

• **2021** •

# Children's Mental Health Awareness Week

## Express Yourself



@BDCFT\_MHST

## How to use this resource pack

The staff on the Bradford and Craven Mental Health Support Team have put together this resource pack for children, parents and staff to use.

It is full of different activities for you all to get involved with, inspired by 2021's Mental Health Week theme of 'Express Yourself'.

We look forward to seeing you getting involved in what we have planned so be sure to take pictures and either tag us on Instagram and Twitter at **@BDCFT\_MHST** or email them to us at **mhst@bdct.nhs.uk**

Have fun!

From, The Team x



## Express Yourself

This year's theme is Express Yourself, but what does that really mean?

Expressing yourself means showing your thoughts and feelings in a way that other people can easily understand. This can be through your words, choices or actions. It is being able to speak up and speak out to someone and saying what you truly feel, in a safe environment, without being worried of the response.

This week is Children's Mental Health week and we have created this booklet to give you some time to think about your emotions, how you can express them and also how you can help yourself each day. Things are difficult at the moment, but we want to encourage you to take time out from your home learning each day and have a go at the daily activities that we have provided. These activities shouldn't take too long and you should be able to do these on your own!

And don't worry, we won't be marking them.

Take your time, relax and express yourself!

## Emotion Poems

These poem templates are for you to use to think about how certain emotions make you feel, as well as what events or situations may make you feel that way!

Use the templates to create an acrostic poem, which is where each line starts with a letter from the word.

Also, feel free to come up with your own emotion and make an acrostic poem using that word!

Here is an example from an Education Mental Health Practitioner, Eleanor:

<b>H</b>	<u>HAVING LUNCH WITH MY FRIENDS</u>
<b>A</b>	<u>ACTIVELY GOING FOR A WALK</u>
<b>P</b>	<u>PLANNING SO I'M ORGANISED</u>
<b>P</b>	<u>PARTIES WITH FRIENDS AND FAMILY</u>
<b>Y</b>	<u>YELLING MY FAVOURITE SONGS LOUDLY</u>

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# From me... To me...



Imagine that you are celebrating your 80th birthday. You're looking back on your life, and you are happy with everything that you have done and all that you have achieved. You remember that there were challenges, but you remember that you also had dreams you worked hard for. What words of advice and encouragement would this 80 year old version of you send to the you of today? What guidance would you offer yourself?



**Don't over think it. It can be whatever pops into your head! Try and write without taking your pen off the paper... if it doesn't make complete sense, that's ok! It's for you to look back on! Take a look at Hannah's example.**

ALWAYS WORK HARD TO ACHIEVE YOUR GOALS, BUT REMEMBER TO ENJOY THE PRESENT ALONG THE WAY. DON'T THINK TOO HARD ABOUT THE FUTURE BECAUSE PLANS, AS GOOD AS THEY ARE, DON'T ALWAYS NEED TO BE SET IN STONE. GO WITH THE FLOW. KEEP RUNNING! IT IS FREE AND IT WILL TAKE YOU TO SOME LOVELY PLACES, AND YOU'LL MAKE LOTS OF FRIENDS ALONG THE WAY. ENJOY THE VIEWS, AND ENJOY THE FEELING OF SATISFACTION OF WHERE YOUR LITTLE LEGS HAVE CARRIED YOU! MAKE TIME FOR YOUR FAMILY, THEY MAY DRIVE YOU MAD SOMETIMES, BUT THEY'LL SUPPORT YOU THROUGH LIFE. HAVE FUN AT WORK, AND MAKE SURE THAT IF YOU AREN'T HAVING FUN THAT THERE IS SOMETHING THAT NEEDS TO BE DONE TO SORT THAT OUT! HAPPINESS AND HEALTH ARE KEY. TAKE LOTS OF PHOTOS AND WRITE THINGS DOWN, YOU'LL SOON FORGET THE SMALL THINGS.

*Hannah- 19<sup>th</sup> January 2021*

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Have a Good Day!

Being at home all the time may seem hard at the moment!

Things may be a little different, but we can still enjoy each day.

Write a list of 5 things that could make your day great and what would make you happy!

Here is an example from an Education Mental Health Practitioner, Hannah:

1. Having something tasty for breakfast.
2. Being focused and not distracted.
3. Getting some fresh air.
4. Speaking to my friends.
5. Reading my book before going to sleep.



