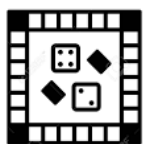


As a family,
design outfits
that express who
you are
individually!



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!



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



Spend time doing
something that
makes you
happy!



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



Children's Mental Health Week – Express Yourself

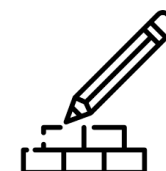
Spend time doing
something that
helps make you
calm.



Dress up in your
favourite outfit!



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



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

