

Children's Mental Health Week 2021

"Express Yourself"

Week commencing 1st February 2021 - 7th February 2021 it is recognised as Children's Mental Health Week across the UK. At PACE we believe that it is extremely important to complete exercises that are beneficial for both our pupil's and staff's mental health.

This year's theme is 'Express Yourself'. Express yourself is about finding ways to show how you are feeling through your own creativity. This could be through music, writing, dance and doing activities that make you feel good.

Please remember that expressing yourself is not about being the best at something, it is about finding a way to share who you are and how you are feeling, that can also help you feel good about yourself.

Throughout PACE we have been doing some activities that aim to encourage children and adults to explore the different ways to express themselves, and the creative ways that we can share our feelings and thoughts.

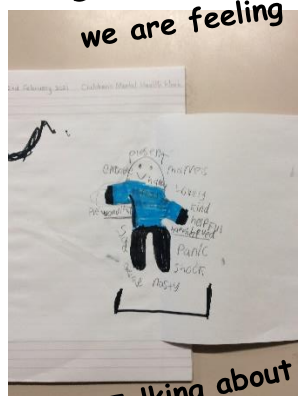
Creating a Positivity Jar



Guided Meditation



Describing how we are feeling



Talking about our feelings



Writing our feelings down

