

# Children's Mental Health Awareness Week

## "Express Yourself"



## Children's Mental Health Awareness Week: 1st – 7th February 2021.

Dear Parents,

Place2Be launched the first ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. Now in its seventh year, we hope to encourage more people than ever to get involved and spread the word. From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week.

This year's 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. For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

Sarah, Beechwood Primary School's Place2be school project manager has been working behind the scenes with young people and staff, exploring ways we like to express ourselves. Throughout this celebratory week, we will be sharing information, videos and resources in support of the theme. Keep checking the school website to see what's going on: the content will be available under our pupil wellbeing page. Everything we share will be accessible at home and in school; this is so important to us, we want to ensure every single young person has an opportunity to get involved in some way.

### What to expect from this week (The express yourself line up):

**Monday 1<sup>st</sup> February 2021:** The launch of "express yourself week": check out our website for our promotion video. This video shares clips giving insight into the week ahead.

**Tuesday 2<sup>nd</sup> February 2021:** Pupils share some of the ways they express themselves creatively.

**Wednesday 3<sup>rd</sup> February 2021:** Staff members take to the stage, creatively expressing themselves through play, storytelling and drama. This is an interactive video with fun tasks to get involved with, why not get involved at home or in the classroom?

**Thursday 4<sup>th</sup> February 2021:** More creativity from our pupils and staff. Thursday will also be a day to share some of the creativity taking place outside of school, at home. If you are at home, be sure to send us pictures of what you are up to: dance, draw, play, make, dress... to express yourself.

**Friday 5<sup>th</sup> February 2021:** The end of the week brings a 'dress to express' day. As part of Children's Mental Health Awareness Week, children will be invited to dress in clothes that they feel express themselves.

This could be:

*\*Dressing in colours to reflect how you feel.*

*\*Dressing as something you aspire to be.*

*\*Dressing as something that reflects a passion in your lives*

*Whether at home or school, whether an adult or child, you can get involved in our 'dress to EXPRESS' day.*

### Wellbeing packs (Beyond Mental Health Awareness Week):

In addition to the videos and resources shared this week in celebration of Children's Mental Health awareness week. We are in the process of putting together 'wellbeing packs' for every pupil in our school. These packs will include: affirmations, creative resources, activities that support mental health and wellbeing, these resources aim to support children to think about activities that make them feel good inside, whilst supporting children to express who they are and to celebrate their unique selves.

Inside the wellbeing packs will also be information for parents and carers. This will explain a bit more about the packs and how they could be used.

Best Wishes

Sarah Rumfitt

**Place2be School Project Manager**