

Click here to find out what
to do!

Children's mental health week

EXPRESS YOURSELF

1st -5th February

Monday

(Click here to hear the teacher's voice note)

What does express yourself mean?

See if you can spot the different ways people are expressing themselves in this clip!



Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance.

Self-expression can help you to showcase your true self – your story, your thoughts, feelings and emotions.

But this can also make us feel vulnerable, so you might want to take things one step at a time.

We often get told by our family, friends, school, communities and through social media how we 'should' look, think, speak, and act. These constant messages about what we ought to do, and who we ought to be, can make it difficult to let go of expectations and express our true selves.

Monday

[\(Click here to hear the teacher's voice note\)](#)

Why does finding healthy ways to express yourself matter?



Self-expression is a great way to relieve yourself of stress and free your mind. Self-expression can help you to reflect on your life, actions, decisions, relationships, beliefs, and thoughts – rather than keep them buried deep down.

Tuesday-EY/KSI

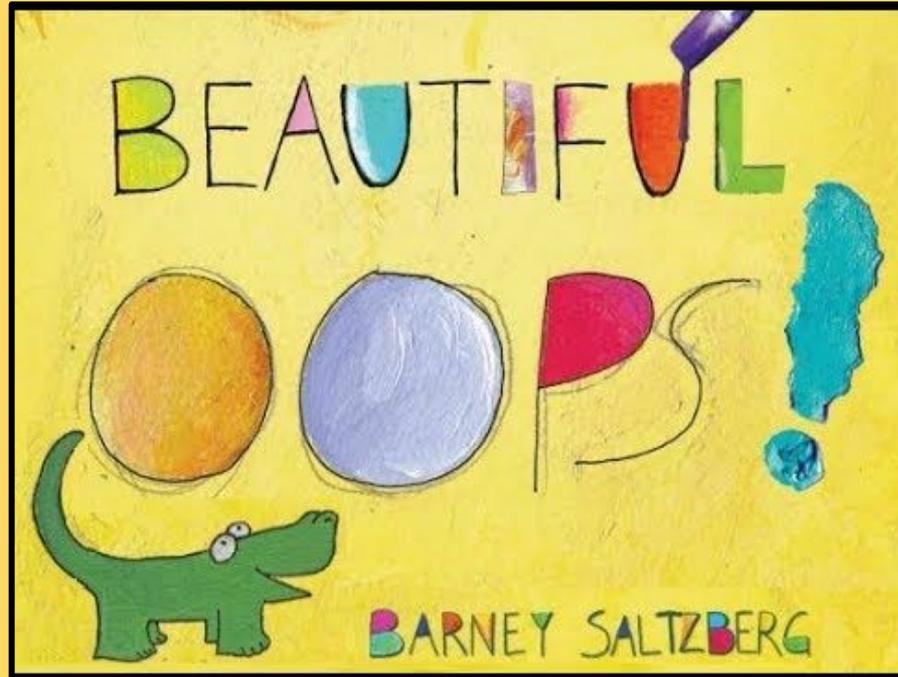
(Click here to hear the teacher's voice note)

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.

A spill. A smear. A smudge. A tear. When you think you have made a mistake, think of it as an opportunity to make something beautiful!



Tuesday-KS2

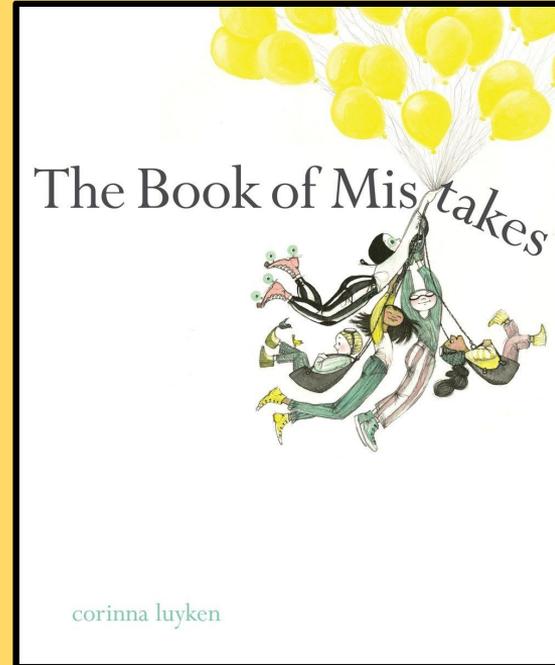
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"The Book of Mistakes"
by Corinna Luyken



