



# Children's Mental Health Week 1-7 February 2021

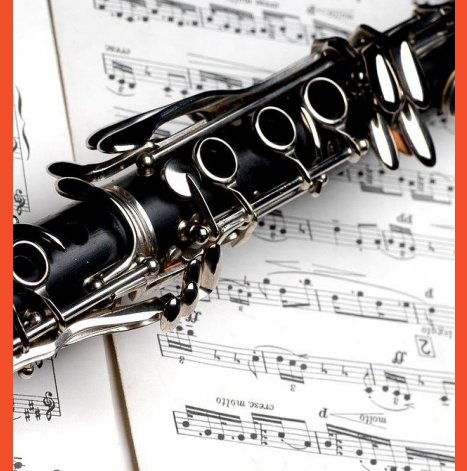
## EXPRESS YOURSELF

Assembly slides for secondary-age young people

# 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?

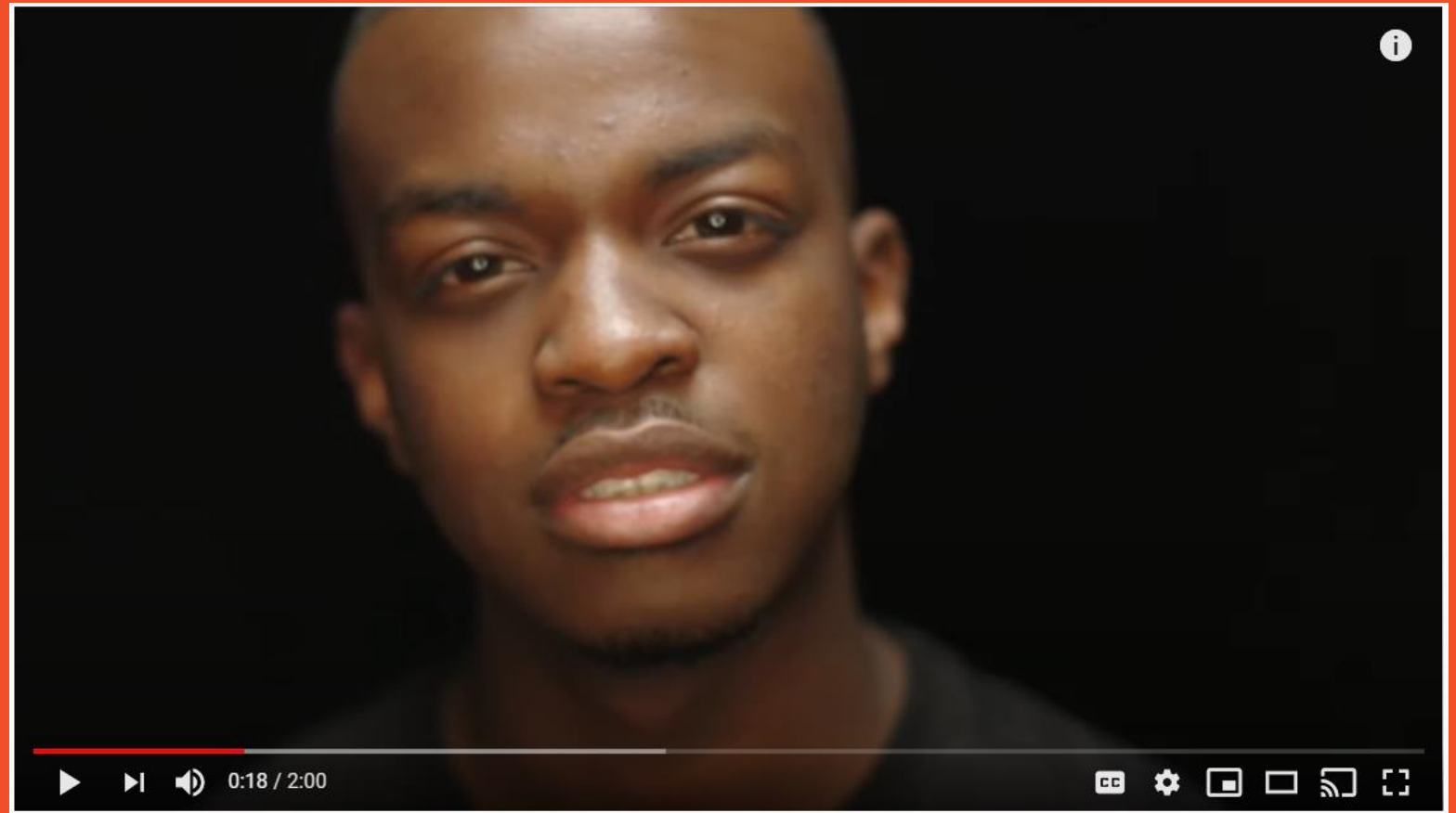
Being creative and expressing yourself can:

- 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**

Discuss the possibilities for each of us to explore our own creativity this Children's Mental Health Week.





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





# OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK





# CREDITS

- All images in this presentation are royalty free from unsplash.com, pixabay.com and canva.com
- George the Poet's spoken word piece was shared by Random Acts - Channel 4's home for creative short films.