

Wellbeing Challenges

Week 4

Children's Mental Health Week - Express Yourself

Finding ways to share feelings, thoughts, or ideas, through creativity.

Get creative

Create a collage all about you, you may like to include hobbies & interests, favourite foods, music, films, your hopes and dreams and things that are important to you.

Express yourself through music

Make a playlist of your top 10 favourite music and sing, dance or relax as you enjoy the music that is special to you.

Get creative with words

Write a creative story, song or poem about an important moment or event in your life.

Express yourself through baking

Bake & decorate a cake using lots of creative toppings.

Explore with reading

Reading is a way to express yourself creatively, books can inspire and motivate. Get some ideas from the link below.

<https://www.booktrust.org.uk/booklists/b/best-books-for-teens-teen/>

Get building

Grab some Lego, junk, wood, playdough or whatever building material you have. Express yourself through building something

Weekend dress to express

Dress in what makes you feel good, let your style boost your confidence.