



Children's Mental Health Week Express Yourself

What is this week all about?

It's National Children's Mental Health Week

- This is an event happening all across the United Kingdom this week.
- The theme is: express yourself.

Your teachers will be setting you some activities to help you learn about:

- Keeping calm
- What to do when you feel scared, sad or angry.
- Learning how to journal (how to plan and reflect)
- Ways you can express yourself.


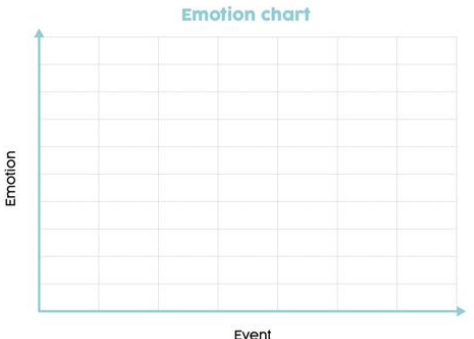
What does it mean to express yourself?

- Expression is the action of making known one's thoughts or feelings.
- We talk about facial expressions. How do you think the people in this photo are feeling?



There are hundreds of ways...

- Use the activity overview saved in your file area to learn about different ways you can express yourself. (See next slide if you can't find it.)
- Remember it is okay to feel emotions.
- But it's important when we do, we are safe and we are kind. We might feel angry and upset but it's important we are safe and we are kind towards others.

<p style="text-align: center;"><u>Art</u></p> <p>Express yourself – in how many different ways can you express your emotions? Drawing – splashing paint or taking your pencil for a walk? Sports - Dancing, running, football. Music – singing, dancing Being creative in other ways</p>	<p style="text-align: center;"><u>How do I?</u></p> <p>What do you do when you're feeling sad or angry? What helps you? What do you do when you're feeling happy or proud? Remember these bits of advice for when a friend might need them.</p>	<p style="text-align: center;"><u>A-Z</u></p> <p>Can you name an emotion for each letter of the alphabet?</p>	<p style="text-align: center;"><u>What is mental health?</u></p> <p>https://www.youtube.com/watch?v=nCrjev3-Js&feature=emb_logo</p>	<p style="text-align: center;"><u>How can you be a good listener?</u></p> <p>Make a poster to help give some top tips about how to be a good listener?</p>
<p style="text-align: center;"><u>Identify</u></p> <p style="text-align: center;">Things that make me feel...</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="border: 1px solid teal; width: 80px; height: 120px;"></div> </div> <ul style="list-style-type: none"> • When? • What happened? • Who? • Why did you feel this way? • What can we do to help us deal with this emotion? 	<p style="text-align: center;"><u>Identify part 2</u></p> <p>Take some time to reflect: Can you pin point the 'trigger' for your emotion. For example: <i>I usually feel frustrated when I've forgotten where I've put my favourite toy.</i></p>	<p style="text-align: center;"><u>Writing</u></p> <p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write down negative things in it too. Or write a letter to yourself:</p> <p style="text-align: center;">A letter about how I'm feeling</p> <p>Dear _____</p> <p>I have been feeling _____</p> <p>_____</p> <p>I have been feeling this way because _____</p> <p>_____</p> <p>I have also been feeling _____</p>	<p style="text-align: center;"><u>Journaling</u></p> <p>Look at the PowerPoint for some top tips on Journaling</p>	<p style="text-align: center;"><u>Talking Time</u></p> <p>Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories. Talk about the things that are worrying you or you feel unsure about. It's good to talk.</p>
<p><u>Emotion Tracking</u></p> <p style="text-align: center;">Emotion chart</p> 	<p style="text-align: center;"><u>Letting off Steam</u></p> <p>What do you need to do when you feel like you need to explode? What strategies can you do in the classroom that is respectful? What strategies can you use when you're at home to let go?</p>	<p style="text-align: center;"><u>Random Acts of Kindness</u></p> <p>https://www.randomactsofkindness.org</p> <p>Scroll to the bottom where you'll find socially distanced kindness resources. Find an idea you like. Can you show an act of kindness today?</p>	<p style="text-align: center;"><u>Cool down corner</u></p> <p>Make yourself a safe corner or space where you can feel your emotions. You might keep your favourite toy here to cuddle.</p> <p>https://classroom.thenationalacademy/lessons/cool-down-corner-6hjkae?activity=video&step=1</p>	<p style="text-align: center;"><u>Happiness Box</u></p> <p>Make yourself a box of all the things that make you feel happy and safe. You can look at this when you are feeling scared or worried.</p> <p>https://classroom.thenationalacademy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&step=1</p>

It's OK to feel the way you do

A little book
with a BIG
message.

otherwise you
wouldn't be you!



