



**EXPRESS YOURSELF**



# EXPRESS YOURSELF

The theme of Children's Mental Health Week this year is 'Express Yourself'. The aim is to encourage you to express yourself in a variety of ways. For example, expressing yourself can be about sharing your feelings, thoughts and ideas through creativity. You could express how you feel through a piece of artwork or writing, or through a performance such as dance or drama.

An important part of this theme is that expressing yourself doesn't mean that you're the best at something. It's all about finding a way to show other people who you are and how you feel. It's about showing how you see the world and finding a way to 'express yourself' which feels good to you. Expressing yourself in a way that's unique to you is a great way to improve mental wellbeing.

This year, GCA are encouraging you to explore the different ways that we can express ourselves. It's time to get creative and express your feelings, thoughts and ideas, through poetry, song, dance, or whatever it is that interests you.



# WHAT DOES EXPRESS YOURSELF MEAN?

**“Express yourself” is about finding creative ways to share feelings, thoughts, or ideas...**

**...through things like art, writing, music, dance and doing things that make you feel good.**





# WHY DOES FINDING HEALTHY WAYS TO EXPRESS YOURSELF MATTER?

Being creative and expressing yourself can:

- help you to relax and de-stress
- generate “feel-good” endorphins which can lift your mood, help you feel empowered, and create a sense of identity and achievement
- help to boost your self-esteem, connect with others, and give you purpose and meaning
- How does society often expect young people to look, think, speak and act? And where do these ideas come from?
- Do these expectations stop you from expressing your true self?
- How does that make you feel?



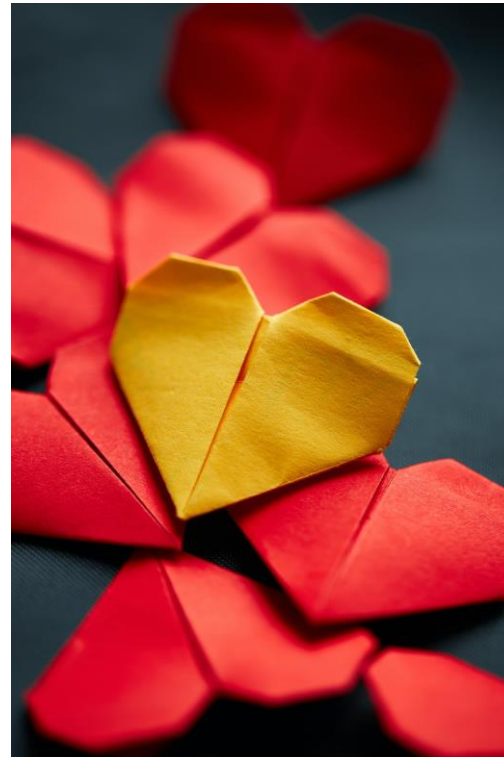
# HOW CAN WE HELP AND SUPPORT EACH OTHER TO GET CREATIVE AND EXPRESS OURSELVES THIS CHILDREN'S MENTAL HEALTH WEEK?



Create – e.g. a piece of art using any materials, make a robot, a model of a house.



Show a skill – take a photo of something you have cooked or baked, video of football skills.



Write it – write a story or a poem.



Perform - Do a dance, tell a joke, read a poem, record you playing a piece of music or singing a song.



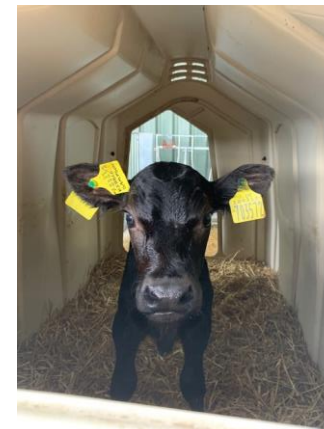
# HOW CAN WE HELP AND SUPPORT EACH OTHER TO GET CREATIVE AND EXPRESS OURSELVES THIS CHILDREN'S MENTAL HEALTH WEEK?

## PE Challenge

Are you ready to run/walk/jog a mile in fancy dress?

Bonus points for each additional family member involved (including pets!)

Also email your photos to [PE@garstangcommunityacademy.com](mailto:PE@garstangcommunityacademy.com)



## RE Challenge

Go for a walk and take photos of anything which fills you with awe and wonder from nature- e.g. a beautiful view, a tree, a wild animal – anything which makes them feel inspired or peaceful or full of awe!

Mrs Hockey doesn't want anything to be man-made, so no pictures of shops or McDonalds please!



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

## Creative Arts Challenge

Record yourself singing the song 'Happy' by Pharell Williams. You can use a karaoke backing track to sing along to and use your phones to record it.

Alternatively, we would love to see your best dance moves to the same song which you can send in as video clips (only if you're happy to do this, if not, just take a picture!).

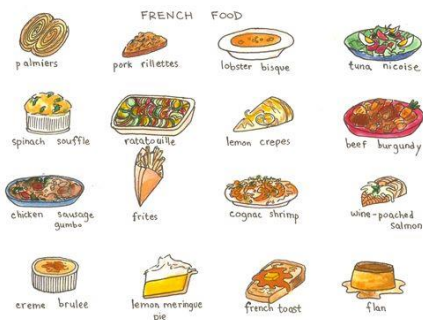
This is because we all know that singing and dancing are proven to be great ways to boost your mental health.



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

## MFL Challenge

Research a French menu and select a dish to prepare and send photograph.



## English Challenge

Why not select one of the English challenges?

- Journal a walk you have taken. If you can't go on a walk you could do a 10 minute visualisation session (videos on YouTube) and then write a creative piece to express what they visualised.
- Write a poem in the open air.
- Design and create a 'Feel Good Guide' for teenagers. You could do some research before you start creating your guide.
- Why not try embroidering your favourite quotation.
- Screen-free creative writing. Just pick up your pen and paper!





# Send them to us!

Please ensure that all items sent are suitable and respectful.

If you are filming or taking a photo, please ensure that the background is clear and neutral.

Please dress appropriately.

Anyone who sends an item will receive award points

Please send all items to

[wellbeing@garstangcommunityacademy.com](mailto:wellbeing@garstangcommunityacademy.com)