

## CHILDREN'S MENTAL HEALTH WEEK February - EXPRESS YOURSELF

	<b>ACTIVITY EXPLAINED</b>	<b>RESOURCES NEEDED</b>
<b>MONDAY</b>	<p><b>MIRROR DECORATIONS-</b> An example is in purple mash 2do's /<b>INSERT NAME</b>. This example has inspirational sentences 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 and stick onto mirror with sticky tape (<b>ask permission from an adult</b>). These words will remind you every day how great you are!</p>	PAPER, PENCIL, COLOURED PENCILS (BUT NOT NECESSARY).
<b>TUESDAY</b>	<p><b>SELF PORTRAIT.</b> Draw a picture of yourself (look in a mirror whilst you are doing this, if you can) then use the sentences from Monday's lesson to write around your portrait. Look at this picture daily- positive thinking is good for you!!!</p>	PAPER, PENCIL, COLOURED PENCILS ( BUT NOT NECESSARY)
<b>WEDNESDAY</b>	<p><b>DRAMA - HOW GOOD ARE YOU AT ACTING?</b> Create a video of yourself expressing different emotions: SAD, ANGRY, UPSET, HAPPY, EXCITED etc.</p>	CAMERA to record videos ( ask parent's permission)
<b>THURSDAY</b>	<p><b>A-Z OF EMOTIONS:</b> Can you name an emotion for each letter of the alphabet?</p>	PAPER, PENCIL, DICTIONARY ( IF YOU HAVE ONE)
<b>FRIDAY</b>	<p><b>POSTER:</b> How to be a good listener. Create a poster about how to be a good listener to your friends and family. You can include pictures, words or both.</p>	PAPER, PENCIL, COLOURED PENCILS (BUT NOT NECESSARY)
<b>EXTRA ACTIVITY</b>	<p><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></p>	ANY CARDBOARD BOX. PENCILS

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