

Healthy

= LIVING =



This week is Children's Mental Health Week. The theme of the week is expressing yourself.

Make sure you take some time to do the things you love, don't be afraid of what it might be, as long as you are doing you!

You might like expressing yourself through:-

Singing

Dancing

Building Lego

Drawing

Painting

Writing

Baking

Playing a sport

The list is truly endless! You are special because you are unique, so what your friends are doing to express themselves doesn't need to be the way you express yourself.

The most important thing is that it makes you feel good.

Have fun everyone.