

As a family, design outfits that express who you are individually!	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 with your family – play games, go for a walk or do something creative together.	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!
				