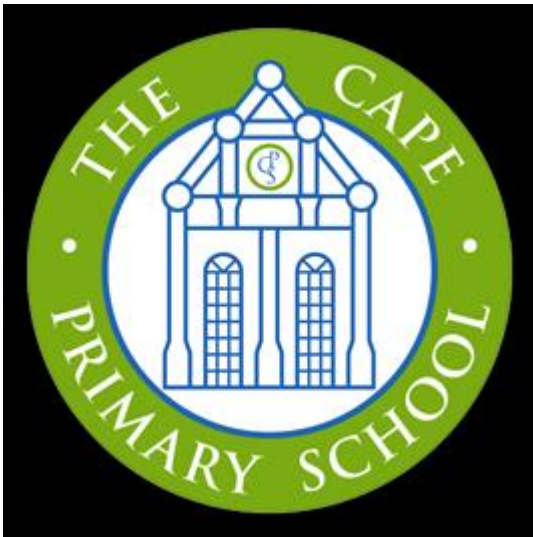




Children's Mental Health Week 1-7 February 2021

EXPRESS YOURSELF

Assembly slides for primary-age children



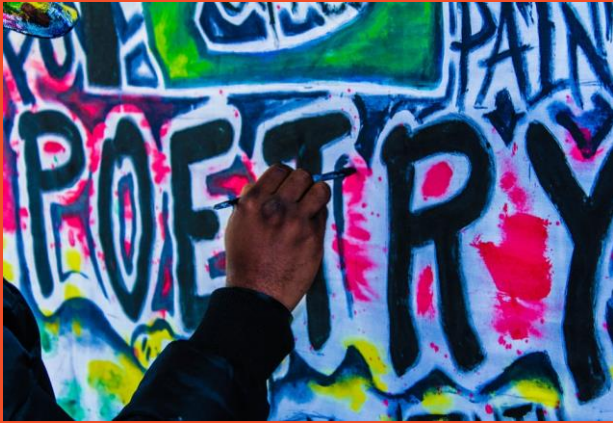
Cape Primary is joining forces with the nation, this week, to raise awareness of Children's Mental Health.

During 'lockdown' normality is extremely difficult for everyone and we are well aware of how challenging homeschooling is for all our children and how hard our families are working to enable their children to continue to learn.

Please could you give your child / children the opportunity this week to 'Express Themselves' in which ever manner they choose. We know this puts another strain on home life, however this opportunity is extremely beneficial to youngsters.

Thank you, for your continued support.

WHAT DOES EXPRESS YOURSELF MEAN?





SEE IF YOU CAN SPOT THE DIFFERENT WAYS PEOPLE ARE EXPRESSING THEMSELVES IN THIS SHORT VIDEO





WHY DOES FINDING HEALTHY WAYS TO EXPRESS YOURSELF MATTER?



HOW DOES BEING CREATIVE AND EXPRESSING YOURSELF MAKE YOU FEEL?



HOW CAN WE HELP AND SUPPORT EACH OTHER TO GET CREATIVE AND EXPRESS OURSELVES THIS CHILDREN'S MENTAL HEALTH WEEK?

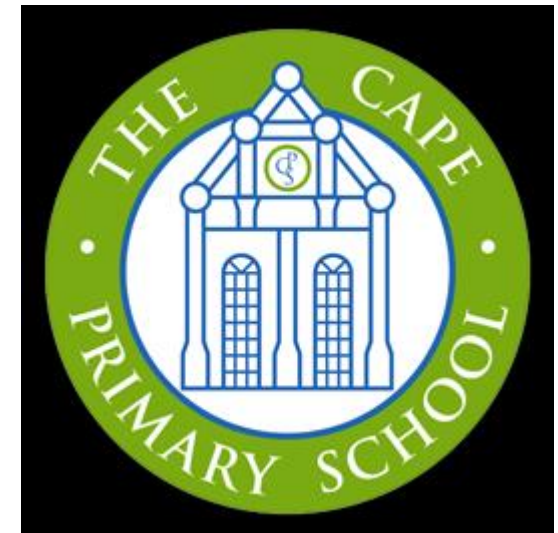


Dancing.	Painting.	Singing.	Fancy Dress.	Poetry.	Talking.
Drumming.	Colouring.	Listening	Telling Jokes.	Reading Aloud.	Yoga.
Talking.	Crafting.	Baking.	Gardening.	Decorating.	Cooking.
Exercising.	Sharing.	Walking.	Talking	Playing.	Quizzes
Puzzles.	Listening.	Designing.	Being together as a family...		

We look forward to Cape Primary joining forces with the nation, to raise awareness of Children's Mental Health.

Thank you for your continued support.
 Enjoy your week and please share any of your fun activities with us.

Take care.





CREDITS

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