



# 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" (or one of your own)

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.

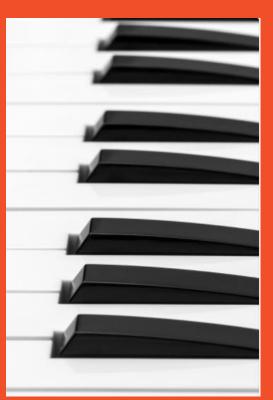
Let's encourage each other to find lots of different ways to get creative and express ourselves.





#### HOW CAN WE HELP AND SUPPORT EACH OTHER TO GET CREATIVE AND EXPRESS OURSELVES THIS CHILDREN'S MENTAL HEALTH WEEK?



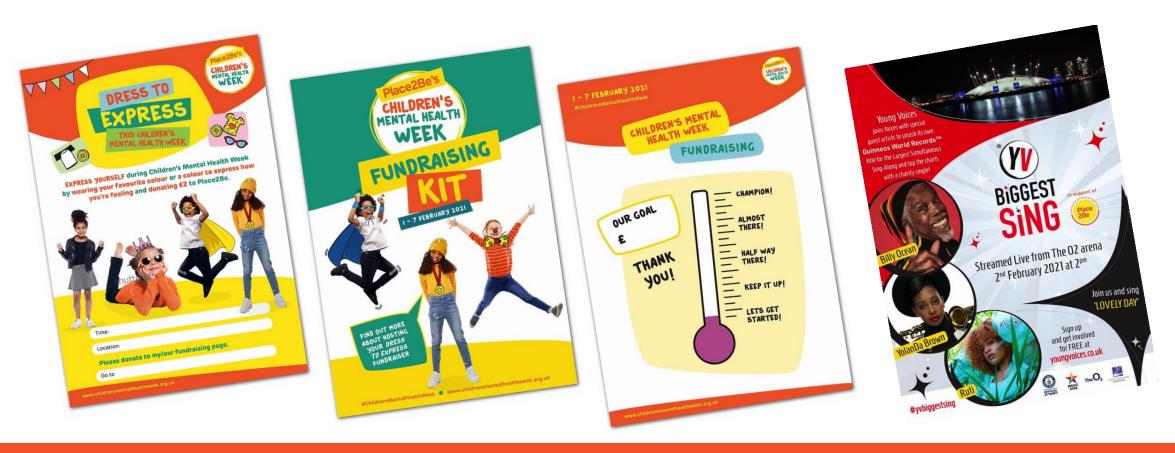








#### OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK





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