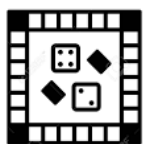


As a family,  
design outfits  
that express who  
you are  
individually!



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

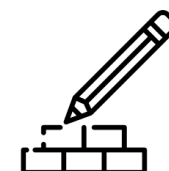
Spend time doing  
something that  
helps make you  
calm.



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!

