

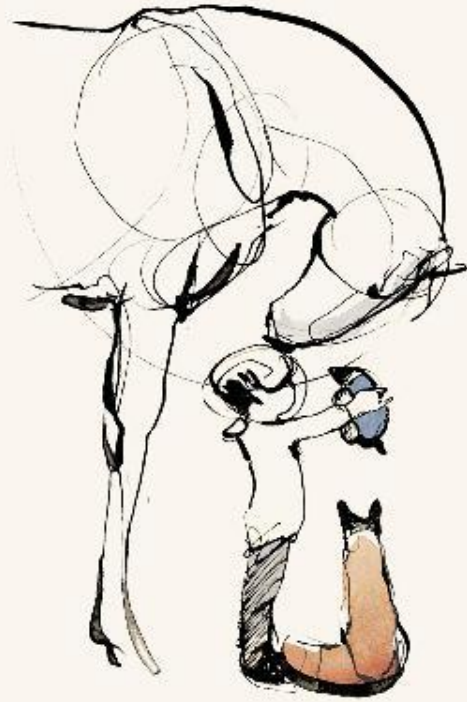
Express Yourself 2

Children's Mental Health Week



What is mental health?

The Boy, the mole,
the fox and the horse



Charlie Mackesy



"I'm so small," said
the mole.



"Yes," said
the boy.

"but you
make a huge
difference."

✕ ⏪ ⏩
"What is your best
discovery?" asked
the mole



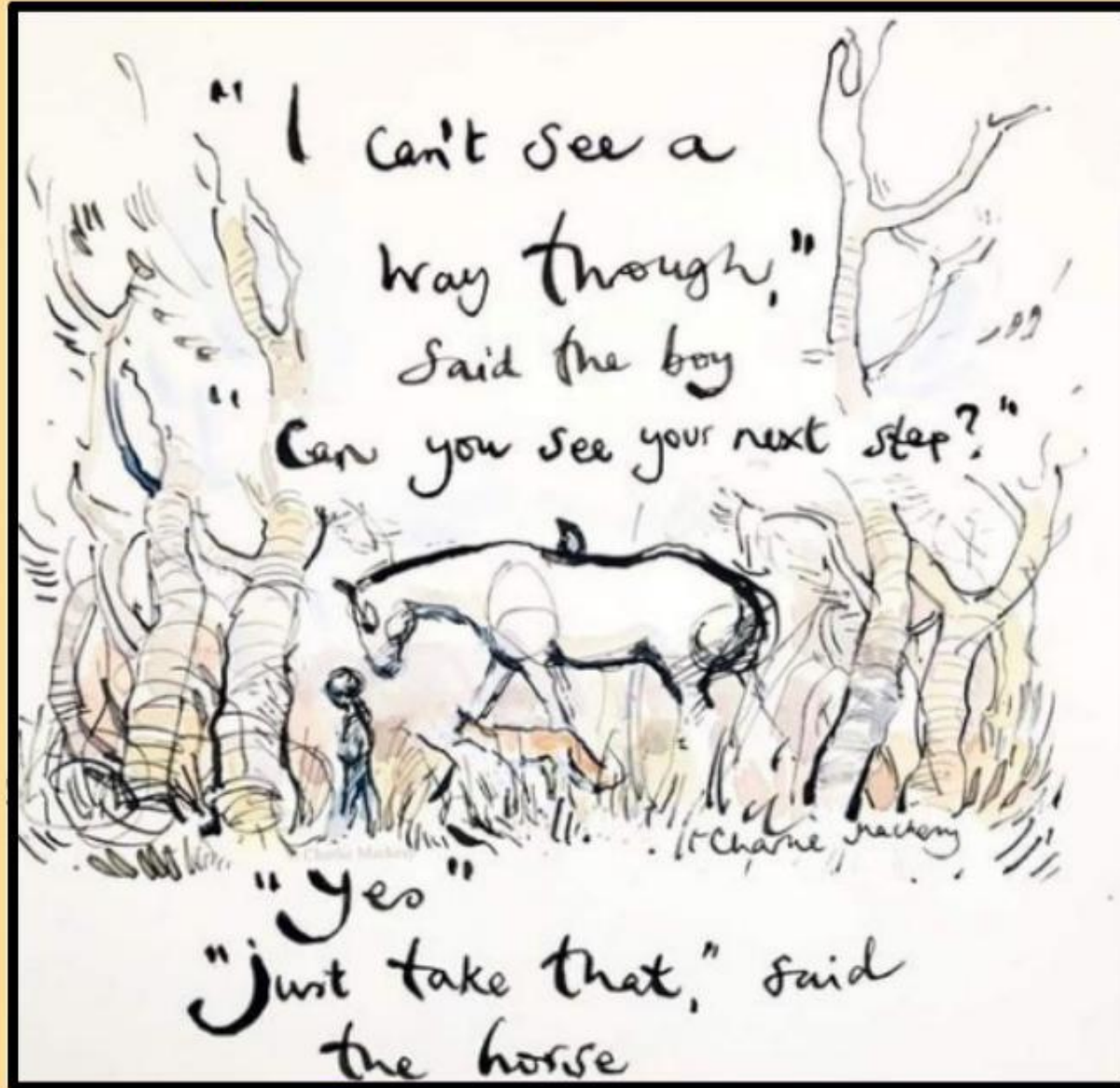
"That I'm enough as I am"
said the boy

✕ "What do you want to be
when you grow up?"



"Kind" said the boy

Mrs Collis' favourite



"Well hello"



"Do you have a favourite saying?" asked the boy.

"Yes" said the mole.

"What is it?"

"If at first you don't succeed, have some cake."

"I see, does it work?"

"Every time."

Favourite sayings or positive thinking

- * You , or someone in your family might have a saying.
- * You might want to use one from the book
- * You might want to use one of these.

Stay positive

Dream Big

Believe in Yourself

Sunshine is around the corner

"You're braver than you believe, and stronger than you seem, and smarter than you think."

AA Milne

If you have good thoughts they will shine out your face like sunbeams and you will always look lovely. Roald Dahl

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