

Children's Mental Health Week: Week Beginning: 1st February: Theme – Express Yourself

<p><u>Art</u></p> <p>Express yourself – in how many different ways can you express your emotions?</p> <p>Drawing – splashing paint or taking your pencil for a walk?</p> <p>Sports – Dancing, running, football.</p> <p>Music – singing, dancing</p> <p><i>Being creative in other ways</i></p>	<p><u>How do I?</u></p> <p>What do you do when you're feeling sad or angry? What helps you?</p> <p>What do you do when you're feeling happy or proud?</p> <p>Remember these bits of advice for when a friend might need them.</p>	 <p><u>A-Z</u></p> <p>Can you name an emotion for each letter of the alphabet?</p>	<p><u>A children's mental health animated short story – KS2</u></p> <p>https://www.youtube.com/watch?v=UmrUV8v-KQg&ab_channel=Lucy%27sBlueDay</p>	<p><u>How can you be a good listener?</u></p> <p>Make a poster to help give some top tips about how to be a good listener?</p>
<p><u>The Origami Challenge</u></p> <p>https://www.youtube.com/watch?v=dD4-Cv3s3QH8</p> <p>Have a go at this two-minute creative challenge.</p> <p>You'll need your own piece of paper.</p>	<p><u>Identify part 2</u></p> <p>Take some time to reflect: Can you pin point the 'trigger' for your emotion. For example:</p> <p><i>I usually feel frustrated when I've forgotten where I've put my favourite toy.</i></p>	<p><u>Writing</u></p> <p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write down negative things in it too. Or write a letter to yourself.</p>	<p><u>Expressing</u></p> <p>https://www.youtube.com/watch?v=KIINW7hZlrY</p> <p>https://www.youtube.com/watch?v=rfbOkWFTRAw</p> <p>Watch these two videos, how have these individuals chosen to express themselves?</p>	<p><u>Talking Time</u></p> <p>Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories. Talk about the things that are worrying you or you feel unsure about. It's good to talk.</p>
<p><u>The Squiggle Game</u></p> <p>https://www.youtube.com/watch?v=ozKWIM97JXE&feature=youtu.be</p> <p>Have a go at the one-minute Squiggle Game.</p> <p>What exciting and creative things can you imagine?</p>	<p><u>Letting off Steam</u></p> <p>What do you need to do when you feel like you need to explode?</p> <p>What strategies can you use in the classroom that are respectful?</p> <p>What strategies can you use when you're at home to let go?</p>	<p><u>Random Acts of Kindness</u></p> <p>https://www.randomactsofkindness.org</p> <p>Scroll to the bottom of the website page where you'll find socially distanced kindness resources.</p> <p>Find an idea you like.</p> <p>Can you show an act of kindness today?</p> <p>Random Acts of Kindness Day Wednesday 17th February 2021</p>	<p><u>Cool down corner</u></p> <p>https://classroom.thenational.academy/lessons/cool-down-corner-6hjkae?activity=video&step=1</p> <p>Make yourself a safe corner or space where you can feel your emotions. You might keep your favourite toy here to cuddle.</p> <p>Oak Academy</p>	<p><u>Happiness Box</u></p> <p>https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&step=1</p> <p>Make yourself a box of all the things that make you feel happy and safe. You can look at this when you are feeling scared or worried.</p> <p>Oak Academy</p>

Pick some activities and videos to watch over the course of the week to help you, express yourself and keep calm.