

Children's Mental Health Week 2021



Express yourself



What an expressive week we have had!

It is *always* good practice to take good care of ourselves but at the moment it is crucial that we make this our focus.

Thank you to all the *children*, *parents* and *teachers*, in *school* and at home, who took part in this week's expressive events.

We hope you *have* had fun and will continue to prioritize looking after yourselves and others too on a daily basis.

Never underestimate how important it is!

More free resources can be found here, for home-schooling.

Ms Ndisang
Federation PSHE Lead

THANK YOU

Click on the underlined text to access the videos and activities.

Watch our Royal Patron HRH The Duchess of Cambridge's video message to mark the start of the week.

To begin the week, our children watched a Virtual Assembly with BAFTA and Oak National Academy– featuring Jodie Whittaker, Oti Mabuse, Matthew Lewis and many more...



Wear colourful clothes
and strike a pose!

Who can
you spot

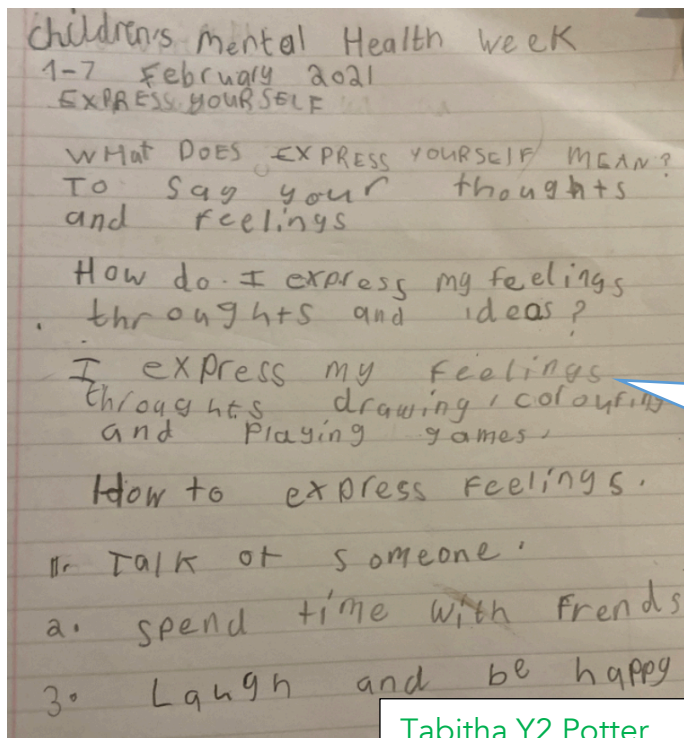
The children took part in various activities which focused on who they are and how they express themselves.

We asked them several questions...

How do you express yourself?

'I can read, draw, colour in or talk to someone who cares like my mummy or my teacher'

Eliza Yr2 Christ Church



Tabitha Y2 Potter

The main way I express myself is speaking out. This helps me to express my emotions out to others and tell them how I feel. I also get creative to express myself; using my own talents to do something in a unique way. Some people also use diaries to tell their diary how they are feeling.

Desmond Y5 Faraday

I like to be active every day.

My favourite thing to do is to play football, it makes me happy.

Jevon Y1 Hargreaves

I can be honest and truthful.

Daisy Y2 Potter

How do you express your feelings, thoughts, or ideas?

I express myself through music and baking. Music is like you are in a different world it's perfect for times when you just want to enjoy yourself alone. Baking is like a series of experiments you never know what will happen it's just a lot of fun.

Ariel Y6 Einstein

I express myself by doing art and dancing like a ballerina.

I express my thoughts, feelings or ideas by talking about them to my family

My top tip on expressing myself is that you should express yourself all the time.

Nkenim Y3 Perry

What are your top tips on expressing yourself?

Talking to family and friends about your feelings, ideas and thoughts can really get your mind thinking less negative and more positive.

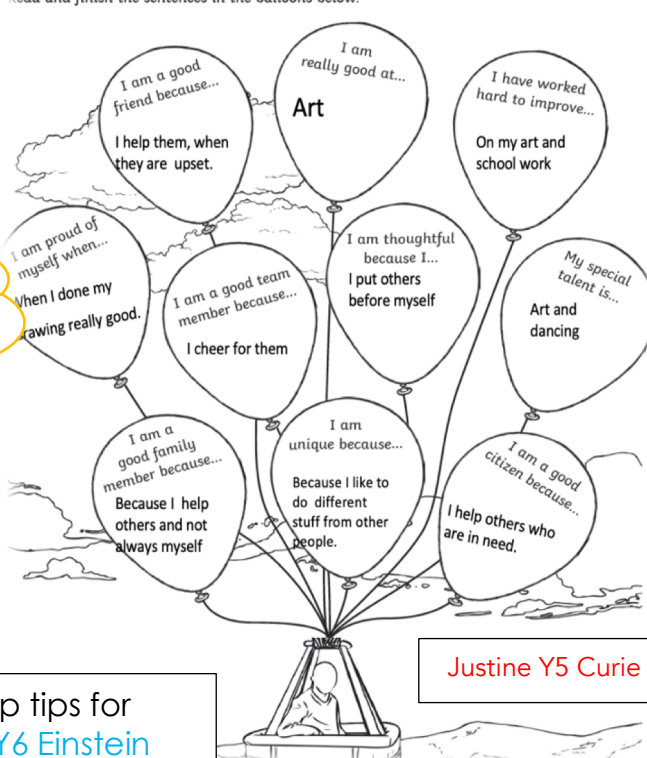
Ayanna Y6 Walker

I express myself when I am doing mathematics. My top tips for expressing yourself is to do what you love.

Zachariah Y6 Einstein

I Am an Amazing Person!

Read and finish the sentences in the balloons below.



Justine Y5 Curie