



Can I think about the different ways I can express my thoughts, feelings and ideas?



Let's remind ourselves of how we share ideas safely and respectfully in our PSHE lessons.

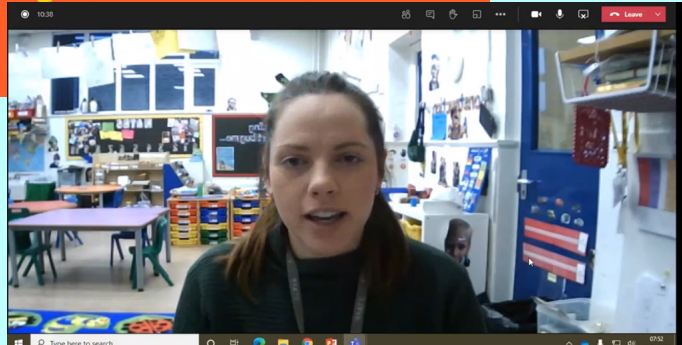
- **We will listen carefully to others and respect that we all have different ideas, experiences and feelings.**
- **If we choose to share an idea, we will not discuss directly our own or others' personal lives. In an online lesson, we will be aware that a large group are able to hear what we say.**
- **We will keep the conversation within the room and we know that our teacher will not repeat what is said in the classroom unless they are very concerned about someone.**
- **It is okay for us to disagree with another persons' point of view but we will not judge anyone, make fun of anyone, or put anyone down. This is the same if someone asks a question.**
- **Taking part is important. However, we have the right to pass on answering a question or participating in an activity.**
- **We will use polite language. If we are not sure which words to use to express something we will wait and speak to the teacher at the end.**
- **If we are worried, we will ask to speak to the teacher at the end or contact the teacher by e-mail. If we need further help or advice, we will speak to an adult at home or in school if we can.**



Children's Mental Health Week 1-7 February 2021

EXPRESS YOURSELF

Watch Mrs Appleton's virtual assembly



https://rivermillprimaryschool-my.sharepoint.com/:v:/g/personal/jberry_valley_bromley_sch_uk/ESYz_ZElz1JLptNfygQzYEAB1iXsWxf-ufegVS0hvr4FcA?e=b73blk



In the video, how did people choose to express themselves?



Can you think of more creative ways to express yourself?

Think about your hobbies and how you might spend your spare time.



HOW DOES BEING CREATIVE AND EXPRESSING YOURSELF MAKE YOU FEEL?

Slide 5



What emotions can you see?

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

<p>Art</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>Being creative in other ways</p>	<p>How do P</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>A-Z</p>  <p>Can you name an emotion for each letter of the alphabet?</p>	<p>A children's mental health animated short story – KS2</p> <p>https://www.youtube.com/watch?v=LmclN8cKQg8ah_channel_ucy9627zBlueDay</p>	<p>How can you be a good listener?</p> <p>Make a poster to help give some top tips about how to be a good listener?</p>
<p>The Origami Challenge</p> <p>https://www.youtube.com/watch?v=1D1Cw3z30E18</p> <p>Have a go at this two-minute creative challenge. You'll need your own piece of paper.</p>	<p>Identify part 2</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>Writing</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>Expressing</p> <p>https://www.youtube.com/watch?v=K1Nw7h7iY</p> <p>https://www.youtube.com/watch?v=rBQWVTRAw</p> <p>Watch these two videos, how have these individuals chosen to express themselves?</p>	<p>Talking Time</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>The Squiggle Game</p> <p>https://www.youtube.com/watch?v=okW1M97JXFR&feature=youtu.be</p> <p>Have a go at the one-minute Squiggle Game. What exciting and creative things can you imagine?</p>	<p>Letting off Steam</p> <p>What do you need to do when you feel like you need to explode? What strategies can you use in the classroom that are respectful? What strategies can you use when you're at home to let go?</p>	<p>Random Acts of Kindness</p> <p>https://www.randomactsofkindness.org</p> <p>Scroll to the bottom of the website page where you'll find socially distanced kindness resources. Find an idea you like. Can you show an act of kindness today?</p> <p>Random Acts of Kindness Day Wednesday 17th February 2021</p>	<p>Cool down corner</p> <p>https://classroom.thenationalacademy/lessons/cool-down-corner-5b3a2activityvideo8etepal</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>Happiness Box</p> <p>https://classroom.thenationalacademy/lessons/keep-calm-and-carry-on-5ca3be2activityvideo8etepal</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.



The ABC of Emotions

Using each letter of the alphabet, can you name an emotion?

A - Angry

B - Brave

C -

Can you think of more than one emotion for each letter?

Is the emotion positive or negative?

Think about how it makes your body feel?

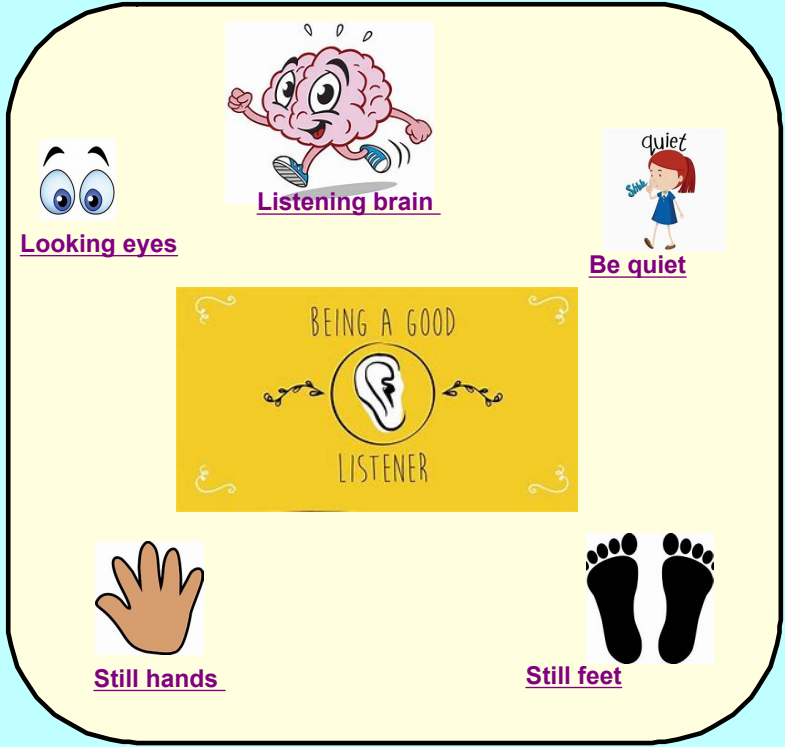
How can you be a good listener?

Make a poster to help give some top tips about how to be a good listener?



**How can you be a good listener?
What ideas and tips would you give to someone that found it hard to listen?**

Make a poster of how to be a good listener. Here is an example.



Looking eyes

Listening brain

Be quiet

Still hands

Still feet

Here is another example



What can you do if you have any worries?



Speak to an adult you trust. Adults can contact your teacher on the class email.

If you would like to share an an example of something you like to do to express yourself, email it to the class teacher and we can share some in our lesson on Friday. It could be a photo or poster or piece of artwork...