

1<sup>st</sup> to the 7<sup>th</sup> February 2021

Children's Mental Health Week

PSED: ELG



The theme of this year's Children's Mental Health Week is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.



We are going to be expressing our feelings and ideas with the help of The Colour Monster, using those colours to explain our own feelings and what makes us feel that way, Making our own colour monsters, Below are some suggested ideas; But get creative. 😊



We would love to collect these in when school is open to all children again to add to our display. Thank you and enjoy this activity.