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.

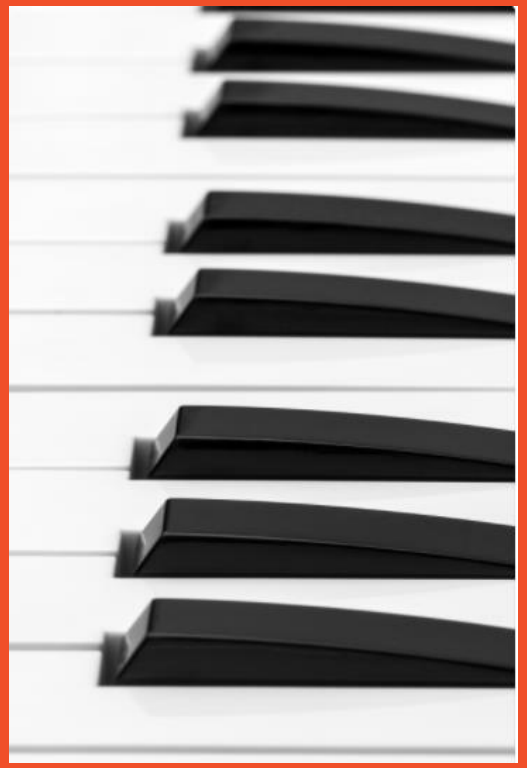
It’s not about being the very best at something or putting on a performance.

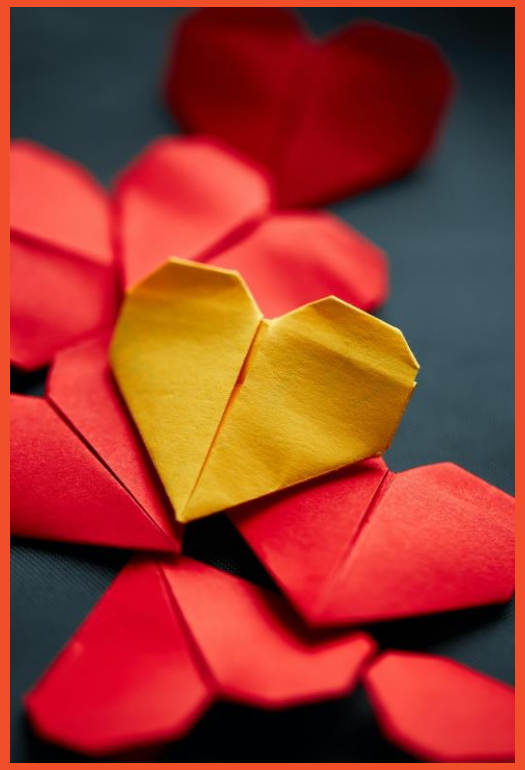
Let’s encourage each other to find lots of different ways to get creative and express ourselves.



How can we help and support each other to get creative and express ourselves this Children's Mental Health Week?









OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK







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- Beautiful Oops is by Barney Saltzberg, published by Workman Publishing