

Children's Mental Health Week

This week is Children's Mental Health week. This year's theme is Express Yourself. We have some suggestions for events and activities that you might like to watch or be involved in as part of your Wellbeing Wednesday or PSHE activities this week.

Listen to the Duchess of Cambridge

To mark the start of Children's Mental Health Week, The Duchess of Cambridge, Patron of Place2Be, has sent a [message of support](#) encouraging children and parents to find ways to share their thoughts and feelings, particularly during such a challenging time:

Watch an Express Yourself Assembly

Place2Be has also teamed up with BAFTA Kids and Oak National Academy to create a free [assembly](#) on the theme of Express Yourself.

Choose an Activity!

Activity One

We would like you to complete an activity being promoted by *Heads On*, which is the official charity of Sussex Partnership NHS Trust.



Heads On is asking you to get involved in their Heart of Gold Campaign. During the global COVID-19 pandemic, mental health of many people has declined and *Heads On* are trying to raise awareness whilst spreading joy and hope throughout Sussex. During this week, we would like you to decorate golden hearts and put them in your windows at home and school to spread some love and hope around in our local community, all whilst showing support for mental health awareness.



Send us photos of your golden hearts!

Activity Two

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.

ART

Try this '[draw your feelings activity](#)' by Place2Be's Art Room team. You will need paper and something to draw with. Look at how unique and individual your art is to you!



Place2Be and BAFTA Kids have created a [YouTube Channel](#) with ideas for self-expression - they are adding to it every day!