

This year's Children's Mental Health Week theme is... Express Yourself

Dress to Express

Start off our special investigation by joining me in Dress to Express. Pick out an outfit that you think expresses yourself well. This can be absolutely anything. It could be your best dress, your favourite fancy dress costume or even your pyjamas!

Dress to Express

Create a self-portrait of yourself. How do you see yourself?

Be creative with what you've got. It could be a drawing, a painting, a model, a collage... anything that you can find to represent yourself.

Make a happy box

Sometimes when we have a bad day it would be nice if we could just pull out a box of all our favourite things that make us happy so we can smile again. Decorate an old box and fill it with things that make you happy like fuzzy socks, bubbles, pictures of your family and other things that make you happy.



We are...

Decorate a piece of paper with one word on that describes you – for example: funny, helpful, kind, brave, wonderful, special etc.

If I get one from everyone, I will create a picture with us all. My word is 'positive'

Design your perfect day

If you had a golden ticket to your perfect day what would you do. I think my perfect day would be curled up on a comfy chair with a big blanket, my favourite book and a huge mug of hot chocolate. Draw some pictures or write about what your perfect day would be!

It is really important, especially at the minute, that we take the time to look after our brains and our mental health. For our special investigation today, take some time to complete some of these activities 😊

Joy Jar

Every day write down one thing that you are grateful for or something that made you smile.

You can look back through the jar when you're feeling sad.

Happy Songs

Make a list of your happy songs. When you've made a list ask an adult to play your songs and have a good dance around your living room. The sillier the better! Dance like nobody's watching. If you're not sure where to start – my favourite happy song is called Sir Duke by Stevie Wonder – have a listen: <https://www.youtube.com/watch?v=s6fPN5aQVDI>

Best thing to happen...

Draw a picture to show the best thing that happened this week. It could be absolutely anything that made you smile.
Or you could draw a picture of your favourite memory. What special moment in your past makes you happy?
Or you could draw something you're looking forward to in the future.

Change the world

If you were in charge of the whole world for a day, what would you change to make the world better?
Draw a picture of something you think could make the world better – it can be anything you like even 'silly' things like free ice-creams on Tuesdays!