written and illustrated by Josh Langley

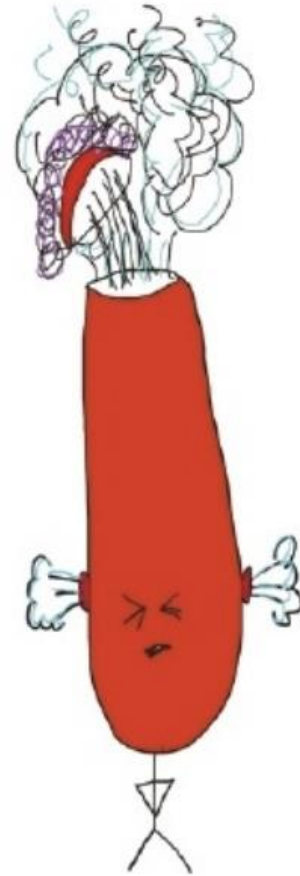
- Look on the next few slides for some great ideas for Josh Langley, an Australian author who writes about some of the ideas we've been talking about.

A really cool way to help when
your feelings get too much
is to just sit back and notice
all the thoughts in your head,
and watch them
slowly
float
on
by ...



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Angry feelings can make
your whole body feel hot and
stop you from thinking properly.



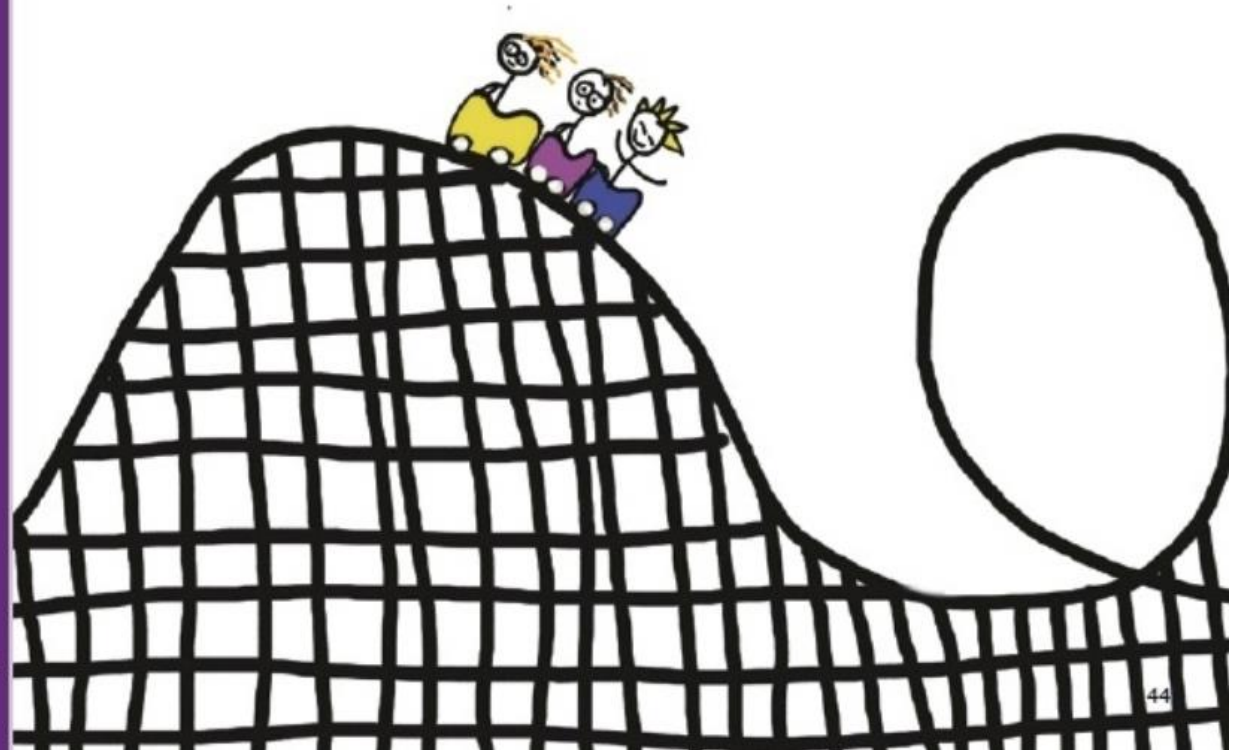
Doing the things you love
will make you feel happy.
Like riding your bike, playing with
friends or sliding down rainbows!



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Feeling sad is just part of the roller coaster of life, with all its ups and downs and dips and turns. Luckily roller coasters are good fun to ride.

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If you liked the few pages from this book, sadly he's an Australian author and we can't get his books here but you can watch him reading some of his stories here. Please watch with an adult.

- https://www.youtube.com/channel/UChVztyooKRU6XCxgFrCu7KQ/videos?view_as=subscriber