



# 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

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

## DRESS TO EXPRESS

THIS CHILDREN'S MENTAL HEALTH WEEK

EXPRESS YOURSELF during Children's Mental Health Week by wearing your favourite colour or a colour to express how you're feeling and donating £2 to Place2Be.

Time: \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Please donate to my/our fundraising page.  
 Go to \_\_\_\_\_

www.childrensmenlhealthweek.org.uk

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

## FUNDRAISING KIT

1 - 7 FEBRUARY 2021

FIND OUT MORE ABOUT HOSTING YOUR DRESS TO EXPRESS FUNDRAISER

#ChildrensMentalHealthWeek www.childrensmenlhealthweek.org.uk

1 - 7 FEBRUARY 2021  
#ChildrensMentalHealthWeek

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

## FUNDRAISING

OUR GOAL £ \_\_\_\_\_

THANK YOU!

CHAMPION!  
 ALMOST THERE!  
 HALF WAY THERE!  
 KEEP IT UP!  
 LETS GET STARTED!

www.childrensmenlhealthweek.org.uk

Young Voices joins forces with special guest artists to smash its own Guinness World Records™ title for the Largest Simultaneous Sing-Along and top the charts with a charity single!

**YV BIGGEST SING**

In support of Place2Be

Streamed Live from The O2 arena  
2nd February 2021 at 2pm

Join us and sing 'LOVELY DAY'

Sign up and get involved for FREE at [youngvoices.co.uk](http://youngvoices.co.uk)

Billy Ocean  
YolanDa Brown  
Ruffalo

#yvbigestsing

OFFICIAL SING-ALONG PARTNER

The O2





# CREDITS

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