**Five things that would make me happy today are:**

**1.**

**2.**

**3.**

**4.**

**5.**



## Time to Talk

If we always bottle up how we are feeling, it can build up over time and become overwhelming. Talking about how you feel is part of taking charge of your own wellbeing and doing what you can to stay healthy. It helps see your own problems in a new light, making problem solving easier! If it feels a bit awkward at first, give it time.

## How to elicit someone's true feelings

It is important to check in with the people around you.

### Asking Twice

Are you sure?" - It shows that you are genuinely interested. - By being genuinely interested, by showing them that you really do want to know what they are going through, you could help massively.





**“I am here if  
you need me”**

Asking questions  
that are more  
specific can be  
really helpful, for  
example, “how  
have you been  
sleeping recently?”  
- Be curious  
and interested  
in what they are  
experiencing .



**Asking specific  
questions**

This demonstrates that you  
have acknowledged the  
individual is down, whilst  
reminding them that they can come to you  
when they need someone to talk to about their  
worries.



## **Empathy**

Listening non-judgementally and accepting their world. Using phrases like “it’s normal to feel like that”, helps them validate their emotions.



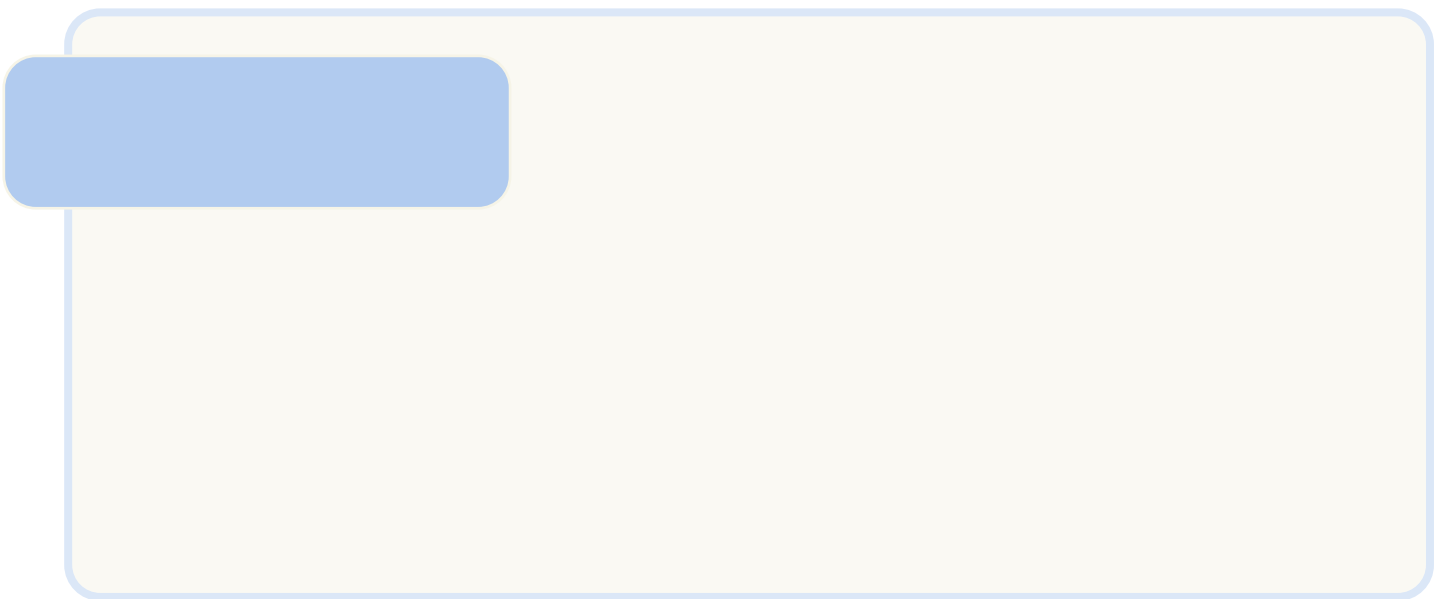
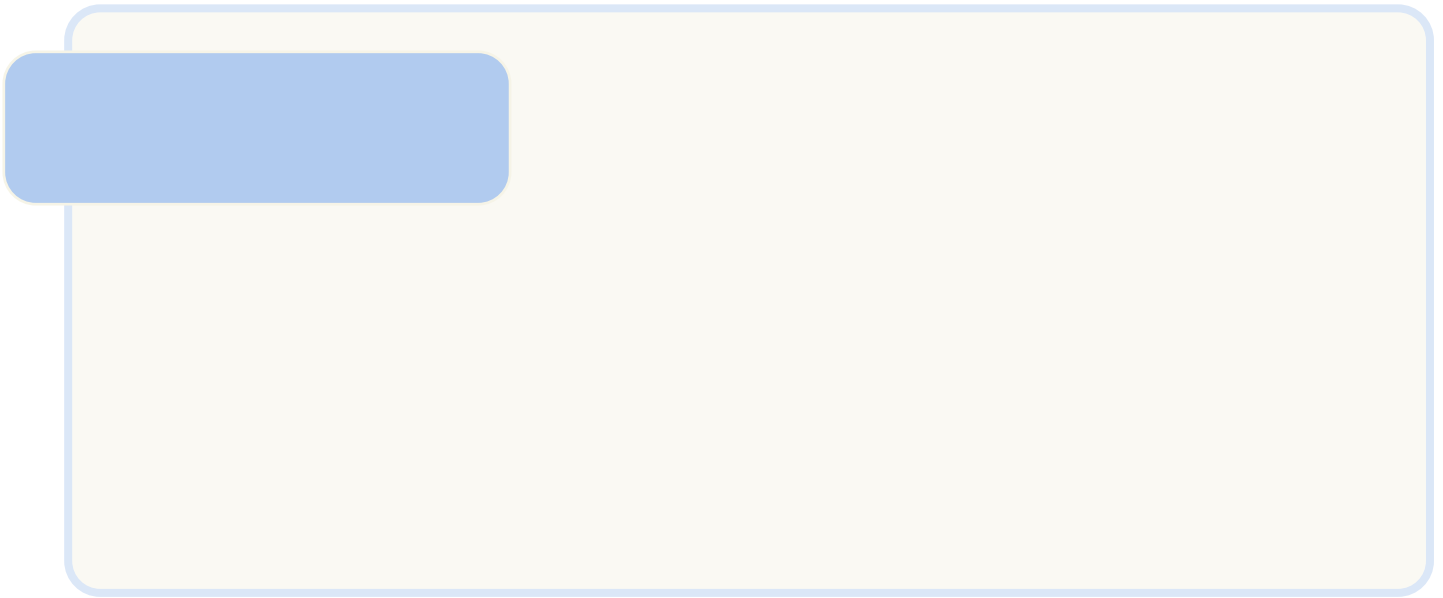
## **Non verbal communication**

