

T: EXPRESS YOURSELF!

#ChildrensMentalHealthWeek

**EXPRESS
YOURSELF**

1 - 7 FEBRUARY 2021
#ChildrensMentalHealthWeek



What is self-expression? Why is it so important?

Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance.

Self-expression can help you to showcase your true self – your story, your thoughts, feelings and emotions. But this can also make us feel vulnerable, so you might want to take things one step at a time.

We often get told by our family, friends, school, communities and through social media how we 'should' look, think, speak, and act. These constant messages about what we ought to do, and who we ought to be, can make it difficult to let go of expectations and express our true selves.

Self-expression helps us connect to
our TRUE self...

Self-expression is a great way to relieve yourself of stress and free your mind. Self-expression can help you to reflect on your life, actions, decisions, relationships, beliefs, and thoughts — rather than keep them buried deep down.

Self-expression helps us connect to each other - in good times and bad....

By expressing ourselves thoughtfully, we can better communicate, collaborate and build a community with others. At times of crisis, people come together to express themselves individually, and as a group, through the arts.

Here are some examples:

- *Gareth Malone's online choir* — bringing self-isolating singers together during the Covid-19 lockdown.
- *Grayson's Art Club* — a series of online masterclasses to help unleash creativity during the Covid-19 lockdown.
- *BBC Lockdown Orchestra* — as part of a ten-day creative challenge, nearly 1,500 members of the public joined the newly formed BBC Lockdown Orchestra as part of a huge virtual performance.
- *Create 2030 Solidarity Art Shows* - The World Health Organisation, Create2030 and a group of international working artists collaborated on a project to showcase films, music, poetry and visual art about the COVID-19 pandemic.
- *Te Rito Toi* — using art to help children when they first return back to school in New Zealand following a traumatic or life-changing event.

TASK...

Choose one of the activities on the following slides to EXPRESS YOURSELF. This can be done through art, movement or music.

Express yourself through your chosen medium - ART

You will need some paper and something to draw with.
Watch this video and follow the activities...

[Draw Your Feelings - Children's Mental Health Week 2021 - YouTube](#)

Draw your feelings!

Express yourself through your chosen medium - MOVEMENT

Choose an emotion (e.g. happy, sad, frustrated, joyful etc.) and an art form (dance, singing, mime, writing, painting etc.)

Express that feeling in their chosen art form (for example, dance sadness, write about sadness, make a mask that depicts sadness, sing choose a song that shows sadness to you.

Use this video clip to help you...

[Emotions through dance - YouTube](#)

Express yourself through your chosen medium - MUSIC

Watch this short video by Classical MPR with your group and discuss the different ways in which music can change how we feel and express ourselves: <https://bit.ly/2GjLRMW>

Research shows that people feel more positive after singing to music, than they do just listening to music.

Choose a song from the list below (or one of your own) learn the words and sing it/dance to it/mime to it at home.

If you want to sing out, sing out' by Cat Stevens

<https://bit.ly/3iesKBg>

'Express yourself' by Labrinth <https://bit.ly/3kSm8tS3>