



Child Mental Health Week 2021 challenges 'Express Yourself'

Why not challenge yourself and discover ways to support your well-being.

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| <p>You are going to make sure that you have some time away from social media and instead read a book or do some mindfulness.</p> | <p>You are going to research ways that you can improve your sleep pattern through Sleep tips for teenagers - NHS (www.nhs.uk) You are going to keep a diary of your sleep pattern.</p> | <p>You are going to keep a daily journal in which you write about whatever comes to mind. Jotting down your thoughts can also help you to problem-solve — mind maps are a great tool for this. Creating vision boards about your future dreams and aspirations can also help to motivate and inspire you.</p> |
| <p>You are going to choose a quotation about self-expression that resonates with you. This could have been said by a famous person or selected from a song or book etc. For example, Mahatma Gandhi: <i>"I want freedom for the full expression of my personality."</i> Maya Angelou: <i>"There is no greater agony than bearing an untold story inside you."</i></p> | <p>You are going to commit to one small Random Act of Kindness a day. Make sure the act is small and kind. Try to stay anonymous (if possible) and notice the impact on yourself when you carry out these small random acts of kindness.</p> | <p>You are going to make a photo montage about yourself. This could include your current likes and dislikes, strengths, interests, dreams and passions.</p> |
| <p>You are going to sing a song: 'Express Yourself' by Labrinth https://bit.ly/3kSm8tS 'Roar' by Katy Perry https://youtu.be/igIFXcsoQEE 'Brown Skin Girl' by Beyoncé https://bit.ly/2GIOnlK</p> | <p>Dance is a form of self-care. Watch the following videos as inspiration for how dancing can be used to de-stress, join one of these to express your identity: Dancing Di' Stress Away by a Study in Sweden https://bit.ly/33cBHGO Dance as self-care by Anna Freud NCCF https://www.youtube.com/watch?v=ISxmYT4fbBQ</p> <p>You are going to make up fun dances. Remember the focus is on having fun and expressing yourself — not on being the world's best dancer!</p> | <p>You are going to make an inside-outside box. Follow these simple instructions: decorate a box with images and words on the outside to represent the qualities that you want to show to the world. Then, decorate the inside of the box with images and words that represent your inner qualities, interests and passions that are hidden to most people.</p> |