Non verbal communication can establish meaningful interaction. Making eye contact shows that you are actively listening, a warm smile establishes a mechanism of connection.



## How else could you find out how someone is feeling?

Use the blank boxes below to come up with your own ideas. You can use words, pictures, colours, doodles etc. - however you choose to express yourself! Be creative!





# Worry Warriors!



WHO COULD YOU SHARE YOUR WORRIES WITH?

## What to do:

Draw around your hand on a piece of paper. On each finger, write the name of one person that you could go to if you had a worry or a problem, so that you end up with 5. Perhaps it is a sibling, a friend, or a teacher in school. Why have you chosen these people? Write a few words or phrases to explain why. Then make it as colourful as you want!

Listening

Caring

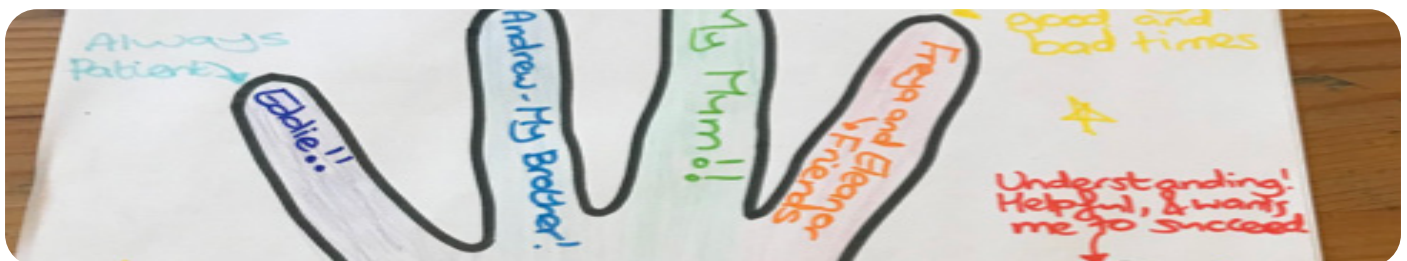
Kindness

Trustworthy

Helpful



**Remember these people the next time you need someone to talk to! Maybe display your work somewhere you can see it to remind you.**

