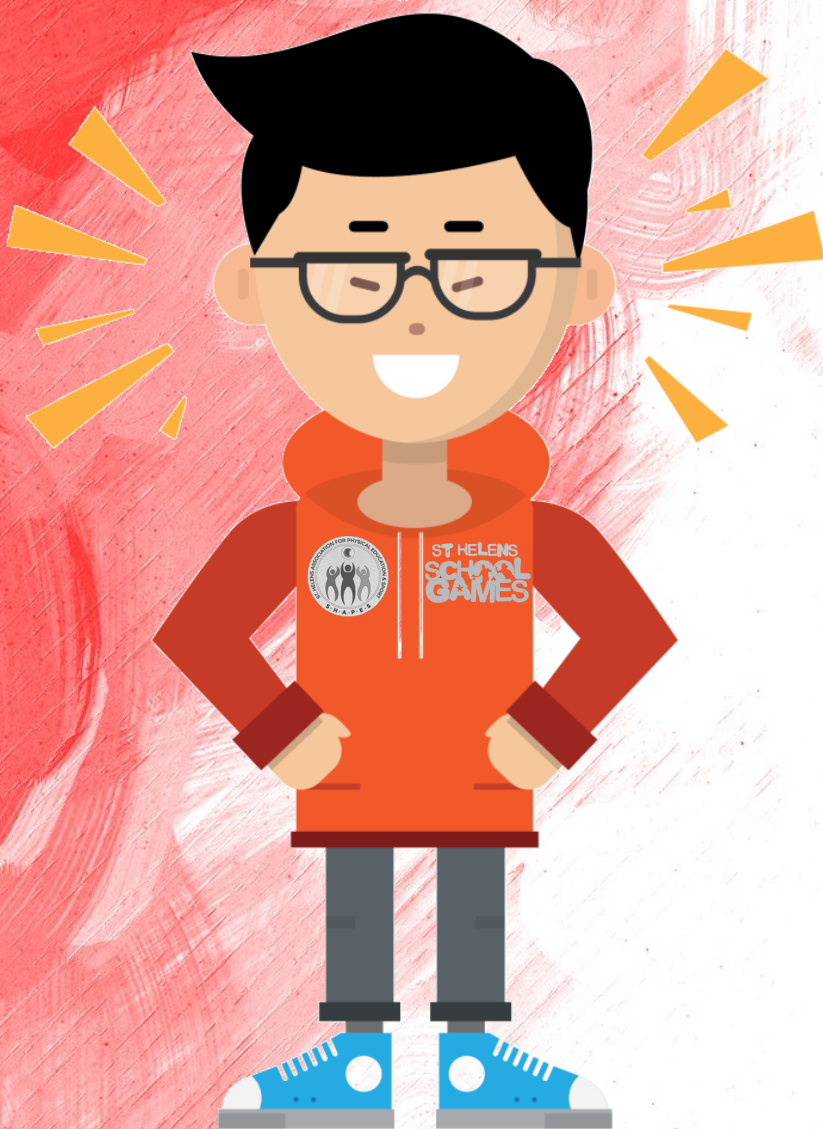


Children's Mental Health Week 1st-7th February 2021 Express Yourself



Place2Be are inviting you to support Children's Mental Health week. This year's theme is **EXPRESS YOURSELF**



Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.

Physical activity has been proven to be a great way to help tackle any mental health issues which you may be facing. We are going to show you some ways to express yourself through physical activity, because a healthy body can help to create a healthy mind.

ST HELENS SCHOOL GAMES

This past year has been very difficult for us all in so many different ways. From not being able to see family and friends, to not being able to do the things we love, like sport.

During this time we have all shown how creative we can be and we have not let the difficult times stop us. Watch this short video clip that highlights how our creativity has helped us to get through our tough year.



<https://www.youtube.com/watch?v=KI1NW7h7IrY>



We have seen so many examples of creativity, in sport and physical activity, from home workouts and training to completing our activities and challenges.

We know it isn't always easy to talk about your feelings, so let's be creative and try to find a way to make 'Expressing Yourself' that bit easier.

Throughout this booklet, we are going to try to help you to understand your thoughts and feelings by using physical activity to work through the following four areas:

Acknowledge (Choosing words to express how you have been feeling or are now feeling)

Discuss & Communicate (Comment on what has made you feel that way)

Plan (Try to put things in place to improve negative thoughts or make positive ones better)

Overcome (Learning to resolve negative feelings)

Acknowledge- Alphabet workout expression

Sometimes its not easy to talk about our feelings, but it is important that we acknowledge them so that we can try to address them. For this activity, you have to choose three words to express how you are feeling, for example: Happy, Tired, Bored, Sad.

