



# Children's Mental Health Week

## 1-7 February 2021

# EXPRESS YOURSELF

Assembly slides for primary-age children

# WHAT DOES EXPRESS YOURSELF MEAN?



SEE IF YOU CAN SPOT THE DIFFERENT WAYS PEOPLE ARE  
EXPRESSING THEMSELVES IN THIS SHORT VIDEO



# WHY DOES FINDING HEALTHY WAYS TO EXPRESS YOURSELF MATTER?





# HOW DOES BEING CREATIVE AND EXPRESSING YOURSELF MAKE YOU FEEL?

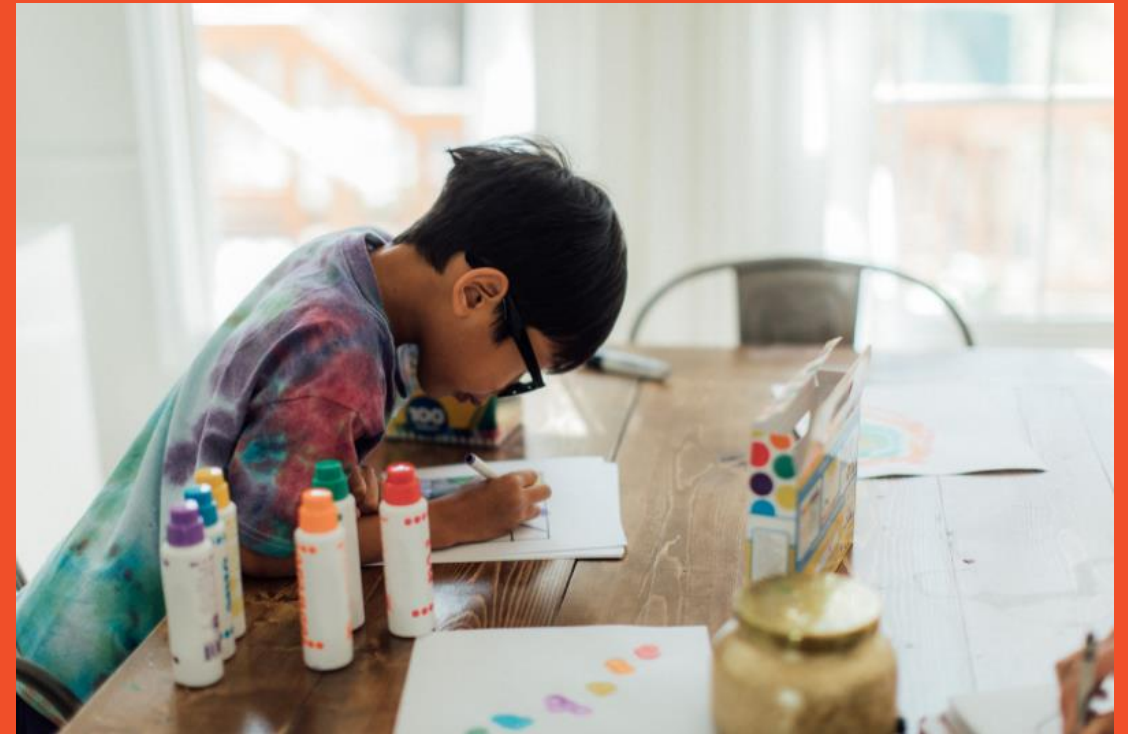


# WE CAN FIND CREATIVITY IN MANY DIFFERENT WAYS

Listen to or read the story “Beautiful Oops” (or one of your own)

Remember, when we express ourselves we don't have to be a great artist or a wonderful dancer. It's not about being the very best at something or putting on a performance.

Let's encourage each other to find lots of different ways to get creative and express ourselves.





# HOW CAN WE HELP AND SUPPORT EACH OTHER TO GET CREATIVE AND EXPRESS OURSELVES THIS CHILDREN'S MENTAL HEALTH WEEK?



# CREDITS

## Activity:

Write a letter to your teacher thinking carefully about how you are feeling and try to work out why you are feeling like that.

There are some key feelings down the side to help you.

Upload your finished letter on TEAMS.

Here is a word bank to help you fill this in

Sad

Frustrated

Angry

Lonely

Nervous

Irritated

Scared

Stressed

Confused

## A letter about how I'm feeling

Dear \_\_\_\_\_

I have been feeling \_\_\_\_\_

I have been feeling this way because \_\_\_\_\_

I have also been feeling \_\_\_\_\_

Because \_\_\_\_\_

To help me feel better I think it might help if \_\_\_\_\_

From \_\_\_\_\_