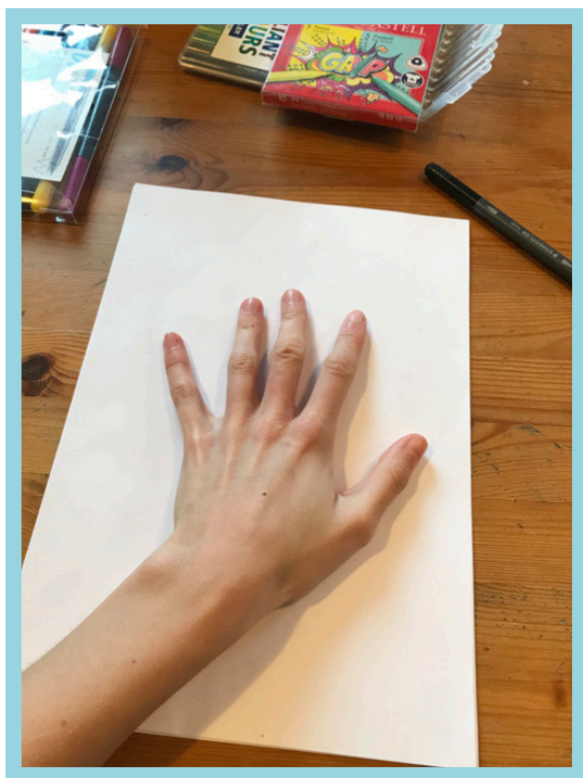


Follow the step-by-step instructions on the following pages to create your own Worry Warrior hand!

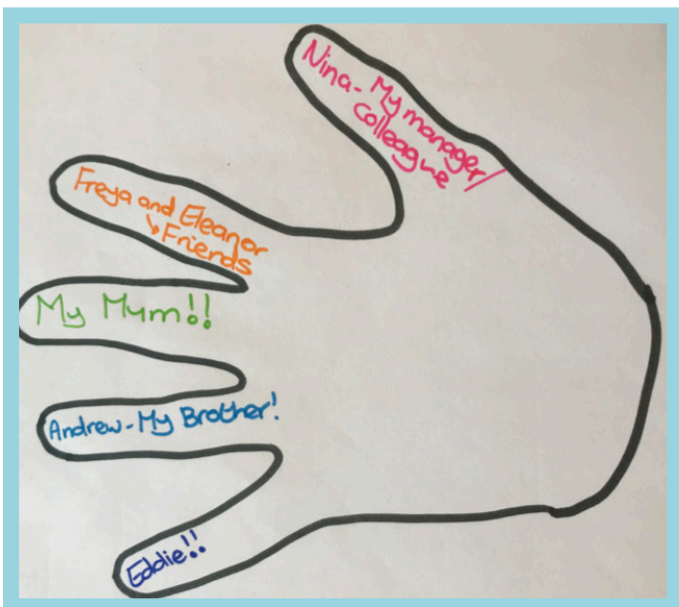
## YOU WILL NEED:

- Paper
- Pens
- Your hand!

## STEP ONE: Draw around your hand





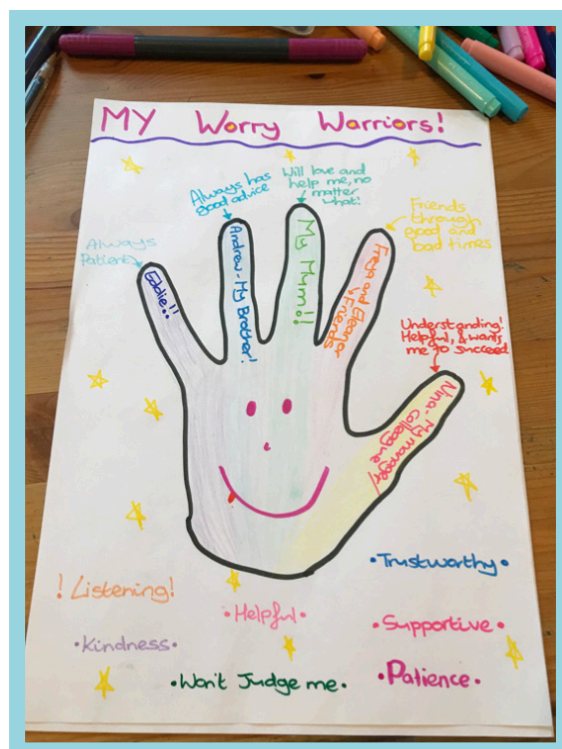


## STEP TWO:

Find your  
Worry Warriors!

