

# EXPRESS YOURSELF

#ChildrensMentalHealthWeek



[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

## Mental Health Week

### Dear Parents and Carers

Children's Mental Health Week is taking place on 1-7<sup>th</sup> February 2021. This year's theme is **Express Yourself**. We would like you to take part in a Fundraising event, at the end of the week on Friday 5<sup>th</sup> February, where pupils will be encouraged to wear a really colourful outfit to **Express Themselves!** *Please let us know if we can share photos on our website.*

There are lots of different activities that your child will be involved in throughout the week and we would really appreciate your support at home too. We are using the Place2Be resources to celebrate this week and would like you to use these activities in place of the PSHE, PE, ART, ASSEMBLY and READING activities for this week.

**ASSEMBLIES** - It would be great if you could share the below assembly with your child (on Teams) and watch Oak Academy's Assembly too.

<https://classroom.thenational.academy/assemblies/childrens-mental-health-week-2021>

The image shows a screenshot of a presentation slide for Children's Mental Health Week. The slide has a white background with a large orange section at the bottom. At the top left, there is a circular logo for 'Place2Be' with the text 'IMPROVING CHILDREN'S MENTAL HEALTH'. At the top right, there is a circular logo for 'Place2Be's CHILDREN'S MENTAL HEALTH WEEK'. The main text on the slide reads: 'Children's Mental Health Week 1-7 February 2021 EXPRESS YOURSELF Assembly slides for primary-age children'. On the left side, there is a vertical list of seven small thumbnail images representing different slides in the presentation.

## The Daily Mile At Home

PE – Please take part in the “Daily Mile At Home” activity every day -

[https://thedailymile.co.uk/wp-content/uploads/2021/01/DailyMileAtHome PrintOut WK1.pdf](https://thedailymile.co.uk/wp-content/uploads/2021/01/DailyMileAtHome%20PrintOut%20WK1.pdf)

And other fun challenges [https://thedailymile.co.uk/wp-content/uploads/2021/01/DailyMileAtHome PrintOut WK2-2.pdf](https://thedailymile.co.uk/wp-content/uploads/2021/01/DailyMileAtHome%20PrintOut%20WK2-2.pdf)



# The #DailyMileAtHome WEEK 1

**WHAT'S THE PLAN?**  
Easy. Head outside for 15 minutes of jogging or running at your own pace. You can do it right where you live – just choose a route that's safe and mind you don't trip on those pesky pavements.

**IS IT HARD?**  
If you're new to The #DailyMileAtHome you might find it difficult the first time. That's OK.

Getting out of breath is good for you and you'll get fitter and stronger the more you do The #DailyMileAtHome. There's a 'Scout's pace' challenge below that's perfect for you – take a look!

**SOUNDS GOOD TO ME...**  
Great, just one more thing.  
Stay safe. Listen to your grown-up when you are out and about. Keep a safe distance from other people. Remember to always wash your hands as soon as you get back home.

### CHALLENGE 1

#### SCOUT'S PACE

Scout's pace is a great way to help you run further.

All you need to do is:

- Run for 50 paces.
- Walk (or slow jog) for 50 paces.
- And then keep going!

Change it up if you want – try doing 20 paces, or 30.

See what works best for you!

### CHALLENGE 2

#### BIRD SPOTTING

Can you spot the birds on your #DailyMileAtHome route?

You might see some in the sky.

Or maybe resting in a tree.

And if you can't see any – can you hear any singing or chirping?

When you get home, see if you can find out the names of the birds you saw and let us know at #DailyMileAtHome

### CHALLENGE 3

#### FINISH LINE FUN

Imagine your #DailyMileAtHome is a big race in front of thousands of people.

Imagine your final sprint to the finish, the crowd cheering loudly.

Can you make your own finish line and have your picture taken as you break through it?

You decide what to use: paper, loo roll, cardboard... or something else!

**ASK YOUR GROWN-UP TO SHARE A PICTURE WHEN YOU DO EACH CHALLENGE AND SHARE ON TWITTER #DAILYMILEATHOME – WE LOVE TO SEE YOU TAKING PART AND COMPLETING THE CHALLENGES.**

LONDON MARATHON EVENTS

The Daily Mile

[thedailymile.co.uk](https://thedailymile.co.uk)  
#DailyMileAtHome

# The Art Room At Home Calm Project

**ART and Reading Activities – In The Art Room At home Calm Project there are some wonderful activities for your child to do.**

Listen to stories, listen to music and a variety of artistic/creative activities. Please follow this link to access the resources below. <https://www.place2be.org.uk/media/ztvmkdtw/the-art-room-at-home-calm-project.pdf>



