

CHILDREN'S MENTAL HEALTH WEEK February - EXPRESS YOURSELF

	ACTIVITY EXPLAINED	RESOURCES NEEDED
<b>MONDAY</b>	<b>MIRROR DECORATIONS-</b> An example is in purple mash 2do's / <b>INSERT NAME</b> . This example has nice words to describe yourself (written inside different shapes). Can you create your own shapes on a piece of paper (DECORATE THE SHAPES HOW YOU WANT) and write something nice about yourself? Cut the shapes out ( <b>ask an adult to help</b> ) and stick onto mirror with sticky tape. These words will remind you every day how great you are!	PAPER, PENCIL, COLOURED PENCILS (BUT NOT NECESSARY).
<b>TUESDAY</b>	<b>SELF PORTRAIT.</b> Draw a picture of yourself (look in a mirror whilst you are doing this, if you can) then use the words from Monday's lesson to write around your portrait. Look at this picture daily- positive thinking is good for you!!!	PAPER, PENCIL, COLOURED PENCILS ( BUT NOT NECESSARY)
<b>WEDNESDAY</b>	<b>DRAMA - HOW GOOD ARE YOU AT ACTING?</b> Create a video of yourself expressing different emotions: SAD, ANGRY, UPSET, HAPPY, EXCITED etc.	CAMERA to record videos (ask parents permission)
<b>THURSDAY</b>	<b>ART/MUSIC-</b> Take your pencil for a walk across a piece of paper (fill the paper) whilst listening to different music: fast, happy music, slow, emotional music. EXPRESS YOURSELF by using different colours for different feelings. IF you can't listen to music, just think about the different emotions as you draw.	PAPER, PENCIL COLOURED PENCILS (BUT NOT NECESSARY) DIFFERENT MUSIC.
<b>FRIDAY</b>	<b>POSTER:</b> How to be a good listener. Create a poster about how to be a good listener to your friends and family. Make it look interesting with drawings too!	PAPER, PENCIL, COLOURED PENCILS (BUT NOT NECESSARY)
<b>EXTRA ACTIVITY</b>	<b>HAPPY BOX:</b> Decorate a cardboard box and fill it with of all the things that make you feel happy. You can look at this when you feel you need cheering up. <a href="https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&amp;step=1">https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&amp;step=1</a>	ANY CARDBOARD BOX. PENCILS.