



Children around the school have been focusing on mental health this week. This year's theme is 'Express yourself!'

In Nursery/ Reception the children talked about feelings and explored the different ways that we can express our feelings. They talked about feelings that make us feel good and feelings that make us feel bad. They then went onto discuss who is there to help us when we have feelings that make us feel bad.

In Key Stage One and Key Stage Two the children explored the question: 'What is mental health?' They explored the ways our mental health can affect the way we think and behave – discussing feelings of sadness, anxiety, and anger. The children talked about how mental health can affect us all and explored what we can do to promote positive mental health and who to go to if we need help.

They were then set challenges from the 'Well-being toolkit' and given top tips to look after their own well-being.

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

Below is a link to a range of short video clips hosted by very well-known celebrities, exploring how creativity can help to promote positive mental health.

<https://www.childrensmentalhealthweek.org.uk/news/i-express-myself-through-virtual-sessions-on-creative-expression/>

We would love to see how creative you can be!

Maybe you could do some baking, cooking, painting or take some photographs, make a video, or create your own song. What ever you do, please share with us via the Dojo portfolio site, or email learningathome@richarddeclare.com.

Here are some more links that you might find useful:

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

<https://www.childrensmentalhealthweek.org.uk/news/watch-our-children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>

<https://www.childline.org.uk/toolbox/> - some great tips and ideas to support positive mental health.

<https://www.place2be.org.uk/>

**EXPRESS
YOURSELF**