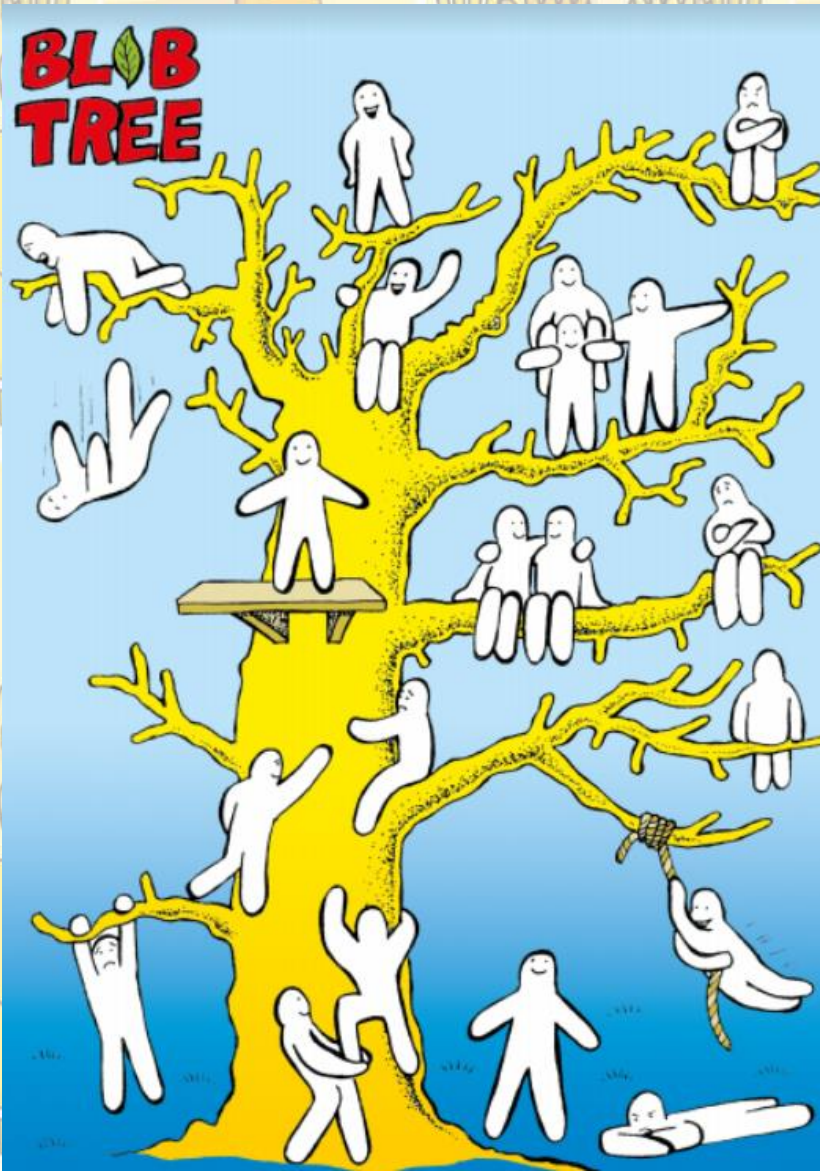
CHILDREN'S
MENTAL HEALTH
WEEK

1 - 7 FEBRUARY 2021

Which Blob are you right now?



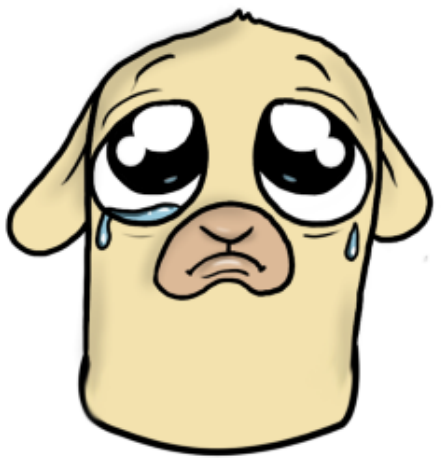



EXPRESS
YOURSELF



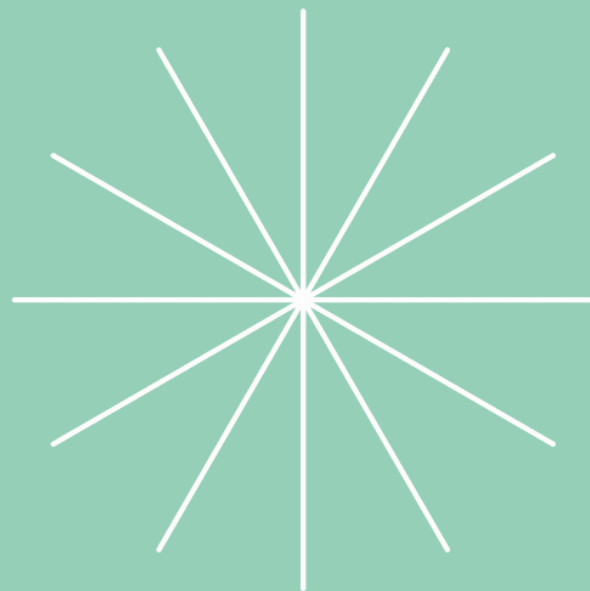
How do I feel?



EXPRESS
YOURSELF

			
<p>Sick/Unwell Sad/Upset Tired/Sleepy Bored Disappointed Down in the Dumps</p>	<p>Happy/Cheerful Calm Good to Go Focused Ready to Learn Just right</p>	<p>Frustrated Worried Silly Anxious Excited Embarrassed</p>	<p>Mad/Angry Mean Lost Control I Need Time and Space Lost my Cool Screaming</p>

#DESTRESSMONDAY

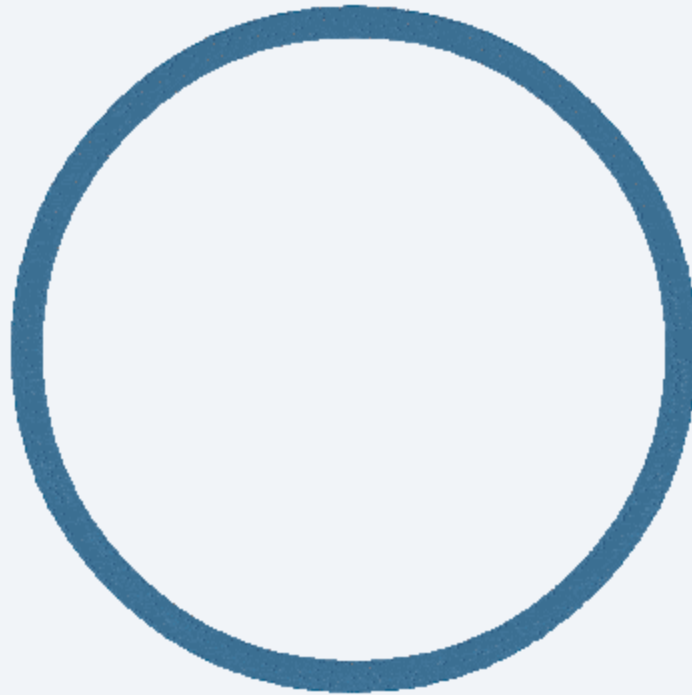


BREATHE WITH THE SHAPE

Let's take
a few
moments
to
breathe
together.

Let's take
a few
moments
to
breathe
together.

Practice this Exercise



Let's take
a few
moments
to
breathe
together.



Let's take
a few
moments
to
breathe
together.

INHALE

