

Children's Mental Health Week Activities

Children's Mental Health Week Activities - the theme is Express Yourself

Look at ideas on the PDF and below. Share then to your class email address or to Twitter.

Watch the Assembly

https://classroom.thenational.academy/assemblies/childrens-mental-health-week-2021?utm_medium=social&utm_source=twitter



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[Children's Mental Health Week 2021 Virtual Assembly - Assemblies - Oak National Academy](#)

Oak National Academy has teamed up with Place2Be and BAFTA Kids to create a free assembly for Children's Mental Health Week 2021, celebrating this year's theme of "Express Yourself".

classroom.thenational.academy

Complete an activity

#CHILDRENSMENTALHEALTHWEEK

Daily Activities

MONDAY

SPEND SOME TIME READING

TUESDAY

CREATE A POSITIVITY JAR

WEDNESDAY

DO A #DRAWWITHROB SESSION

THURSDAY

GO FOR A WALK AT LUNCHTIME

FRIDAY

A YOGA SESSION

SATURDAY

CREATE ARTWORK TO MATCH YOUR
MOOD

SUNDAY

EXPLORE A NEW OUTSIDE AREA



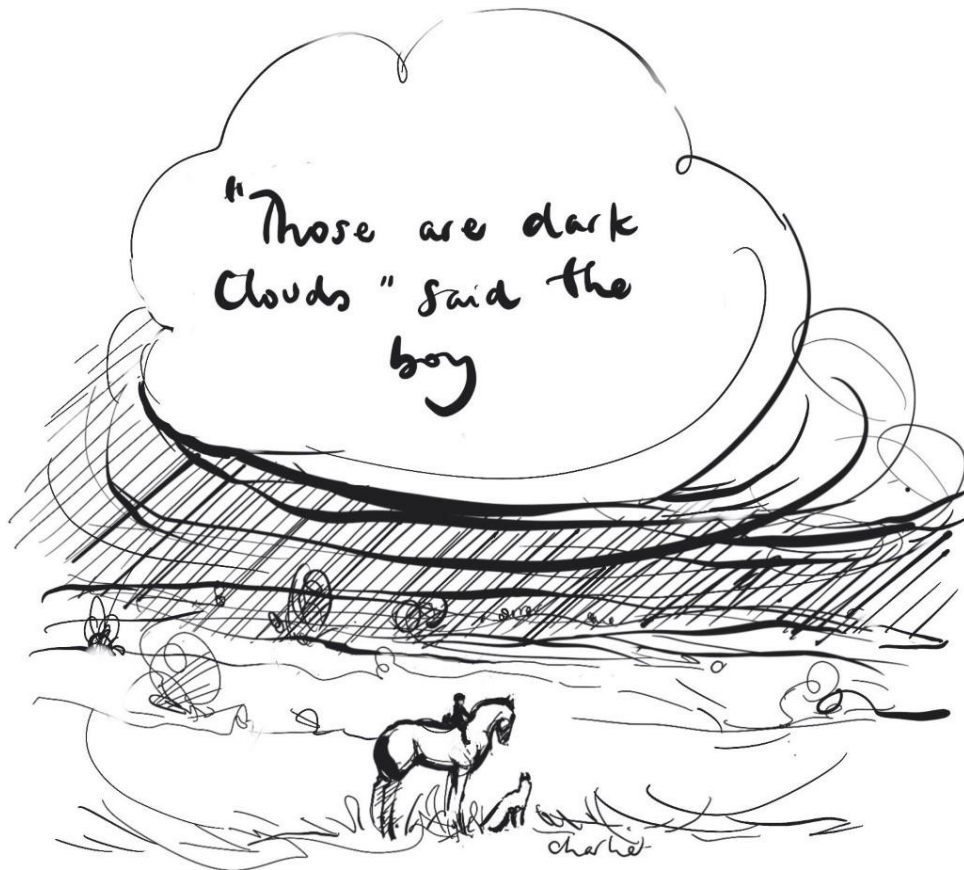
@primaryteachew

Create your own Charlie Mackesy inspired quote and illustration or colour one of his in:



"What's the best thing you've
learned about storms?"

"That they end" said the
horse



"Yes," said the horse, "but they will move on - the blue sky above never leaves."

"Sometimes," said the boy
"I feel I haven't achieved
anything."



"You've been a friend," said the
horse, "which is a magnificent
thing."

To all teachers



Thank you.
x



"Everything is cancelled."

"Love isn't cancelled,"
said the horse. x