

Express Yourself

Children's Mental Health Week



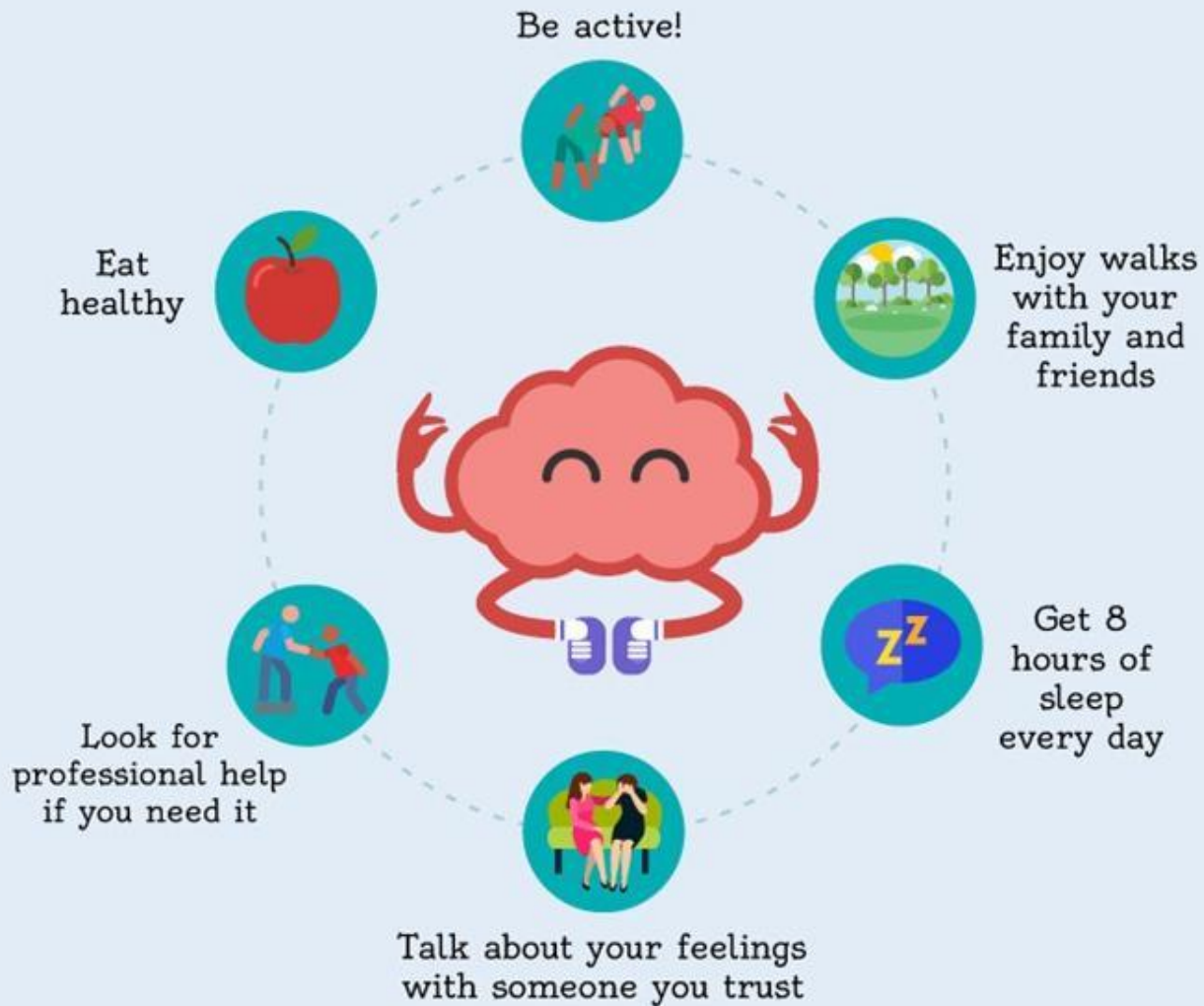
What is mental health?

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Mental health affects how we feel, think and act.

It affects how we relate to other people, how we handle difficulties and what choices we make.

Tips for a good mental health





Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1-7 FEBRUARY 2021

EXPRESS YOURSELF



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Expressing yourself in healthy ways helps you feel happier inside. It can help you feel less angry and stressed and you feel happier in yourself. You can feel happier and more relaxed.

Being creative helps your brain work in different ways and can help you feel peaceful.

EXPRESS YOURSELF

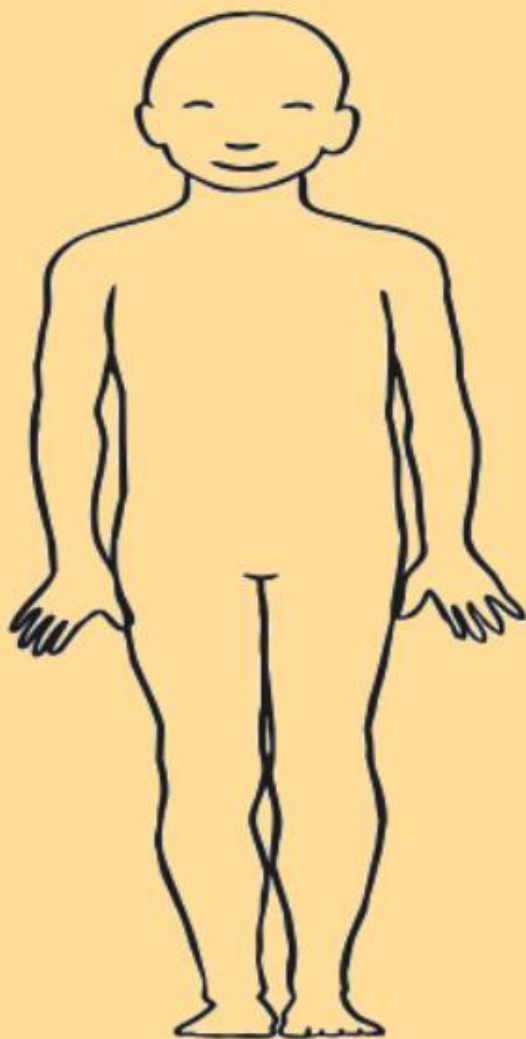
We are all individuals and different. It can be tiring and stressful pretending to be somebody you are not. Be honest to yourself and others. Be proud!



Activity 1

Express Yourself!

If you could wear an outfit to show your personality, what would it be?



Activity 2



I get to stay here all day!

What food would you like to find?

What music would you like? (if any?) How would it make you feel?

How would you spend your day?

If you could take 3 things with you, what would they be?

Activity 2

