



www.childrensmentalhealthweek.org.uk

Have a go at one of these activities to help look after you mind. You can try them all if you would like!

Use your Thinking Stone to help you answer some of these questions about the things that you enjoy.

What colour do you like the most?

What is your favourite food?

What job would you like to have when you grow up?

Do you have a favourite dance move?

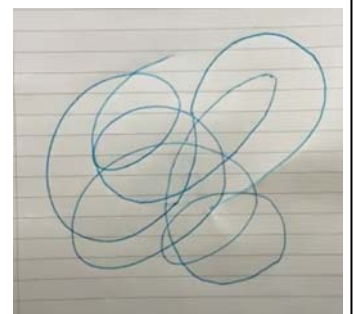
What do you like to use to create pictures? Paint, pencils, felt tips, chalk, or maybe you like drawing on a screen.

If you could spend the day wherever you like, where would you go?

Watch this video about the Squiggle Game!

<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

Have a go for yourself. What will your Squiggle turn into?



Watch and listen to this video of the song 'Express Yourself'.

<https://www.youtube.com/watch?v=2wTW8Wtczp4>

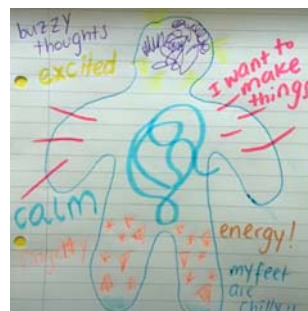
How did it make you feel? Did you want to dance?



Watch this video about drawing how you feel today.

[https://www.youtube.com/watch?v=STdJ\\_80RyE&feature=youtu.be](https://www.youtube.com/watch?v=STdJ_80RyE&feature=youtu.be)

Do you have chilly feet? Are your legs full of fizzy energy?



### Dress to Express!

When you get dressed today, choose whatever you want to wear to show everyone how you feel! You might want to wear your favourite colour, or wear ALL of the colours that you can. You might want to do something different to your hair, wear a hat, or even a crown! You could also decide to wear a costume for the day! Talk about why you have chosen the clothes or style that you have. How does it make you feel to dress this way?



**Play this miming game!**

Pick an action card and a feelings card. Act them out and see if your family can guess what you are doing and how you feel. E.g. eating breakfast feeling tired, or brushing your teeth feeling scared.



Actions	Feeling
Walking	Happy
Eating breakfast	Sad
Drawing a picture	Angry
Riding a bike	Tired
Brushing your teeth	Silly
Sweeping the floor	Scared

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. 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. This could be through art, music, writing, dance, drama, and doing activities that make you feel good. Here is the website if you would like to find out more:

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