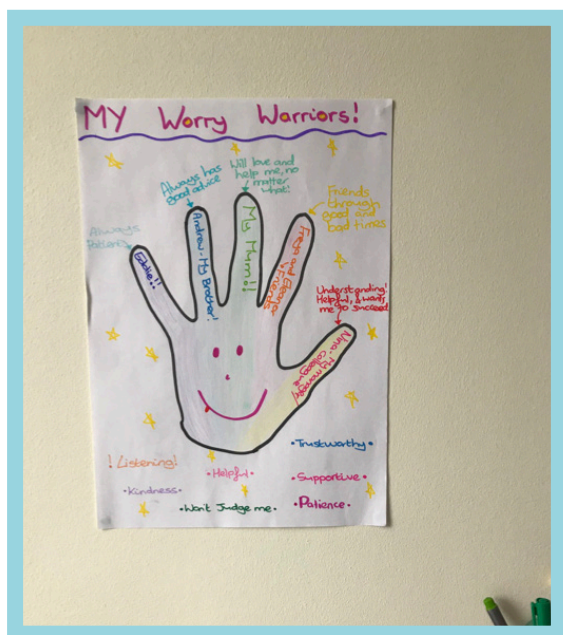
## STEP THREE:

Decorate!



## STEP FOUR:

Display!



# The Stigma Quiz

**1. What percentage of 5-16 year olds struggle with mental health problems?**

5%

10%

20%

**2. Mental health is linked to physical health?**

TRUE

FALSE

**3. Everybody has mental health?**

TRUE

FALSE



**4. Young people feel they can talk easily to their friends about mental health problems?**

TRUE

FALSE

**5. How long do the majority of people with a mental health problem wait to tell their closest family and friends about it?**

2 months

7 months

1 year



**6. Adults are more likely to have a mental health problem than teenagers?**

TRUE

FALSE

**7. People with mental health problems can overcome their difficulties?**

TRUE

FALSE

**8. How many young people with a mental health said lockdown made things more difficult?**

28.6%

54.1%

69%

**9. Having a mental health problem means you are weak?**

TRUE

FALSE

**10. People with mental health problems need space to work through their challenges?**

TRUE

FALSE

**11. What are you going to do today to be kind to yourself and your mental health?**

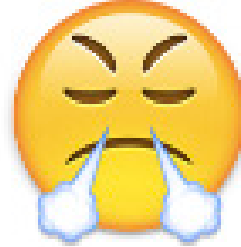
A dotted rectangular box for writing an answer.

## Name the Emotion Emoji Quiz

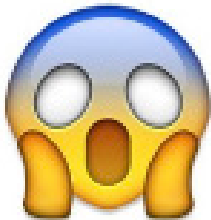
Circle the answer that best describes the emotion each Emoji is showing.



- a. Lonely
- b. Sleepy
- c. Hurt
- d. Scared



- a. Angry
- b. Excited
- c. Calm
- d. Frustrated



- a. Worried
- b. Bored
- c. Scared
- d. Happy



- a. Startled
- b. Happy
- c. Confused
- d. Bored

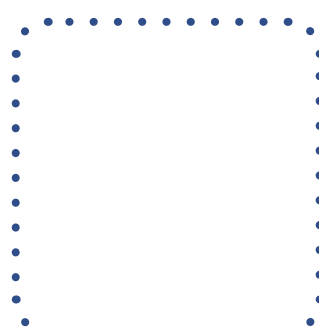
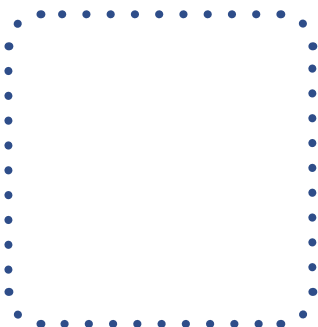


- a. Guilty
- b. Scared
- c. Excited
- d. Surprised



- a. Excited
- b. Calm
- c. Anxious
- d. Confused

Now, draw your own emojis and label their emotion





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