



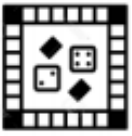




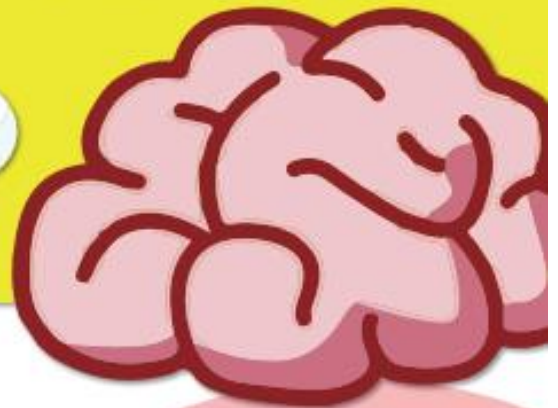


<p>As a family, design outfits that express who you are individually!</p>	<p>Put on your favourite music and sing your favourite song!</p> 	<p>Talk to someone at home about how you're feeling.</p> 	<p>Spend time doing something that makes you happy!</p> 	<p>Draw/paint your emotions – what colour are the different emotions to you?</p> 
<p>Spend time with your family – play games, go for a walk or do something creative together.</p> 	<h2>Children's Mental Health Week – Express Yourself</h2>			<p>Draw a picture of yourself and write on it the things that you like about yourself!</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> 		

Children's Mental Health Week

1st-7th February 2021

Keep your mental health in check this week by trying out some of the ideas below.



Try some star breathing.



Chat to your family about your feelings.

Count the clouds in the sky.



Identify something you can see, hear, feel, taste and smell.

Go on a long walk - being outside is good for the soul

Do a body scan:
https://www.youtube.com/watch?v=ihwew_ofuME

Do some yoga



Chat to your family about your feelings.

Try some mindfulness colouring



@missahoad

Unique the Unicorn

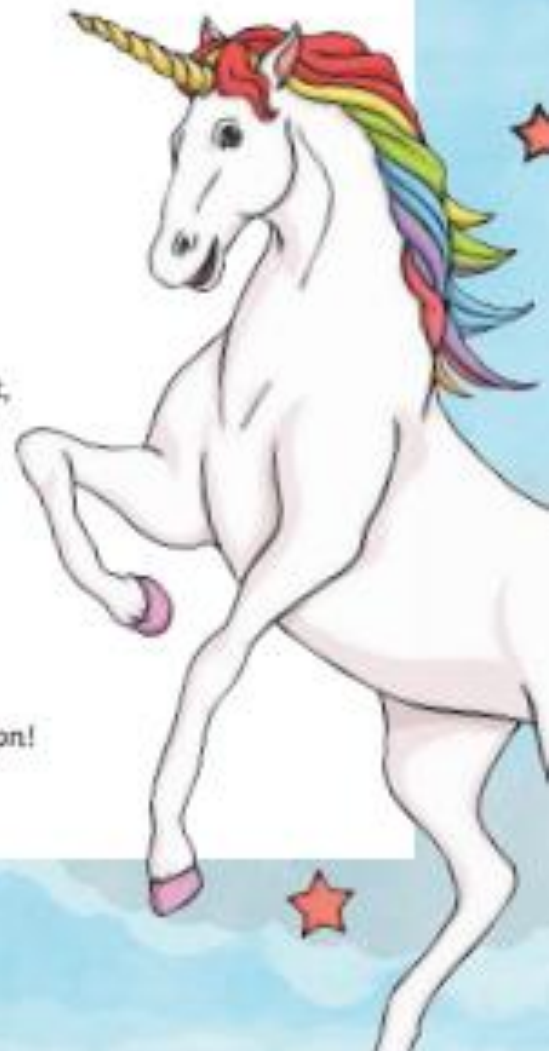
Unique was a unicorn with a rainbow mane,
An unusual creature, with an unusual name.
A bright, flowing tail and a golden horn,
Set this animal apart from the norm.

