



Children's Mental Health Week 1-7 February 2021

EXPRESS YOURSELF

Assembly slides for primary-age children

WHAT DOES EXPRESS YOURSELF MEAN?





SEE IF YOU CAN SPOT THE DIFFERENT WAYS PEOPLE ARE EXPRESSING THEMSELVES IN THIS SHORT VIDEO





WHY DOES FINDING HEALTHY WAYS TO EXPRESS YOURSELF MATTER?



HOW DOES BEING CREATIVE AND EXPRESSING YOURSELF MAKE YOU FEEL?



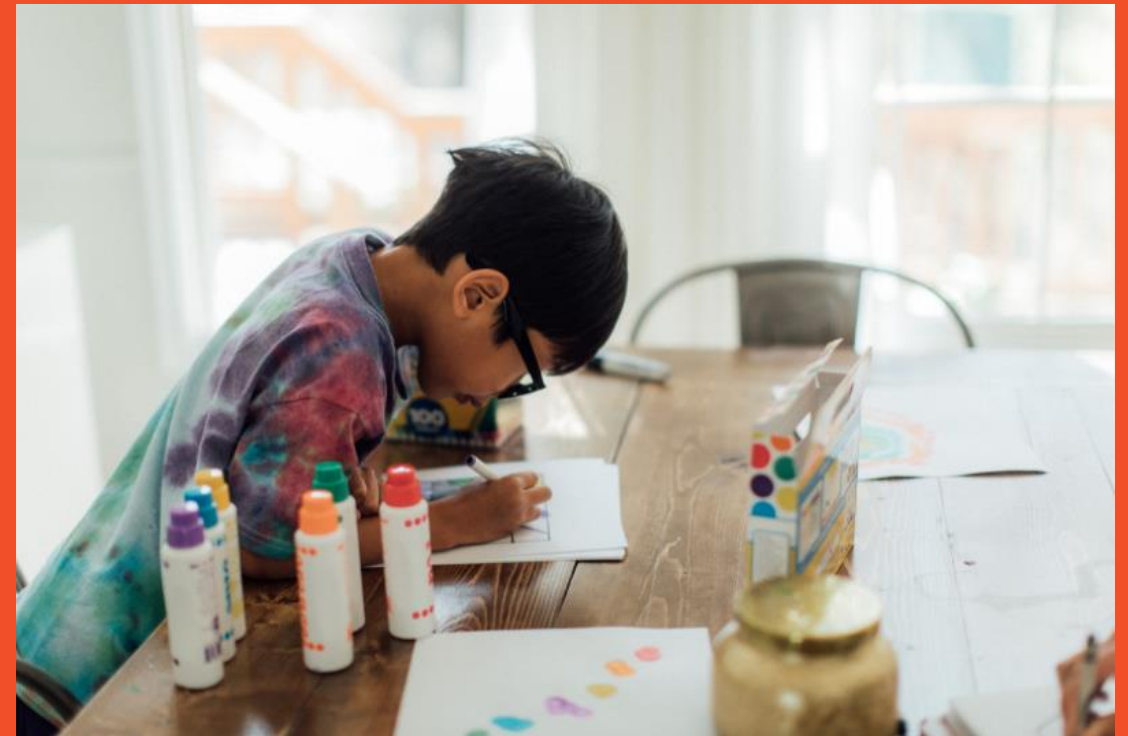
WE CAN FIND CREATIVITY IN MANY DIFFERENT WAYS

Listen to or read the story “Beautiful Oops” (or one of your own)

Remember, when we express ourselves we don't have to be a great artist or a wonderful dancer.

It's not about being the very best at something or putting on a performance.

Let's encourage each other to find lots of different ways to get creative and express ourselves.



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





OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

DRESS TO EXPRESS

THIS CHILDREN'S MENTAL HEALTH WEEK

EXPRESS YOURSELF during Children's Mental Health Week by wearing your favourite colour or a colour to express how you're feeling and donating £2 to Place2Be.

Time: _____
 Location: _____
 Please donate to my/our fundraising page.
 Go to _____

www.childrensmenlhealthweek.org.uk

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

FUNDRAISING KIT

1 - 7 FEBRUARY 2021

FIND OUT MORE ABOUT HOSTING YOUR DRESS TO EXPRESS FUNDRAISER

#ChildrensMentalHealthWeek www.childrensmenlhealthweek.org.uk

1 - 7 FEBRUARY 2021
#ChildrensMentalHealthWeek

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

FUNDRAISING

OUR GOAL £ _____

THANK YOU!

CHAMPION!
 ALMOST THERE!
 HALF WAY THERE!
 KEEP IT UP!
 LETS GET STARTED!

www.childrensmenlhealthweek.org.uk

Young Voices joins forces with special guest artists to smash its own Guinness World Records™ title for the Largest Simultaneous Sing-Along and top the charts with a charity single!

YV BIGGEST SING

In support of **Place2Be**

Streamed Live from The O2 arena
2nd February 2021 at 2pm

Join us and sing 'LOVELY DAY'

Sign up and get involved for FREE at youngvoices.co.uk

Billy Ocean
YolanDa Brown
Rufi

#yvbigsingsing



CREDITS

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