

**EXPRESS  
YOURSELF**

**1 - 7 FEBRUARY 2021**  
**#ChildrensMentalHealthWeek**



What does 'expressing yourself' mean?

Showing your own thoughts and feelings.  
Sometimes it's tricky to do this because we think we are meant to do things a certain way, think or feel certain things and behave / act a particular manner. Other people can influence us and change how we do things but expressing yourself means showing who you are.

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How can you express yourself?  
How can you show who you are?

People might show who they are by expressing themselves through:

art  
actions  
writing  
dress sense

music  
decisions  
dance  
hobbies

behaviour  
relationships  
friendships  
talking

# EXPRESS YOURSELF

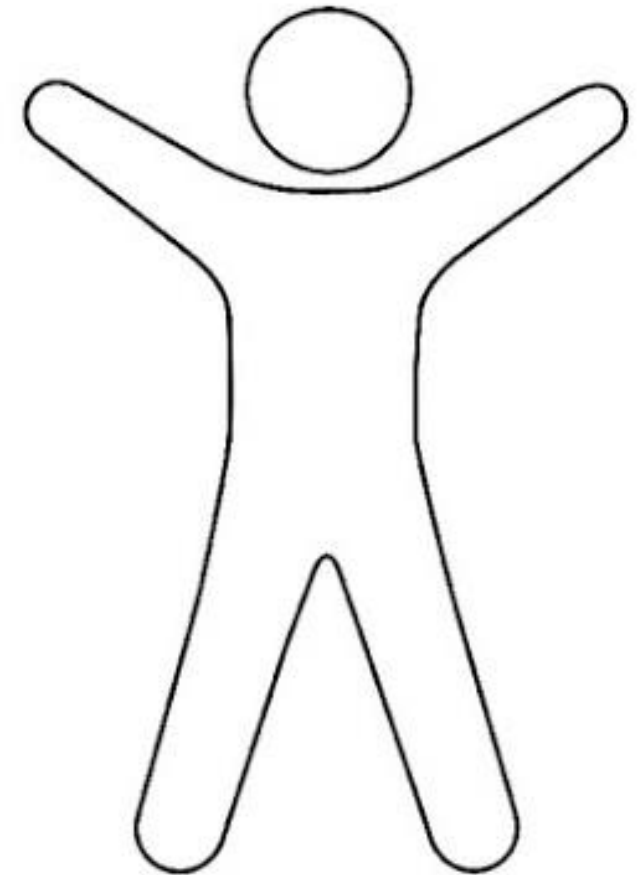
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## Who are you? - express your feelings

Draw the outline of a person. For each body part, think about how it feels at this point in time. Draw / colour each part of your body an appropriate colour / shape / pattern and explain why you have chosen to do this.

[https://www.youtube.com/watch?v=STdJ\\_\\_8ORyE&feature=youtu.be](https://www.youtube.com/watch?v=STdJ__8ORyE&feature=youtu.be)



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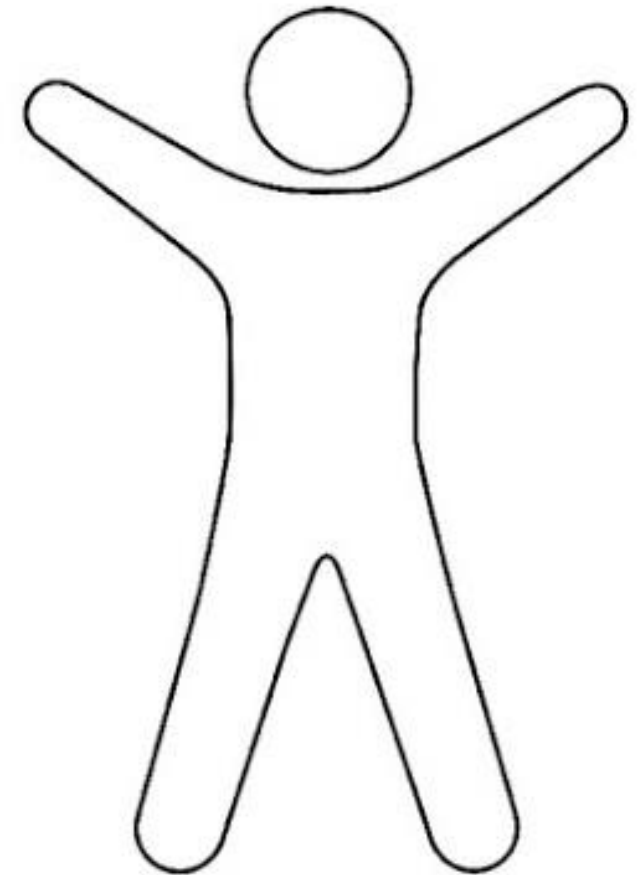
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Who are you? - express your  
personality

What words would you use to describe who you  
are and your personality?

