

Listen to the book
'The Things I love
About Me'

<https://www.youtube.com/watch?v=lvO61Q3EtMo>



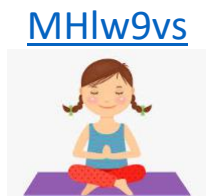
Draw/paint a picture
of yourself and write
on it the things you
like about yourself!

Create a card for
someone telling them
what you like about
them.



Do some yoga to
help your body and
brain calm.

<https://www.youtube.com/watch?v=jSZvMHIw9vs>



Put on your
favourite music and
sing your favourite
song!



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



Listen to the book 'The
Colour Monster'

<https://www.youtube.com/watch?v=W6wIEp-M4tg>



Can you draw/paint your
emotions – what colour
at the different
emotions?

Go for a walk and collect
stones then paint faces
on them showing
different emotions.



Children's Mental Health Week – Express Yourself.



EYFS Activities

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



Dress up in your
favourite outfit!



Spend time doing
something that
makes you happy!

