



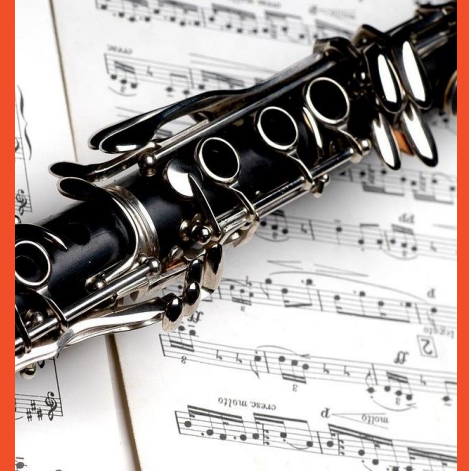
Children's Mental Health Week 1-7 February 2021

EXPRESS YOURSELF

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?

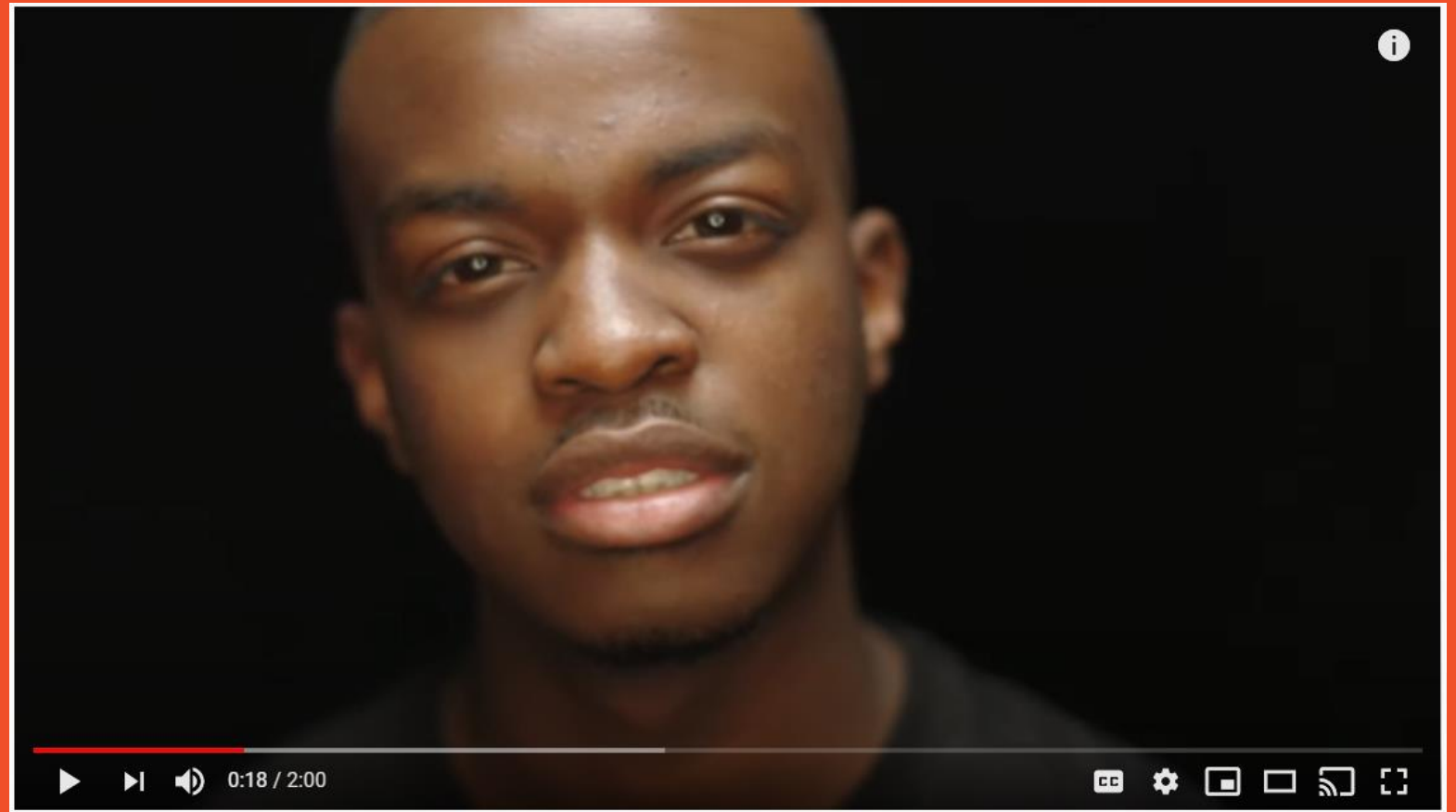
Being creative and expressing yourself can:

- 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?

