



There is a daily Express Yourself activity on each slide, 7 in total.

Each one is aimed at encouraging self expression and learning about who you are. Challenge yourself to complete each one this week.

This year's Children's Mental Health Week 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.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

[Virtual assembly!](#)