






# EXPRESS YOURSELF

1 - 7 FEBRUARY 2021  
#ChildrensMentalHealthWeek



## SELF-EXPRESSION HELPS US CONNECT TO OUR TRUE SELF

Monday 1 <sup>st</sup> February	Tuesday 2 <sup>nd</sup> February	Wednesday 3 <sup>rd</sup> February	Thursday 4 <sup>th</sup> February	Friday 5 <sup>th</sup> February
			<p><b>EXPRESS YOURSELF</b></p> <p>Send your creations to Dojo!</p>	
<p>The assembly will be available to all schools and families on Monday 1 February. It will be hosted by Blue Peter's Lindsey Russell and CBBC Presenter and Place2Be Champion Rhys Stephenson.</p>	<p>Write or draw 3 things that are amazing about you!</p>	<p>Imagine you are stuck on a dessert island - answer the questions!</p>	<p>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.</p>	<p>Wear your favorite color to your live lesson!</p> 

## SELF-EXPRESSION HELPS US CONNECT TO EACH OTHER – IN GOOD TIMES AND BAD

If you would like to donate

<https://donate.place2be.org.uk/?dotype=single&sam=20-50-100&option=personal&value=Childrens-Mental-Health-Week>