

EXPRESS YOURSELF

1 - 7 FEBRUARY 2021
#ChildrensMentalHealthWeek



What does 'expressing yourself' mean?

Showing your own thoughts and feelings.
Sometimes it's tricky to do this because we think we are meant to do things a certain way, think or feel certain things and behave / act a particular manner. Other people can influence us and change how we do things but expressing yourself means showing who you are.

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How can you express yourself?
How can you show who you are?

People might show who they are by expressing themselves
through:

art
actions
writing
dress sense

music
decisions
dance
hobbies

behaviour
relationships
friendships
talking

EXPRESS YOURSELF

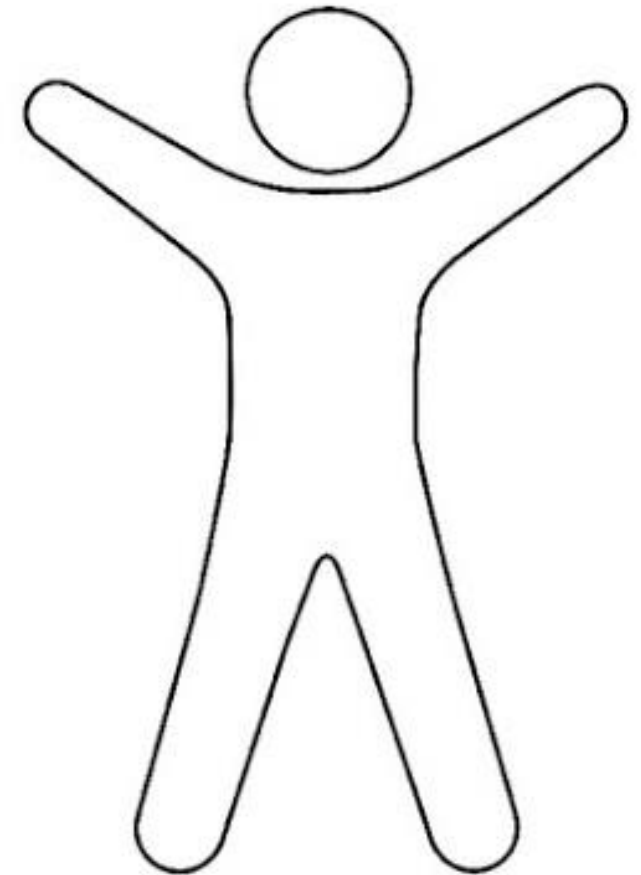
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Who are you? - express your feelings

Draw the outline of a person. For each body part, think about how it feels at this point in time. Draw / colour each part of your body an appropriate colour / shape / pattern and explain why you have chosen to do this.

https://www.youtube.com/watch?v=STdJ__8ORyE&feature=youtu.be



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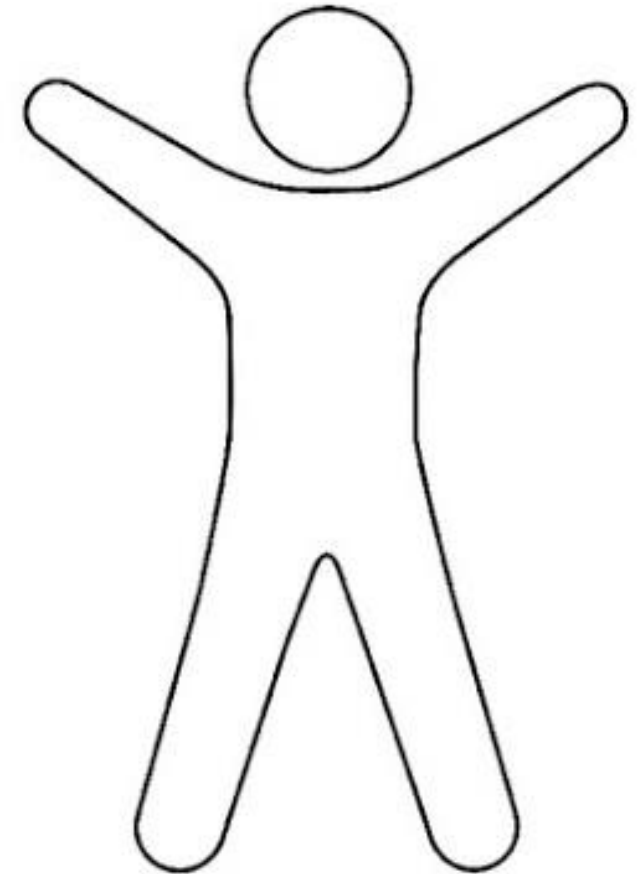
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Who are you? - express your personality

What words would you use to describe who you
are and your personality?

