

PSHE

Express Yourself



Aim



To consider how
expressing ourselves can
support our mental health
and explore ways in which
we can do this.

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Children's Mental Health Week

Every year, Children's Mental Health Week takes place during February.

Mental health charities and schools get involved to help teach children all about mental health and wellbeing.



We need to look after our minds as well as our bodies.
That's why learning about and looking after our mental health is just as important as learning about and looking after our physical health.

This year, the theme for Children's Mental Health Week is...

'Express Yourself!'



What Makes You, You?



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What Makes You, You?

As human beings, we are all unique.
We each have our own likes and dislikes.
We have different interests and hobbies.
We have qualities and strengths to be proud of.

All these things make you, you
and me, me.



Express Yourself!

We can express who we are in lots of different ways.

Can you think of any ways in which others find out about you?

We might join a club
or play a sport.



We might spend time
with others who share
our interests.



The way we dress might
tell others about our
culture or religion.



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Express Yourself!

We can also express ourselves through our words and actions.

Expressing our feelings and thoughts is great for our mental health and wellbeing.



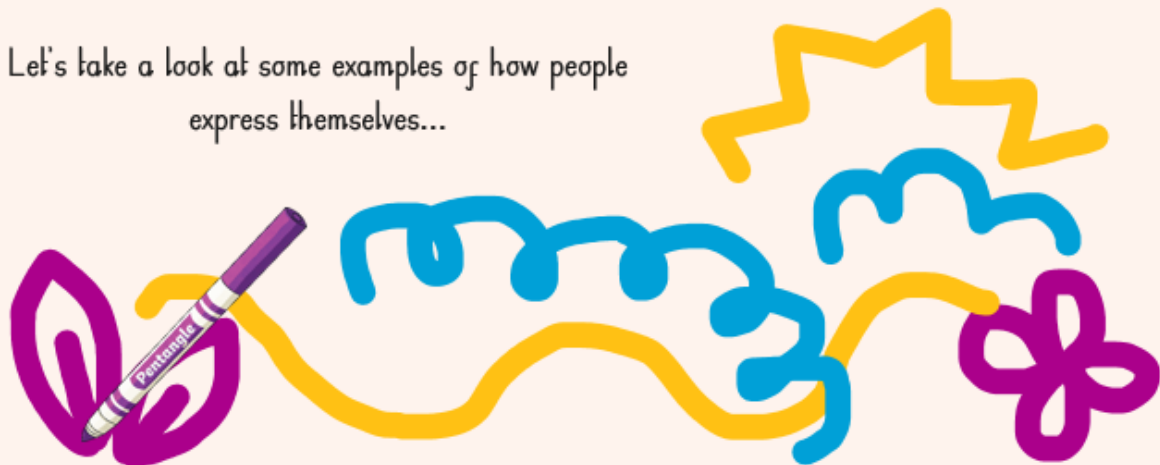
It can help us connect to others and feel less alone. We can also get advice and support from others when we express our emotions.



Express Yourself!

Often, when we feel a bit low, it can really help to express ourselves in creative ways.

Let's take a look at some examples of how people express themselves...



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Express Yourself... through Art



Express Yourself... through Drama



Express Yourself... through Sport



Express Yourself... through Dance



Express Yourself... through Writing



Express Yourself... through Music



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Do What Makes You Feel Good

Wow! There are so many creative ways to express ourselves.

It's important to remember that being able to express yourself doesn't mean being the best at something.

It doesn't mean performing for others. It's about doing something that makes you feel good about yourself — something you enjoy doing.



Now choose one of these ways to express yourself and see if you can send Miss Pike and Miss Griffiths a picture of what you have created!

- *A piece of artwork expressing yourself
- *A speech telling everyone all about you
- *Make up a dance routine to your favourite song
- *Write a letter to a new friend telling them all about you
- *Create your own song expressing yourself