

Week 5 Week commencing Monday 1st February 2021

Art/ PSHRE

Monday and Wednesday's lesson

This week is Children's Mental Health Week, with the theme 'express yourself'.

Watch the virtual assembly for this year's theme. Available from 10am on Monday. More information here: <https://www.childrensmentalhealthweek.org.uk/news/children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>

Your first activity is to create your version of the art below.

1. Decorate a piece of paper however you want. This might be a collage of paper, paint with your favourite colours, splatter paint like Pollock Jackson or with colouring pencils and glitter! Whatever you like!
2. When it is dry, stick a photo (or draw yourself) and put it towards the bottom of the page in the centre.
3. Then draw and label all the things you enjoy, love and are good at! Tell me all the things that make you so wonderful! Cut them out and stick them on your masterpiece!





If you finish this masterpiece you can find other ways to express yourself!

- Can you make up a dance?
- Make up a song?
- Create a story making characters from Lego or construction toys?
- Paint?
- Do a fashion show and 'dress to express'?
- Show off your great football or juggling or skipping skills?
- Ask your family members what makes them so wonderful?
- Tell your family why you love them and what makes them so special and unique!

