

Weekly Wellbeing Newsletter



Express Yourself

It's **Children's Mental Health Week** and the theme is **Express Yourself!**

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

Me, Myself and I



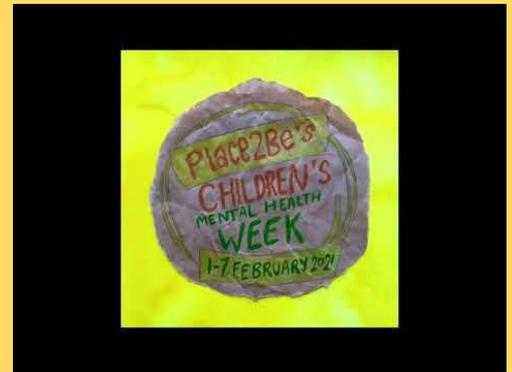
Just like the ingredients in a cake, there are lots of different things that make up who you are.

For example, your interests, race, ethnicity, gender, religion, your relationships to others, physical appearance and your personality all add to your identity.

What ingredients make up who you are?



The Squiggle Game - Children's Mental Health Week 2021 - YouTube

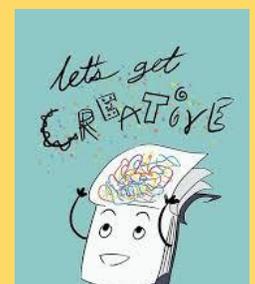


Do you feel better when you're dancing?!

Better when I'm Dancing - Meghan Trainor - Easy Kids Dance Warming Up Video - Choreography - YouTube



Can you join in?



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How do you like to express yourself?



"No more hiding who I want to be. This is me!"

[Demi Lovato, Joe Jonas - This Is Me \(From "Camp Rock"/Sing-Along\) - YouTube](#)



"I am who I'm meant to be, this is me"

[The Greatest Showman Cast - This Is Me \(Official Lyric Video\) - YouTube](#)



"But being myself is something I do well"

[Labrinth - Express Yourself \(Live Britain's Got Talent\) - YouTube](#)

As Soon as Fred Gets Out of Bed

-Jack Prelutsky

As soon as Fred gets out of bed,
his underwear goes on his head.
His mother laughs, "Don't put it there,
a head's no place for underwear!"
But near his ears, above his brains,
is where Fred's underwear remains.

At night when Fred goes back to bed,
he deftly plucks it off his head.
His mother switches off the light
and softly croons, "Good night! Good night!"
And then, for reasons no one knows,
Fred's underwear goes on his toes.



Find lots more poetry here: [20 Popular Short Poems for Kids | Reader's Digest \(rd.com\)](#)

Express your feelings!

Talk to your family, friends and teachers about how you feel.

If you would like some more help with difficult feelings, you can speak to ChildLine.

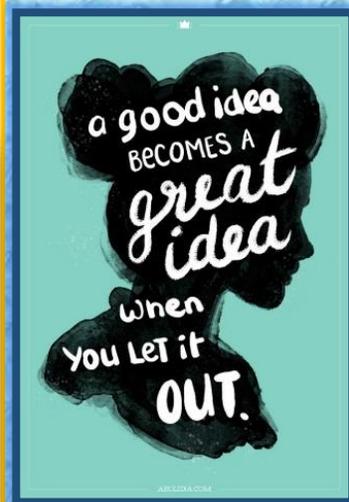
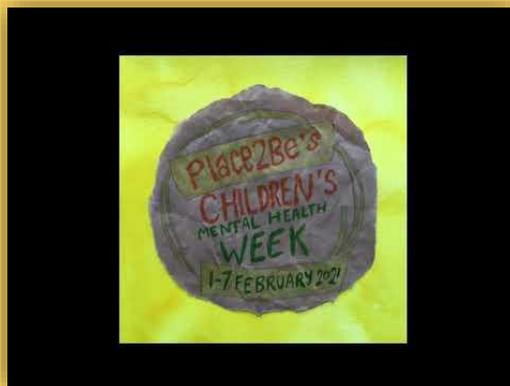
Get Support | Childline

"You can start a [1-2-1 chat](#) with us from 9am - 10:30pm. Or you can call [0800 1111](#) for free from 9am - 3:30am."



Draw Your Feelings -

[Children's Mental Health Week 2021](#)
[- YouTube](#)



We would love to hear your feedback on our resources; please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfhBe1x5Bovajv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQJNNC4u>