

Children's Mental Health Week 2021

This year marks the seventh year of celebrating Children's Mental Health Week with the charity Place2Be. The theme this year is "Express Yourself".

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.



The last year has been difficult for everyone and all of our mental health has suffered. If you are one of the 1 in 5 teenagers experiencing mental health problems in the UK at the moment you may be finding it hard to see a light at the end of the tunnel.

Finding a way to express yourself could help. It could be about finding something you enjoy that you can do when you are feeling down or it could be about talking, opening up and sharing how you feel.

This difficult time we are in now won't last forever. There ARE brighter days ahead. If you do one thing during lockdown, then learn to look after your own mental health in the same way you do your physical health. We are all taking steps to protect our physical health at the moment, from washing our hands to social distancing, but our minds need protection too.

"What is the bravest thing you've ever said?" asked the boy.



"Help." said the horse.

**Reach out... Open up... Talk... Ask for help...
Do something fun... Sleep... Laugh... Get
outside... Stroke your pet... Make plans for
the future... Remember happy
memories... Dress up... Eat... Listen to
music... Dream...**

Look after yourselves,

Mrs Counter

(Wellbeing Coordinator)