



THIS YEAR'S THEME IS DRESS TO EXPRESS

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.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world. That can help you feel good about yourself.

For children's Mental Health week 2023, we will be discussing the connections we have in our lives. We will learn about identifying connections that have a positive impact on our mental health. We will encourage the children to express their feelings, their thoughts and their ideas to themselves to those around them.

EXPRESS YOURSELF OWN CLOTHES DAY.

On **Thursday 9th February**, you are all invited to wear funky clothes, crazy hair styles, odd socks and anything else you feel expresses you, your thoughts, feelings or personality.

For children in school, please remember to wear appropriate footwear.



For more information please visit <https://www.childrensmentalhealthweek.org.uk/>