



# 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”

<https://www.youtube.com/watch?v=cUUSxgVGQxk>

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?

