

Disclaimer

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You and your students should not rely on the material included within this resource and we do not accept any responsibility if you or your students do. As mental health is complex, you should undertake proper and relevant training before teaching on mental health. These resources are intended to support you once you have received such training. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their mental health. When using this resource, you are responsible for the safety of those involved with using this resource, including staff and students. It is up to you to follow your school or organisation's safeguarding policies and procedures should your use of this resource raise anything covered by the policies or procedures.

Children's Mental Health Week

Aim:

- To consider how expressing ourselves can support our mental health and explore ways in which we can do this.

You will need:

- [Children's Mental Health Week 2021 Express Yourself Whole-School Assembly Pack](#)

Special Considerations:

- This session covers issues, thoughts, feelings and ideas associated with mental health. Prior to the assembly, please consider any children for whom this topic may be sensitive and how you will manage this.

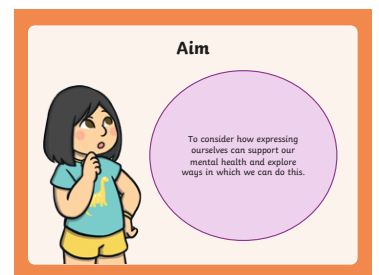
Slides 1 and 2: Title Slides

Welcome the children to the assembly.



Slide 3: Aim

Explain that the aim of the assembly session is to learn about ways people express themselves and how this can be good for our mental health and wellbeing.



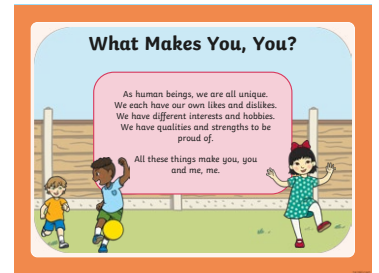
Slide 4: Children's Mental Health Week

Introduce Children's Mental Health Week, explaining what it is, when it takes place and why it's important to look after our mental health as well as our physical health.



Slides 5 and 6: What Makes You, You?

Referring to the illustrations on the slide, ask the children to think about what makes them, them. They could tell a talk partner all about their interests and likes for about 30 seconds.



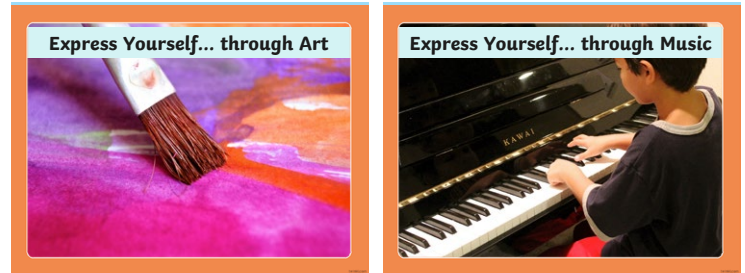
Slides 7, 8 and 9: Express Yourself

Ask the children to contribute ways in which people can express themselves then share the ideas on the slide. Discuss how we use words and actions to express ourselves. Introduce the fact that there are many creative ways in which we can express ourselves.



Slides 10 to 15: Express Yourself... through...

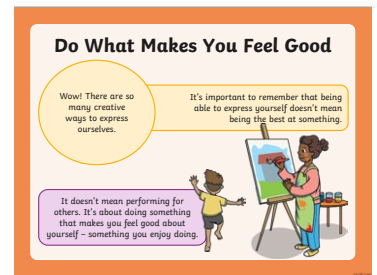
Use the photos on the slides as prompts to discuss the different ways many people express themselves. You may choose to discuss each one in more depth, asking children if they can think of any famous artists, dancers, musicians and so on, and the way they express themselves through their chosen method.



Slide 16: Do What Makes You Feel Good

Ask the children if they like to express themselves in any of the ways discussed on the previous slides. You might like to share something creative that you like to do to express yourself.

Remind the children that expressing yourself through these channels doesn't mean you have to be the best - or even any good at it - and that you don't need to impress anyone or perform for others. We can choose to express ourselves through these channels simply because it makes us feel good.



Slide 17: Need a Little Help?

Talk to the children about more difficult times when people might need to express their feelings and thoughts. Invite suggestions from some children about difficult times and the sorts of emotions people might experience during these times.



Slide 18: Be Yourself

Sum up the assembly using this final slide. Encourage children to consider all the different ways they can express themselves creatively - now and in the future.

