

### Self-Care & Mental Health for Kids



<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

**The theme of this year's Children's Mental Health Week 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.



### Express Yourself!

#### What makes me feel good?

**WALT:** think and write about what makes me feel good.

**Activity:** On paper, draw a picture of yourself doing your favourite thing either at school or at home. Write around your picture things that make you feel good.

Could you paint your portrait? Add photographs of yourself? Present your work as a collage? (Please keep your work to share in class.)



HAVE FUN EXPRESSING YOURSELF. WE LOOK FORWARD TO SEEING YOUR IDEAS. :)