**MENTAL HEALTH WEEK 1-7 FEBRUARY 2021**

**Express Yourself**

This week, we are going to be looking at many different and creative way to express ourselves.

Please look at the grid below and choose one activity to complete every day if you can.

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| Draw with Rob  Click on the link below and choose a creation  <https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg> | Bake biscuits and design your own decorations  Be as creative as you can be!! | Make a junk model out of boxes, tubes, card, bottles, yoghurt pots and many other items. Use your imagination! Get creative! |
| Design a poster about Diversity. This could be celebrating your own differences, promoting acceptance of diversity. Have a look at the following link you may wish to design your poster in the same format  <http://elisegravel.com/en/blog/i-love-diversity-free-printable-poster/> | 50 things to do before you're 11¾  Get closer to nature with ‘50 things to do before you’re 11¾’. There’s plenty of outdoor activities to do. Many can be done at home and in your garden.  <https://www.nationaltrust.org.uk/50-things-to-do> | If you have Spotify listen to the following colour playlist and connect music and art by creating a painting, drawing or making a junk model  <https://spoti.fi/3d2hLbG> |
| 'Dress to express '  Today express yourself through your clothes and hair. Today wear your favourite colour or choose a colour that expresses how you are feeling.  Send a photo into your class email and say why you chose to wear those clothes/colours. | Listen to a story – Beautiful opps  Click on the link below  <https://www.youtube.com/watch?v=tjpeb6Xr1nc> | Write a diary of what would be your perfect day, don’t forget to include things like where, who with, what you would do, eat, sing, watch and play  Remember to use your imagination this is your perfect day, the day of your dreams!! You could also add pictures! |
| Listen to The Colour Monster story  Click on the link below  <https://www.youtube.com/watch?v=Ih0iu80u04Y>  Then have a go at drawing/making your very own colour monster!! | 1. Create your own dance – all you need is music, some creativity and your body!! 2. You can also teach members of your family your moves!! | Become a fashion designer  Design an outfit which expresses your personality best!  It could be brightly coloured, your own personalised football kit or pair of trainers. |
| <https://bit.ly/3iesKBg>  If you want to sing out, sing out.  Click on the above link and sing and dance along | Express yourself taking part in something which makes you smile it might be doing gymnastics, football, cycling, roller skating or scootering! | Listen to the story I am peace  Click on the link below  <https://www.youtube.com/watch?v=hXA3837uv3w>  Then create a picture demonstrating what makes you at peace, using your senses. |