

Mental Health Week 2021 'Express Yourself'

Using the sentence starters below, express your feelings and thoughts.

Something you might not know about me is

When I am older, I would like to

If I had an hour of free time then I would

Imagine you are stuck on a island for the day (don't worry, a ship comes to rescue you). Answer the following questions:

What food would you like to find on the island?

What celebrity would you like to be stuck with?

How would you spend the day?
