Friday 5th January 2021

**Children’s Mental Health Week**

Children’s Mental Health Week is taking place on 1-7 February 2021. This year's theme is [Express Yourself.](https://www.childrensmentalhealthweek.org.uk/about-the-week/)

**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 2021 I would like you to spend this afternoon expressing yourself. This can be in whatever creative way that is best for you to share your feelings, thoughts and ideas.

You could:

* Draw or paint
* Sing a song
* Write a poem
* Take some pictures

I can’t wait to see the different ways you express yourself Year 3 ☺