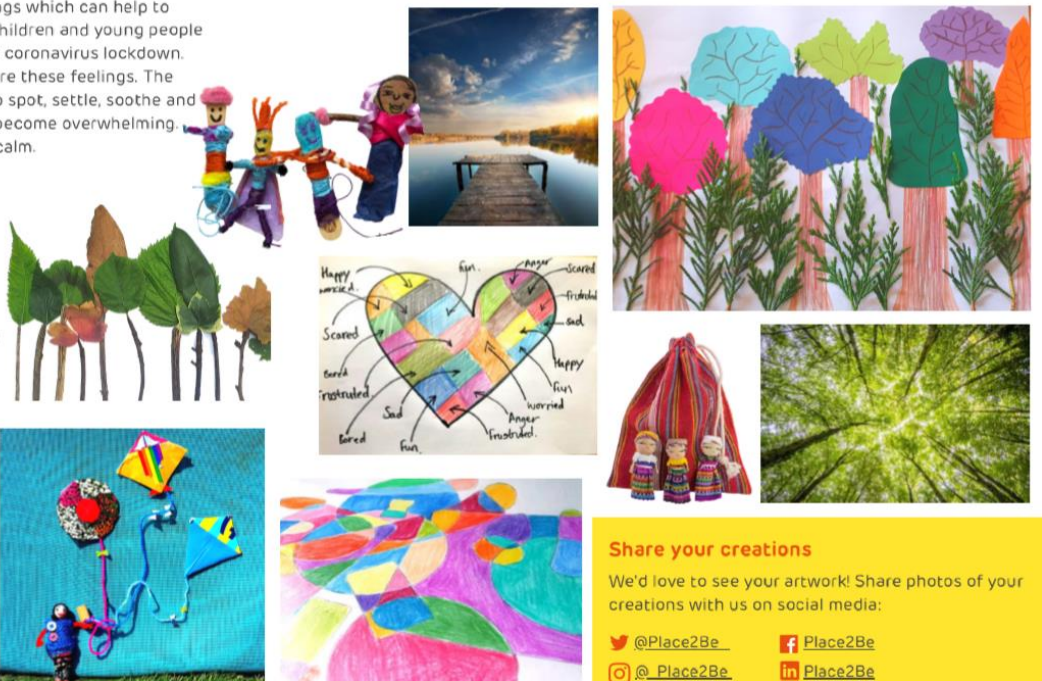
Anxiety and worry are normal everyday feelings which can help to motivate and protect us. At this time many children and young people may be feeling more anxious as we leave the coronavirus lockdown. This project offers space to notice and explore these feelings. The four creative activities encourage children to spot, settle, soothe and share their worries so these feelings do not become overwhelming. By doing this children can be helped to feel calm.

### Activities

There are 4 activities in this project. Each one offers a different way of supporting children to manage anxiety and worry, described in 'Activity Aim'. Feel free to choose which activities would be most helpful for your child.

### Materials

- recycled & natural materials
- paper
- coloured pencils/pens
- scissors and glue/tape



### Project inspiration

Check out this document for more images, stories, activities and music which can be calming to listen to while you create. We recommend using these extra ideas alongside this project sheet to help inspire your art.

[Download additional resources](#)

### Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

- @Place2Be
- Place2Be
- @Place2Be
- Place2Be



## Activity 1: Spot your worries



### Imagine

Read this story 'Me and My Fear' by Rebecca Sanna



It is on YouTube to read or watch:  
<https://bit.ly/3h657um>

Listen to our Calm Project Playlist on Spotify:  
<https://spoti.fi/3j11tDP>

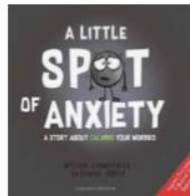


'Body Maps'. We can feel emotions in our bodies. These drawings are by children noticing where they feel happy or angry. More on body maps in our Additional Resources



'Emotions Wheel' by Todd Atkins

'A Little Spot of Anxiety' by Diane Alber  
You can read the story here:  
[bit.ly/3exE7Ci](http://bit.ly/3exE7Ci)



### Activity Aim

- To notice and think about feelings and worries through drawing



### Create

#### You will need:

- paper/card or card
- coloured pencils/ pens/ crayons / paint
- Optional:
  - scissors and glue
  - recycled magazine paper or newspaper
  - old fabric and string / elastic band / pipe-cleaners

#### Creative Activity:

- Draw an outline of a heart or your hand on blank paper or card.
- Make a key using different colours, patterns and shapes for each of your worries and/or feelings.
- Fill your outline with the colours and patterns from your key using coloured pens, pencils, crayons and/or paint. Things can even be pasted onto it.
- Instead, you can make an envelope or tie a piece of cloth at the top like a bag to put your worried feelings, thoughts and drawings. It can be decorated as pleased.

