



Keeping happy and healthy during Lockdown

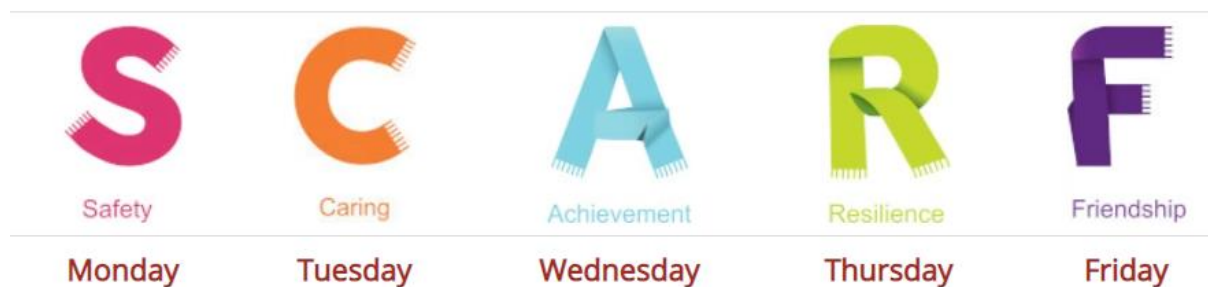
The theme of this year's Children's Mental Health Week is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.

It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

As parents and carers, you play an important role in your child's mental health. Check out the resources below.

<https://www.coramlifeeducation.org.uk/scarf-at-home-keeping-happy-and-healthy-during-lockdown-share-your-scarf-special>



These simple activities for each day of the week will help children build skills and strategies to keep mentally well.

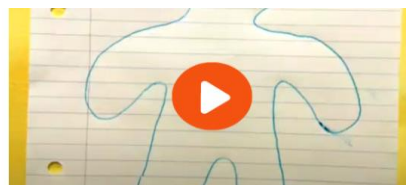
<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>



Top Tips

Helpful tips for you, and your children, to help them express themselves. Why not share with other parents too?

DOWNLOAD



Draw Your Feelings

Try this simple Draw Your Feelings activity with your children. Created by Place2Be's Art Room team.

WATCH VIDEO



Squiggle Game

Have a go at this 1 minute Squiggle game with your children. Created by Place2Be's Art Room team.

WATCH VIDEO