Think of 5 personality words and draw these  
on another outline of a person.



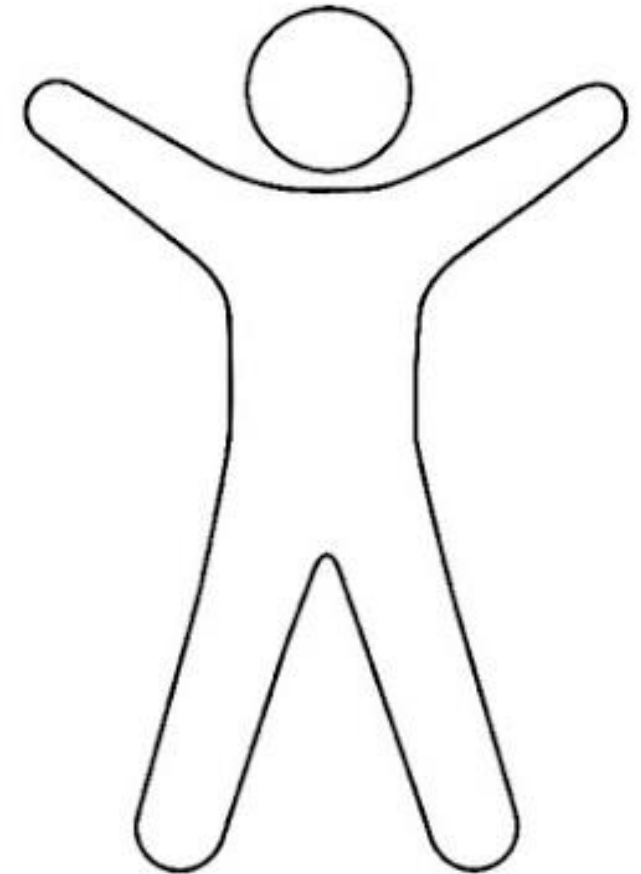
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Some words you might want to use:

kind, caring, friendly, thoughtful, clever,  
polite, ambitious, helpful, honest, generous,  
hard-working, confident, quiet, articulate,  
courageous, altruistic, artistic, creative,  
adaptable, resilient, funny, smiley, happy,  
calm, energetic, brave, adventurous, outgoing



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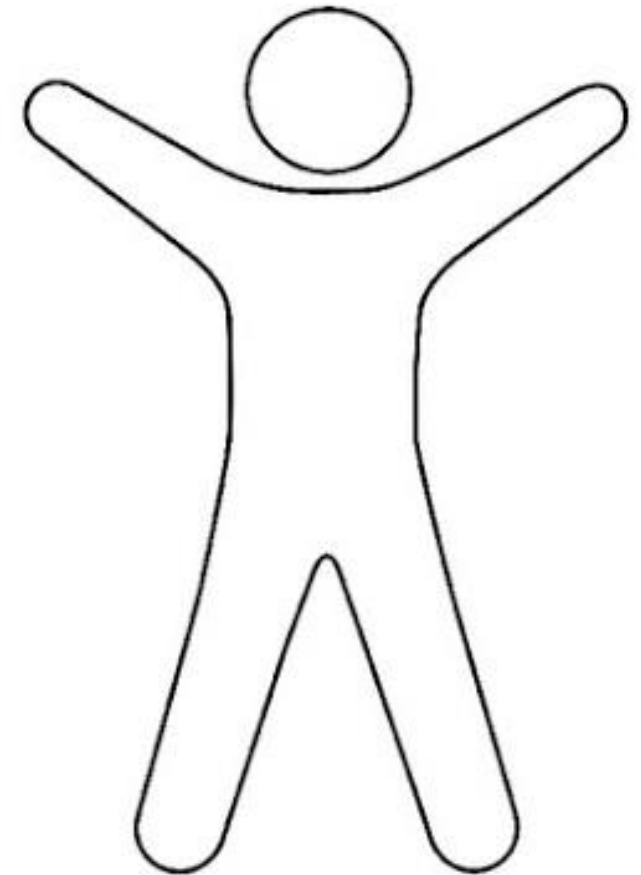
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Who are you? - express your relationships and hobbies

Who is important to you? Include these around the outside of your body outline.

What do you enjoy doing? Write these activities inside your body outline.







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While listening to the song, ask the class to sign along when they hear 'express yourself'

<https://www.signbsl.com/sign/express>

<https://www.signbsl.com/sign/yourself>