Once you have selected your words, you have to spell out those words with the exercises below. Try this as a family or a small class group by all choosing words that best describe how you feel and complete the words one at a time so you can guess each others and write them down.

A: 5 burpees

B: 10 seconds high knees

C: 10 mountain climbers

D: 1 minute plank

E: 5 full sit ups

F: 15 lunges

G: 20 squats

H: 20 seconds running on the spot

I: 30 second wall sit

J: 5 push ups

K: 30 second side plank

L: 20 jump squats

M: 10 burpees

N: 20 star jumps

O: 30 crunches

P: 15 seconds high knees

Q: 10 full sit ups

R: 20 lunges

S: 1 minute plank

T: 30 seconds running on the spot

U: 15 jump squats

V: 20 mountain climbers

W: 1 minute wall sit

X: 5 star jumps

Y: 10 push ups

Z: 30 second V sit hold

Discussion & Communication

Make sure you have made a note of your feelings from the 'Acknowledge' activity on separate pieces of paper as you are going to need them for this.

Now, if you are at home find three household items (it could be anything from a TV remote to a toilet roll) or if you are in school find three classroom items (it could be a tray or a pencil case). Attach your three words to these three items. Then get someone else to hide them around the classroom or the house.

Next for the tricky part, you need to be blindfolded or close your eyes! It is up to the others around you to communicate effectively with you to direct you to the right spot where your items and feelings are hidden.

You could make this even harder by not using words to direct you to find the items at all and instead, planning a code beforehand e.g. clap = step forward, click = step right

Discussion & Communication (continued)

When you have found your feeling and item, take your blindfold off or open your eyes and read it out loud.

Now explain why you feel that way e.g sad because I miss my friends. Close your eyes or put your blindfold back on and make your way to find your next item.

Once you have found all your items, well done you have now acknowledged and discussed your feelings.



Plan

In relation to your feelings that you have spoken about, it is now time to plan how you can maintain a positive outlook or try to make negative feelings better. For example: if you are sad because you are missing your friends ... why not sort out a zoom session to chat or play a game. If they don't live too far away, write them a letter and go for a walk to post it.

For our activity we want you to practise your planning skills by planning your own game or activity using the layout on the next page. Check what sort of equipment you have access to in your house or school and plan around that. We would love to see what you have come up with. Remember to tag us in your creations on twitter @sthelenssg



Name of game : _____

Equipment

Safety points

Rules

Diagram

Overcome

Finally for the best part. Having gone through the first three activities do you now feel like you have made steps to communicate your feelings more effectively?

Your feelings might not be negative, you might be happy or positive. It is still just as important to acknowledge these feelings as well so you know what does make you happy or positive.

For any negative feelings that you have, you should have now spoken about them and made plans to improve them. If you think you have done this and are happy with the plans, GREAT, you can now move onto our final activity.

If not, that is perfectly fine too. You may need some more time to think about an alternative solution to resolve any negative feelings.

Overcome

For this game you will need the pieces of paper you wrote your feelings down on and a bin/ bucket (something you could throw into).

Place the bin a few strides away from you, now if you feel you have overcome that feeling you can now screw it up and aim for the aim.

You can make this into a timed game and see how long it takes you to get the three paper balls into the bin. Or see how many times you can be successful in one minute.

You could also see how far away you can go before you are unsuccessful, start right next to the bin every time you get the paper in the bin take one step back.



Keeping active to improve your mental health

Dancing is a great way to express yourself and whether you take it serious or just have a dance and be silly, we are positive you will finish with a smile on your face!

Why not put on your favourite song and dance around the house? Or, create a dance routine and perform it to your family?

If you don't like the sound like the sound of that, there are plenty of pre choreographed dances for you to copy along just for fun!



Get outside!

Being outside in the fresh air is a great way to boost your mood. We know the weather can be a little hit and miss at the moment, so we need to make the most of the dry days.

Making sure that you get outside, even just for a daily walk, is a great way to reduce stress, cheer yourself up and give yourself a little mood boost.

Why not turn your daily walk into a game? You could turn it into a scavenger hunt, you could collect sticks and stones to create a project when you get home or you could take the time to fully take in your local surroundings.

Remember that what we are going through and have been through is tough. It is okay to feel down and upset about it.

What is important is how you deal with it. We hope that this booklet is a way of helping you express yourself in different ways.

Make sure you are being kind to others who might be struggling and it is just as important to be as kind to yourself.

You are doing a great job!

It won't be long until we get to see each other again but in the mean time lets keep active and looking out for each other.

Danny, Becki & Dani