

# It's National Children's Mental Health Week



## Children's Mental Health Week "Express Yourself"

### What is this week all about?

This is an event happening all across the United Kingdom.

The theme is: express yourself.

Looking at things we can do to help ourselves

- Keep calm
- What to do when you feel scared, sad or angry.
- Learning how to journal (how to plan and reflect)

Ways you can express yourself

Take a look at the website for more information and links to activities which may be of help to your child.



Children's Mental Health Week  
Express Yourself

What is this week all about?

Click on the picture to find out more.

<https://www.childrensmentalhealthweek.org.uk/news/children-s-mental-health-week-2021-resources-available-now/>

Its ok song

<https://youtu.be/RalulhsN44Y>



Click here for more details and activity ideas.

Websites which parents may find helpful also.

<https://witherslackgroup.co.uk/webinars/calm-and-positive/>

<https://2simple.com/free-stuff/mental-health-and-wellbeing-guide-for-parents/>