

As a family, design outfits that express who you are individually!



Spend time with your family – play games, go for a walk or do something creative together.



Put on your favourite music and sing your favourite song!



# Children's Mental Health Week – Express Yourself

Spend time doing something that helps make you calm.



Talk to someone at home about how you're feeling.



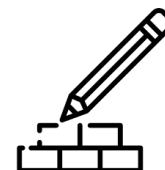
Dress up in your favourite outfit!



Spend time doing something that makes you happy!



Create (draw or build) a place you'd like to visit!



Draw/paint your emotions – what colour are the different emotions to you?



Draw a picture of yourself and write on it the things that you like about yourself!

