

Express Yourself

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

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

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.

EXPRESS YOURSELF

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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?

EXPRESS YOURSELF

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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?

EXPRESS YOURSELF

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

EXPRESS YOURSELF

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Give yourself a compliment.

EXPRESS YOURSELF

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

EXPRESS YOURSELF

Which Blob are you right now?

Blob feelings

EXPRESS YOURSELF

Which Blob are you right now?

BLOB TREE

How do I feel?

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

#DESTRESSMONDAY

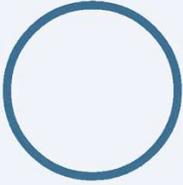
Let's take a few moments to breathe together.

BREATHE WITH THE SHAPE

Psychology
CHILDREN'S MENTAL HEALTH WEEK
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Practice this Exercise



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INHALE

