



<p>As a family, design outfits that express who you are individually!</p>	<p>Put on your favourite music and sing your favourite song!</p>	<p>Talk to someone at home about how you're feeling.</p>	<p>Spend time doing something that makes you happy!</p>	<p>Draw/paint your emotions – what colour are the different emotions to you?</p>
	<h1>Children's Mental Health Week – Express Yourself</h1>			
<p>Spend time with your family – play games, go for a walk or do something creative together.</p>	<p>Spend time doing something that helps make you calm.</p>	<p>Dress up in your favourite outfit!</p>	<p>Create (draw or build) a place you'd like to visit!</p>	<p>Draw a picture of yourself and write on it the things that you like about yourself!</p>
