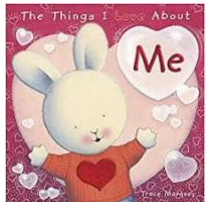


Listen to the book 'The Things I Love About Me'  
<https://www.youtube.com/watch?v=lvO61Q3EtMo>



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

Watch the Disney film 'Inside Out' and talk to your adults at home about your emotions and feelings.



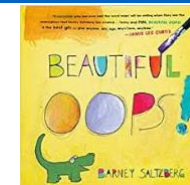
Create a video/collage/scrapbook/diary etc. to show how you feel over this week. If you feel strong emotions like anger, show how you calmed down.

Spend time doing something that helps makes you calm and/or happy.



Design/create your own brave superhero and annotate him/her with all the things needed to be brave. This could be done in any way e.g. drawing, junk modelling, on a computer – use your imagination!

Listen to the book 'Beautiful Oops!'  
<https://www.youtube.com/watch?v=cUUSxgVGQxk>



Talk about how it is ok to make mistakes and the play The Squiggle Game!  
<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

## Children's Mental Health Week – Express Yourself.



### KS1 Activities

Keep your body and mind calm with some yoga.

<https://www.youtube.com/watch?v=xhWDiQRrC1Y>



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

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



Listen to the book 'Silly Billy'.  
<https://www.youtube.com/watch?v=CDvh8fWhbPE>

Can you create your own worry dolls?

