





Mental Health Week Draw Your feeling	Image: state of the state
	I have written ayyy because that's what I say when I am happy My heart is full My legs are wobbly because I'm hungry Words you might use: Joyous relieved open calm supported content Draw your own body and write how the different parts are feeling.
Mental Health Week was at the beginning of February. Feb 1 <sup>st</sup> To Feb 7th Magical powers	If you had magical powers, what spell would you cast for Children's Mental Health Week? Write a paragraph and add illustrations if you wish. Tip: Use a varied type of sentence such as Sentences with a capital letter Punctuation Conjunctions – coordinate and subordinate Fronted adverbials Embedded clauses This fortnights spellings eg. confidently, frequently, especially, interrupt, embarrass Example : With my magical powers (which most people have in one way or another) I would make sure everyone knows that there is no one way to express yourself. Did you know that creative expression is one of the best ways to get out those feelings? During this pandemic, when we are missing many of the activities and hobbies that usually make us feel good, it is great to spend some time to confidently explore other ways to express ourselves. There is no need to be embarrassed when sharing your thoughts with others since all points of view are totally respected. When you are talking no one will interrupt you. Hearing from friends frequently, the assembly for Children's Health Week, websites like Place2Be are great because it gives you many more ways to get through difficulties that might come your way. Expressing yourself is not limited to only one thing! Both creative and physical activities, and especially sharing your feelings are brilliant ways of to express yourself. But, it might mean exploring your own interests and beliefs or vocalising your thoughts on topics that are important to you. My magical power would make sure that you find something you are passionate about, so that it can inspire positive changes in yourself, for those around you and even the world. Remember, who can help you, listen to your teachers, parents, carers and keep on learning!