



Children's Mental Health Week 2021
EXPRESS YOURSELF

At Tottington High School
Monday 1st Feb – Sunday
7th Feb

To recognise and acknowledge the importance of **Children's Mental Health Week** we, at Tottington High school, want to raise awareness of issues that relate to Young Peoples Mental Health and emotional wellbeing.

This years theme for Children's Mental Health week is:

'Express yourself'

We ask you to consider the different ways you have found that can celebrate your uniqueness and display your immense talents.

You may also wish share the results on social media sites using **#expressyourself** and **#childrensmentalhealthweek**

Some ideas to try follow.....



Post a photo wearing your favourite outfit, why do is it your favourite?

Create a detailed mood board all about you

Find (or create) a poem that evokes strong emotions in you

**Search for an image or take a photo of something that you relate to.....
Think about it means to you and why it makes you feel the way you do about**

Construct a piece of expressive writing about yourself

Identify an uplifting quote and say what it means to you!

Draw/paint a picture to show off your creative skills

Create a video expressing yourself through your dance moves

If you are musical, send a clip of you expressing yourself through a musical melody

Bake a cake and decorate it to represent you

5 ways to Wellbeing

There are 5 different elements that can have a positive impact upon our own wellbeing:

- **Learn: Knowledge**
- **Connect: Social interaction**
- **Take Notice: Awareness**
- **Be active: Physical Wellbeing**
- **Give: Kindness**

See the links to further information, advice and tips you can try to help you create a better sense of personal wellbeing for yourself every day.