But it wasn't just looks that set Unique apart,
This unicorn was different right from the start.
From a very young age, as a unicorn foal,
Unique had a very unusual goal.

You see, Unique was obsessed with the stars,
And Jupiter, Saturn, the Sun and Mars,
And black holes and comets and Mercury too,
And the curious craters she saw on the Moon.

Learning about space made Unique feel good.
While the other creatures were eating their food,
Unique would be star-gazing, searching the night,
For unusual objects and stars so bright.

Unique had a dream - to go into space,
The very first one from the unicorn race.
With lots of effort and determination,
Unique could be heading towards the space station!



The other animals all thought this quite odd,
An astronaut just isn't a unicorn's job!
But Unique was special and thought it no bother
To do something different from all of the others.

It's fine to be different - no matter what you do,
Stand out from the crowd and just be you.
It would simply be boring if we were all the same,
No dreams, or goals and no rainbow mane!

So Unique worked hard, studied every day,
Read about asteroids and the Milky Way.
If anyone called them an unkind word,
Unique just pretended not to have heard.

Then one day, years later, yes - you guessed it -
Unique reached for the rocket button and pressed it.
The journey into space had truly begun -
Who knew being different could be so much fun?

All creatures are different, they like different things,
Some creatures have spikes, while others have wings,
It's the same with people - so stand out from the crowd,
Be like Unique - be yourself and be proud!



What Does It Mean to Be Unique?

Look up the word **unique** in a thesaurus and find three synonyms (words with similar meanings).

Make up an acrostic poem using the word **unique**.

U _____

N _____

I _____

Q _____

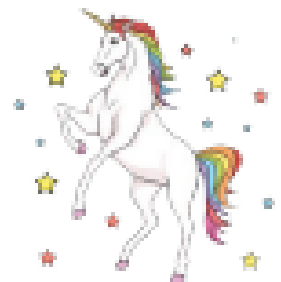
U _____

E _____

List some ways in which a person can be unique, or different.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Write the word **unique** in your own, unique style of lettering.



Unique the Unicorn

Design a Blanket for Unique the Unicorn

The poem tells us all about Unique's interest in space. With this in mind, can you design a blanket that would particularly appeal to Unique?



Being Unique - What Makes Me, Me?

Just like Unique the Unicorn, we have all have different interests and hopes and dreams for the future. Think about what makes you, you. What things interest you? What's your ambition for when you are older? Do you have a particular talent or a certain hobby you enjoy? Draw or write about yourself in each of the boxes.

Things I am interested in...