For instructions on how to make an envelope, see link:  
<https://bit.ly/3eztM9f>



### Explore

- If you had a friend called Fear like in 'Me and My Fear', how would you describe them? Would they change from small to big sometimes?
- Take a look at the 'Body Maps' picture in the Inspire section, and imagine how you would colour an outline of your body when feeling worried? (See our additional resources if you're interested in exploring this further.)
- The child in the story felt alone before learning that other children also had "secret friends called Fear." Have you ever been through something similar?

### Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

@Place2Be | Place2Be  
@Place2Be | Place2Be



## Activity 2: Settle your thoughts



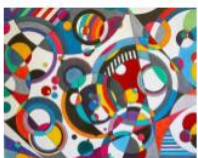
### Imagine

Read this story 'Charlotte And The Quiet Place' by Deborah Sosin



It is on YouTube to read or watch:  
<https://bit.ly/3fBSRBz>

Listen to our Calm Project Playlist on Spotify:  
<https://spoti.fi/3j11tDP>



'Eye Candy 3' by Bruce Gray



'Syncopated Accompaniment' by František Kupka



'Yellow-Red-Blue' by Wassily Kandinsky

### Activity Aim

- To use drawing, colouring and pattern making to help you settle



### Create

#### You will need:

- paper or card
- pencil
- small household objects you can draw around
- colouring pencils or pens

#### Creative Activity:

- Collect some small objects from around your house such as coasters, lids, coins, cups and jigsaw pieces. Have fun finding unusual shapes too!
- One by one, draw around each object with pencil on paper or card. Make sure that the outlines of different objects overlap so that there are more sections of different shapes and sizes.
- Colour each section with paint, and/or coloured pens, crayons or pencils.
- Look at your creation and see how many objects you can spot! Show it to someone else and see if they can guess which objects you drew around!



This pattern was made by drawing around a mug!



### Explore

- What was it like to pay attention to colouring in your pattern?
- What was it like for Charlotte when she finally found her quiet place in the story? Do you have a quiet place?
- Charlotte listened carefully to her breath to find a calm and quiet place inside herself. Some people might also find it relaxing to colour and draw. What helps you feel settled?

### Share your creations

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## About Place2Be and Fundraising Friday 5<sup>th</sup> February

Please join us in a colourful Friday donating £1 to the Place2Be Charity, supporting children's mental health. Follow this link to make a donation:

<https://www.childrensmentalhealthweek.org.uk/news/children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/> there is a link "donate".

ABOUT

Place2Be

I DON'T HAVE WORRIES ANYMORE  
BECAUSE I HAVE LOTS OF IDEAS  
TO HELP ME FEEL CALM. YOU'LL  
LOVE PLACE2BE, IT'S AWESOME.

*Pupil in County Durham, North East*

**Place2Be** is the UK's leading school-based children's mental health charity. **Our mission is to improve children's mental health**, and we believe that no child should have to face mental health problems alone.

We provide a number of services including **training for school staff** to build awareness and skills, one-to-one **specialist support for children** and young people, and **drop-in sessions** where any pupil can book an appointment to talk about any worries they have. Your support will ensure that we can continue to be there for children and families when they need us most.





# HOLDING YOUR DRESS TO EXPRESS FUNDRAISER

**This Children's Mental Health Week, we want to make fundraising as simple as possible for you, so we're asking you to **DRESS TO EXPRESS**.**

**The idea is simple** – use colour to express yourself during **Children's Mental Health Week** by wearing a colourful outfit and donating **£2** to **Place2Be**.

Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. You could wear your favourite colour or choose a range of colours that express how you're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.

Organising a **DRESS TO EXPRESS DAY** is the perfect way to get involved in **Children's Mental Health Week**.

We'd love to chat and help you plan your perfect **DRESS TO EXPRESS** fundraiser. Call us on **0207 923 5506** or email [events@place2be.org.uk](mailto:events@place2be.org.uk) with any questions.



Also visit the Bafta Kids site for some well-known faces sharing their film, game and TV recommendations, to inspire new discovery and keep families entertained whilst they're at home. You'll also hear messages of support and maybe also get an introduction to their pets... <http://www.baftakids.org/bafta-kids-home-place2be>

Thank you for support

Kindest regards

The Trefonen Team