



Children's Mental Health Week
1-7 February 2021

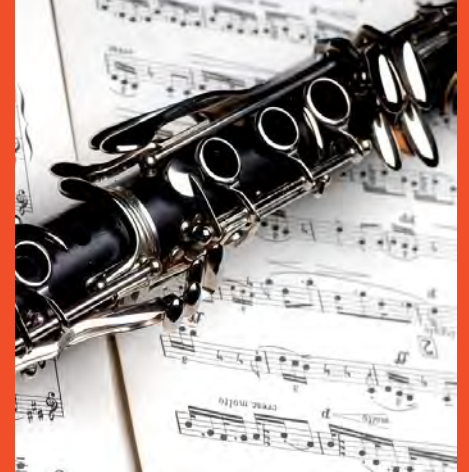
EXPRESS YOURSELF



WHAT DOES EXPRESS YOURSELF MEAN?

“Express yourself” is about finding creative ways to share feelings, thoughts, or ideas...

...through things like art, writing, music, dance and doing things that make you feel good.





WHY DOES FINDING HEALTHY WAYS TO EXPRESS YOURSELF MATTER?

Being creative and expressing yourself can:

- help you to relax and de-stress
- generate “feel-good” endorphins which can lift your mood, help you feel empowered, and create a sense of identity and achievement
- help to boost your self-esteem, connect with others, and give you purpose and meaning
- How does society often expect young people to look, think, speak and act? And where do these ideas come from?
- Do these expectations stop you from expressing your true self?
- How does that make you feel?



WHAT CAN CREATIVE SELF-EXPRESSION LOOK LIKE?

Watch this spoken
word piece by
George the Poet on
the theme of
possibilities

How can you express
yourself
creatively???



GEORGE THE
POET'S
IMPOSSIBLE
POEM

RANDOM
— ACTS



HOW CAN WE HELP AND SUPPORT EACH OTHER TO GET CREATIVE AND EXPRESS OURSELVES THIS CHILDREN'S MENTAL HEALTH WEEK?



Why not try one of the following activities to help start you expressing yourself...



WHAT MAKES YOU, YOU

AN ACTIVITY TO ALLOW YOUNG PEOPLE TO EXPLORE WHO THEY ARE AS A PERSON

We are all unique and individual, but what makes you, you?

Make a piece of artwork expressing yourself. It can be a picture, a sculpture, a poem, a piece of textiles, a photograph or film or even a dance or a song.

For example you may like to challenge yourself to complete a 7-day photo challenge, taking one photo each day that captures/expresses some aspect of yourself, either literally or in abstract form.





DEFINE YOURSELF



AN ACTIVITY TO ALLOW YOUNG PEOPLE TO EXPLORE WHO THEY ARE AS A PERSON

Have a go at defining yourself!

Consider the following:

- Make sure that your definitions aren't overly narrow or limiting.
- Keep yourself open to new experiences, talents, interests, passions, and opportunities.
- Being an adolescent is all about creating our own identity and expressing it!



QUOTATIONS

AN ACTIVITY TO ALLOW YOUNG PEOPLE TO EXPLORE HOW THEY FEEL ABOUT SELF EXPRESSION

Choose a quotation about self-expression that resonates with you. This could have been said by a famous person, or selected from a song or book etc.

Here are some examples you could use:

Brenda Ueland: "Everybody is talented because everybody who is human has something to express."

Fay Weldon: "The desire for self-expression afflicts people when they feel there is something of themselves which is not getting through to the outside world."

Deeyah Khan: "Self-expression should not be a challenge that demands extraordinary talent but should be a right accessible to all."





JOURNAL



WRITING A JOURNAL CAN HELP TO ORGANISE AND MAKE SENSE OF THOUGHTS

Have you thought about keeping a daily journal? In there you can write about whatever comes to mind!

It can be helpful to carry around an ideas book with you so you can jot things down as you go along.

Putting down your thoughts on paper can also help you to problem-solve – mind maps are a great tool for this!

Creating vision boards about your future dreams and aspirations can also help to motivate and inspire you.



SUPPORT FOR YOUNG PEOPLE



KOOTH (Free, safe and anonymous online support for young people)



SAMARITANS 24/7 116 123)



BEAT (www.beateatingdisorders.org.uk) youth line
3pm – 10pm 0808 801 0711



Papyrus (Prevention of young suicide)



CHAT HEALTH 07507 330 205 (Confidential and anonymous text messaging service for young people)



Childline (www.childline.org.uk)



Young minds (www.youngminds.org) Parental helpline



42nd Street (www.42ndstreet.org.uk) Parental helpline



Anna Freud
National Centre for Children and Families

National centre for children's mental health (www.annafreud.org)



Manchester Mind (www.manchestermind.org.uk)
help for mental health in Manchester)



LGBT Foundation (<http://lgbtfoundation/>)

If you would like more information or want to discuss anything you can contact your Head of Year and/or Year Coordinator