



This year Children's Mental Health Week by Place2Be is celebrating with the theme of Express Yourself! At Compass BUZZ we think right now it is so important to remind children to find ways for them to express who we are, and how they are feeling. As we know feeling good and functioning well is at the very heart of our wellbeing. Every child and young person in your school is special and unique and this Children's Mental Health Week is a great time to remind them of that. We have included some resources and links that you can use to celebrate CMHW, we can't wait to see what you get up to. Don't forget to follow us on Twitter @Compass_BUZZ for more updates and tag us in your posts for the week too!

The Children's Mental Health Week website have a wealth of resources ready-made that you can use, they say *"expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good."* To access the resources simply click [here](#).

We know at Compass BUZZ, there are still many myths around mental health. We have made this Myth Buster for you to use with your students. This can generate some great discussion and enable you to learn more about your students understanding and perspective of mental health, and what it means to them.



Mental Health Myth
Buster.pdf

A big part of our expression can be thinking about what the future holds for us, what do your students dream of for the future? In a time of such uncertainty this can be a reminder that this too shall pass, and the future will hold just as many possibilities as it did before.



My Dreams.pdf

Each of us are unique in our own way, whether it is portrayed in how we like to dress, or the hobbies we take part in or skills that we have – difference is beautiful. We all have qualities that make us unique, that make us special, this resource invites students to celebrate what is special about them.



What Makes You
Special Worksheet.pdf

We know that with home learning our children and young people are not able to be together, we wanted to give you some resources that encourage your students to come together in other ways so that they can share their individuality together.

Our Express Yourself resource does just that, with room for individuals to think about what is important to them and how this can often be expressed through music. This can be through songs that remind us of happy times, or songs that just really resonate with how we feel. Music has the power to bring us all together and what better way to do that then create a class playlist that everyone can enjoy.



Playlist Compass
BUZZ.pdf

All About Me Collage can be a great resource that students can work on during in home schooling and can then be displayed when they are able to return to school. This really brings together the diversity of students and can help to promote that all important sense of belonging too.



All About Me Collage
(Primary).pdf

You could also invite your students to take an Express Yourself Selfie! This could be them wearing their favourite outfit, doing an activity they love or even drawing a self-portrait. They can also write about what their photo means to them and how they like to express themselves, again this can also be turned into a display when the class are able to return. They may even learn new things about each other too.

We hope you have a wonderful CMHW and we cannot wait to see how you celebrate it too!