Think of 5 personality words and draw these
on another outline of a person.



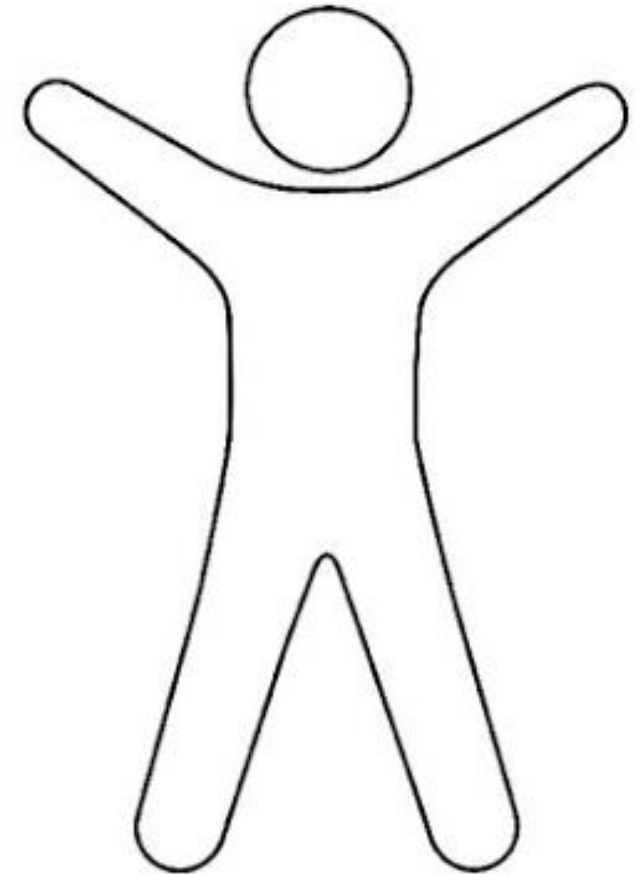
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Some words you might want to use:

kind, caring, friendly, thoughtful, clever,
polite, ambitious, helpful, honest, generous,
hard-working, confident, quiet, articulate,
courageous, altruistic, artistic, creative,
adaptable, resilient, funny, smiley, happy,
calm, energetic, brave, adventurous, outgoing



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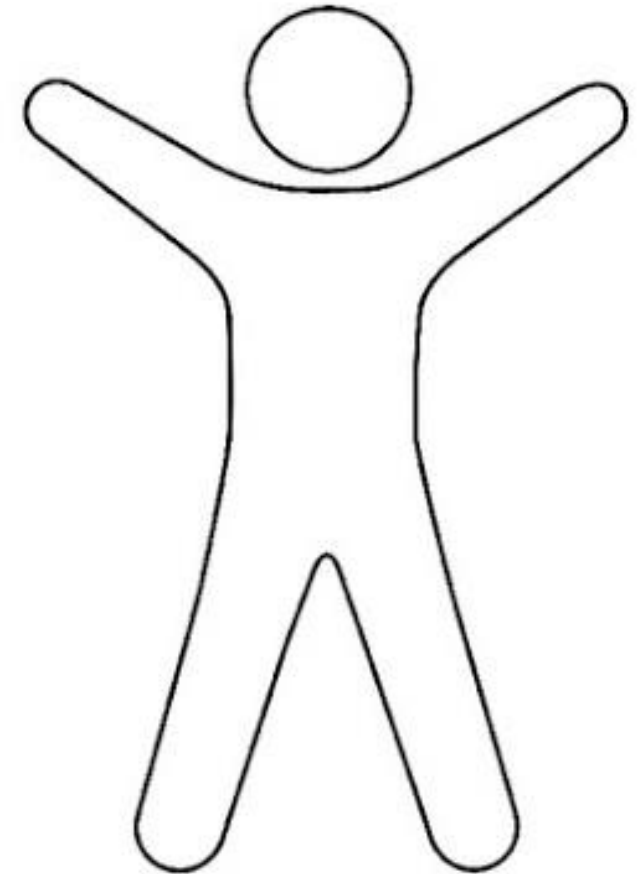
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Who are you? - express your
relationships and hobbies

Who is important to you? Include these
around the outside of your body outline.

What do you enjoy doing? Write these
activities inside your body outline.





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While listening to the song, ask the class to sign along when they hear 'express yourself'

<https://www.signbsl.com/sign/express>

<https://www.signbsl.com/sign/yourself>