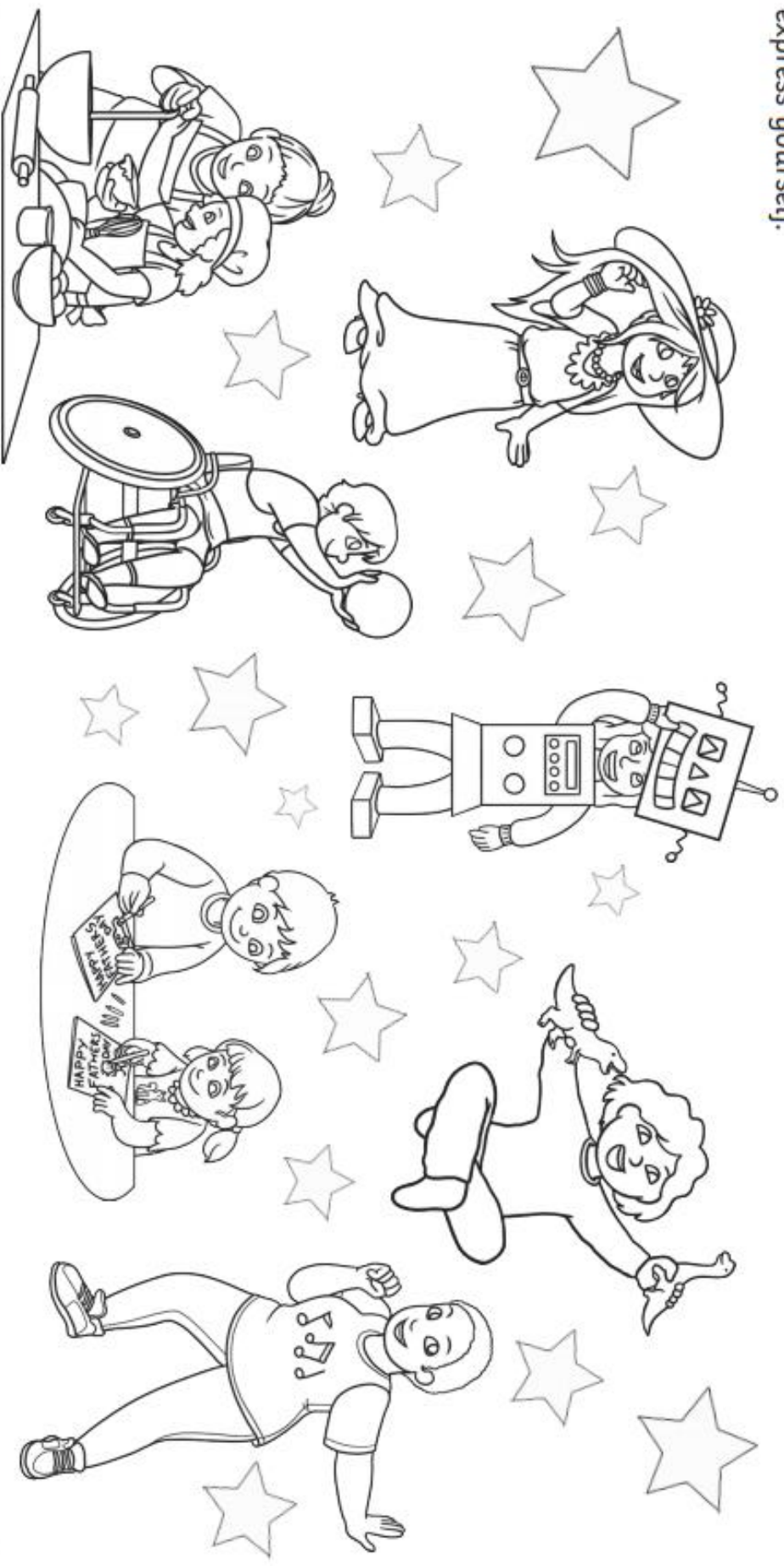
Activities I enjoy doing or hobbies I have...

Talents I have...

My goals for when I am older...

Express Yourself Mindful Colouring

People choose to express themselves in many different ways. We can express our personalities and individuality through art, drama, dance, role play, sport and music. As you colour the picture, think about the ways you express yourself.



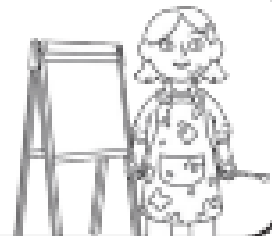
Express Yourself Thought Prompts

People express themselves in many different ways. We can express our personalities and individuality through art, drama, dance, role play, sport and music. Jot down your thoughts below.

I would describe myself as...



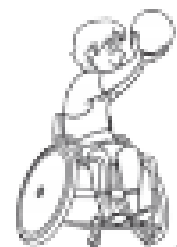
I like to express myself through...



When I do this, it makes me feel...



Other ways I could express who I am include...



I am proud to be me because...



Express Yourself

i y u z p p o e t r y m
n q n b r r a y l z y r
k i n d i v i d u a l a
v e v i a o u a t r j n
r o d k r w f v n h h y
c r e a t i v e e a w o
j s s q c c m s m x r u
z c i s u m m v e j i r
s u n i q u e x v n t s
q s s e r p x e o l i e
s p o r t s o p m u n l
l r d r e a m e j o g f

art
creative
dream
express

individual
movement
music
poetry

sports
unique
writing
yourself