Wednesday

[\(Click here to hear the teacher's voice note\)](#)

Self-expression helps us connect to each other – in good times and bad
Here are some examples:

Create 2030 Solidarity Art Shows - The World Health Organisation, Create2030 and a group of international working artists collaborated on a project to showcase films, music, poetry and visual art about the COVID-19 pandemic.

Gareth Malone's online choir – bringing self-isolating singers together during the Covid-19 lockdown.

Grayson's Art Club – a series of online masterclasses to help unleash creativity during the Covid-19 lockdown.

How can we help and support each other to get creative and express ourselves this children's mental health week?

Te Rito Toi – using art to help children when they first return back to school in New Zealand following a traumatic or life-changing event.

BBC Lockdown Orchestra – as part of a ten-day creative challenge, nearly 1,500 members of the public joined the newly formed BBC Lockdown Orchestra as part of a huge virtual performance.

Wednesday

(Click here to hear the teacher's voice note)

Let's get talking!

Sitting in a circle with your friends or family, everyone takes a turn sharing something with the group. For example, go around the circle saying:

MY FAVOURITE COLOUR IS...

IF I HAD AN HOUR OF FREE TIME THEN I WOULD...

ONE FOOD I DON'T LIKE IS...

WHEN I AM OLDER, I WOULD LIKE TO...

SOMETHING YOU MIGHT NOT KNOW ABOUT ME IS...

WHAT FOOD WOULD YOU LIKE TO FIND ON THE ISLAND?

WHAT MUSIC WOULD YOU LIKE TO HEAR PLAYING?

HOW WOULD YOU SPEND THE DAY?

IF YOU COULD HAVE ANY ART MATERIALS WITH YOU, WHAT WOULD THEY BE AND WHAT WOULD YOU MAKE?

Thursday

(Click here to hear the teacher's voice note)



Art

Try this simple 'draw your feelings' activity by Place2Be's Art Room team. You will need some paper and something to draw with.

Watch the demo:

<https://bit.ly/3iJCoMv>

Afterwards, discuss with your peers or family how given the same basic task, they all created very different drawings. Celebrate effort rather than the best 'art'.

Now it is time to express yourself!

Movement



Play the miming game, 'In the manner of the word', to learn how we can communicate with each other and express ourselves without words.

Follow these simple instructions:

1. As a class or a family sit down in a circle.
2. Choose one person to draw a card from a hat which has an adverb written on it (for example: happily, sadly, angrily, joyfully, carefully, casually, slowly, quickly, foolishly, etc.)
3. The rest of the group in the circle then ask the person to mime an action (for example: walk, study, play, ride a bike, watch TV, eat, get dressed etc.) 'in the manner of the word'
4. The person has to mime these different actions in a way that reflects the adverb they selected, for example: 'walk' (action chosen by class) 'carefully' (adverb picked by the child). The person does this until the rest of the class or family guesses the adverb correctly.

Discuss the use of movement, music, words and masks used in this short video by Fitzrovia Youth In Action:

<https://bit.ly/2EMUhfW>

Friday

(Click here to hear the teacher's voice note)



Music

Express yourself by Labrinth
(<https://www.youtube.com/watch?v=yKpVM9QQzIs>)

Learn the words and sing it together (some may prefer to join in by clapping, clicking their fingers, using percussion instruments, miming or dancing)

Have a go learning to sign some of the key words/phrases.

Now it is time to express yourself!

Dress to impress

You could wear your favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.

Then discuss...

What you have chosen to wear and why?
How we can use colour to help make sense of how we're feeling, who we are and the world we live in.

