



# 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?

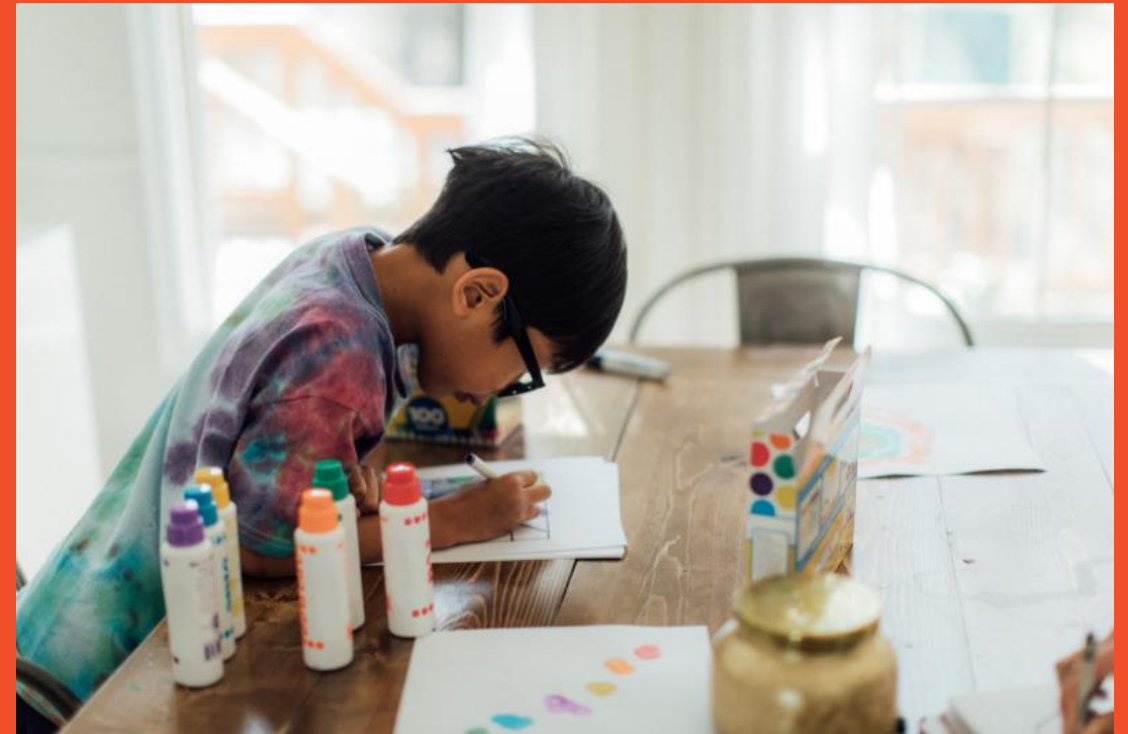


# WE CAN FIND CREATIVITY IN MANY DIFFERENT WAYS

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

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

## DRESS TO EXPRESS

THIS CHILDREN'S MENTAL HEALTH WEEK

EXPRESS YOURSELF during Children's Mental Health Week by wearing your favourite colour or a colour to express how you're feeling and donating £2 to Place2Be.

Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Please donate to my/our fundraising page.  
Go to \_\_\_\_\_

[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

## FUNDRAISING KIT

1 - 7 FEBRUARY 2021

FIND OUT MORE ABOUT HOSTING YOUR DRESS TO EXPRESS FUNDRAISER

#ChildrensMentalHealthWeek [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

1 - 7 FEBRUARY 2021  
#ChildrensMentalHealthWeek

## CHILDREN'S MENTAL HEALTH WEEK FUNDRAISING

OUR GOAL £ \_\_\_\_\_  
THANK YOU!

CHAMPION!  
ALMOST THERE!  
HALF WAY THERE!  
KEEP IT UP!  
LET'S GET STARTED!

[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)





# CREDITS

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