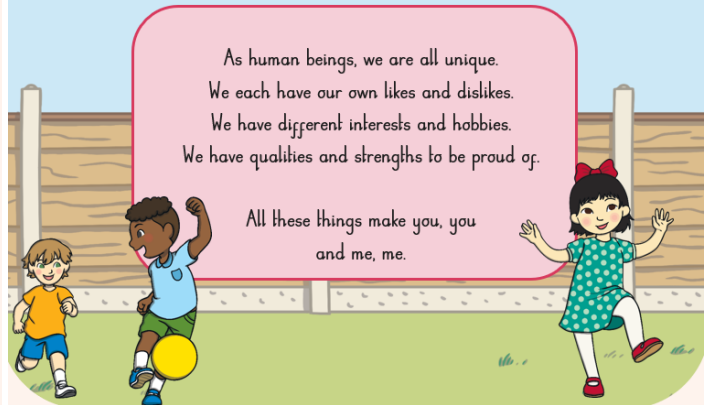


Aim



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

What Makes You, You?



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.



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.



There are lots of ways that we can express our feelings and emotions by expressing ourselves. We can express ourselves by, drawing, through music, playing sport, writing, dancing, and many more.

Your task this week for life skills is to express how you are feeling by completing one of the methods of expressing yourself listed above.

EG you could write a story with you as the main character, feeling how you are feeling.

You could draw a picture with different colours to express your emotions.