

Express Yourself Wednesday!

Following on from the theme of the 'Children's Mental Health Week' assembly, take the afternoon to get creative.



You could choose anything that you want to do to '**express yourself**'. Whether it is art or baking, dance or building, coding in scratch or writing a story, origami or anything!

Explore your creativity!

There are some ideas on here:

<https://www.childrensmentalhealthweek.org.uk/news/i-express-myself-through-virtual-sessions-on-creative-expression/> for creative expression.

You could have a go at the 'Flow Drawing' activity that I sent out via the class story on Dojo earlier in the week.

Explore some mindfulness through a 'Cosmic Yoga' session

<https://cosmickids.com/watch/>