WHAT CAN CREATIVE SELF-EXPRESSION LOOK LIKE?

Watch this spoken word piece by George the Poet on the theme of **possibilities**

Think about the possibilities for each of us to explore our own creativity this Children's Mental Health Week.



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



Here are some ideas you can try at home.....

PICK A QUOTATION THAT MEANS SOMETHING TO YOU

Choose a quotation about self-expression that resonates with you. This could have been said by a famous person, or selected from a song or book etc.

Here are some examples you could use:

- Brenda Ueland: “Everybody is talented because everybody who is human has something to express.”
- Criss Jami: “Everyone has their own ways of expression. I believe we all have a lot to say, but finding ways to say it is more than half the battle.”
- Mahatma Gandhi: “I want freedom for the full expression of my personality.”
- Maya Angelou: “There is no greater agony than bearing an untold story inside you.”

Put your quotation in the middle of a large piece of paper. Use art and craft materials to express yourself creatively around the text. Things to perhaps think about while being creative are; How does this quote make you feel? What does it make you think of? What colours or shapes reflect how you feel when you read this quote?

WRITE A DAILY JOURNAL

Keep a daily journal in which you write about whatever comes to mind.

It can be helpful to carry around an ideas book with you. Jotting down your thoughts can also help you to problem-solve — mind maps are a great tool for this. Creating vision boards about your future dreams and aspirations can also help to motivate and inspire you.



Here are some ideas you can try at home.....

UNDERSTANDING DANCE AS A FORM OF SELF-CARE

Watch the following videos as inspiration for how dancing can be used as a way to de-stress and express your identity:

Dancing Di' Stress Away by Study in Sweden -

<https://bit.ly/33cBHGO>

Dance as self-care by Anna Freud NCCF

<https://www.youtube.com/watch?v=ISxmYT4fbBQ>

Have a go at making your own dances up! Remember the focus is on having fun and expressing yourself — not on being the world's best Tiktok dancer!

THE IMPORTANCE OF TALKING ABOUT YOUR FEELINGS

Choose a video clip and reflect on why it is important to acknowledge to ourselves, and express to others, how we are feeling.

One example is the video link below. This explains mental health and why it is important to understand it. Have a watch and see if you can identify with the story or maybe you can help someone else who may be struggling.

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

There's also lots of videos on the Headsup website which focusses on opening the conversation of mental health. Find them here:

<https://www.headstogether.org.uk/heads-up/>



Other Resources that you might find helpful....



The "I Express Myself Through..." series sees stars such as Oti Mabuse and Bukky Bakray discuss how they creatively express themselves, and share their tips and advice for children and young people.

[Click here to see the playlist of videos](#)



This is a free assembly featuring pupils and well known-faces discussing the theme of 'Express Yourself'.

Hosted by Blue Peter's **Lindsey Russell**, and CBBC Presenter and Place2Be Champion **Rhys Stephenson**, the assembly is a great way to help you to explore the creative ways you can share your thoughts and feelings.

[Click here to watch the assembly](#)



Where to get help if you are struggling – Remember you are not alone!



We all have different ways of coping with things but sometimes it is hard. So if you are feeling that you need some general advice then here are some useful websites/apps that you can try.

School is also still here to help, so if you need to talk to us please do get in touch.

You can email your HOY, AHOY, Tutor or any other member staff you feel comfortable talking to and they will be there for you.

<https://www.childline.org.uk/>

<https://www.thinkuknow.co.uk/>

<https://www.kooth.com/>

<https://www.studentminds.org.uk/>

<https://studentspace.org.uk/>

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK