



EXPRESS YOURSELF

CHILDREN'S MENTAL HEALTH WEEK
1-7 FEBRUARY 2021

DRESS TO EXPRESS!

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



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

WHAT FOOD WOULD YOU LIKE TO FIND ON THE ISLAND?

WHAT MUSIC WOULD YOU LIKE TO HEAR PLAYING?

HOW WOULD YOU SPEND THE DAY?

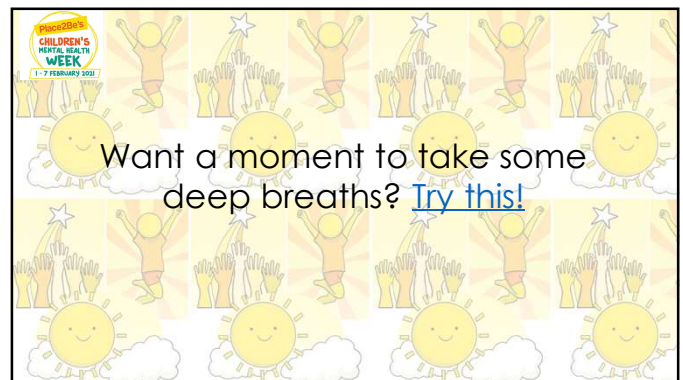
IF YOU COULD HAVE ANY ART MATERIALS WITH YOU, WHAT WOULD THEY BE AND WHAT WOULD YOU MAKE?



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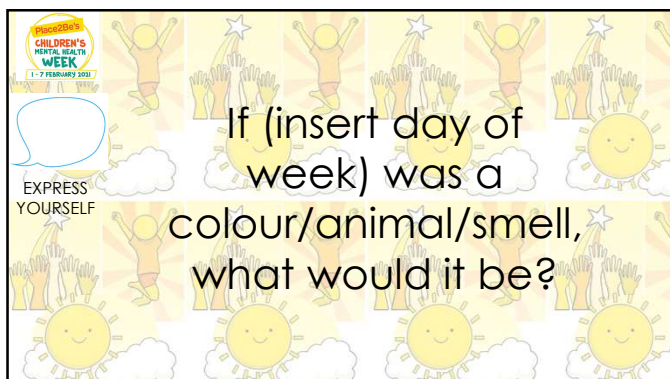
For your movement break today, try one of [these](#) Super Mood Movers!



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



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



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What would your top song of all time be? How does it make you feel?

