

## PHSE – Express Yourself!

This week is Children’s Mental Health Week which is really important to help all of us in these difficult times. This year’s theme is ‘Express Yourself’ so a great opportunity to talk to people around you and tell them how you are feeling.

Below is a link to take you to some great ideas including Mindfulness and Growth Mindset activities.



[PSHE KS2: The Brain Lab - BBC Teach](#)

Being more aware of our emotions will help us when we are starting to feel a little unsure of situations or feelings we are experiencing for the first time.

To help us keep active when we can’t go out as much as we would like there are some Supermover videos to get you up and motivated on tricky days.



Super Mood Movers

[Super Mood Movers - BBC Teach](#)

Most importantly, take time to do something this week that makes you smile and feel good 😊

Have fun

Mrs Hargood 😊