

# Children's Mental Health Week 2021:

## Express Yourself

From 1<sup>st</sup> to 7<sup>th</sup> February 2021, it is Children's Mental Health Week in the UK. Each year, there is a different theme and the theme for this year is 'Express Yourself'.

It is about finding ways to share feelings, thoughts or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film and doing activities that make you feel good.



The Duchess of Cambridge



says in her message:

"Childhood is an incredibly important moment in our lives. It is the time when we explore our personalities...

Our experience of the world at this early stage helps to shape who we become as adults..."

### Who Organises It?

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK. Children's Mental Health Week started in 2015 and it has carried on helping many children feel happier ever since.

The Duchess of Cambridge is the Royal Patron of the Place2Be charity. This means that she supports them, helps them and talks about their work. She has supported the mental health of children for a long time. She would like children to be helped so that they have the chance to be the best they can be.

### Place2Be have suggested these tips for expressing yourself:

- ★ You might prefer different methods of expression at different times or for expressing different thoughts or feelings.
- ★ Remember to make your own choices and express **yourself**. Try not to make choices based on your friends or other people.
- ★ Try lots of different ways to express yourself and think about which you enjoy the most.

## What Is The Problem?

Children come across many difficulties in their everyday lives, from families splitting up to bullying or feeling negatively about themselves.



**Many of the children that work with Place2Be have low self-esteem, which can make them unhappy.**

Self-expression is a great way to relieve stress. It can help people reflect on their lives, decisions, relationships, beliefs and thoughts, instead of keeping them bottled up.

People can find it hard to express themselves – especially when they are not feeling happy.

## What Is The Answer?

Place2Be and Children's Mental Health Week cannot make all the problems go away but they can help people to be happier and help them be able to deal with the problems.



This is done by helping people find ways to express their feelings, thoughts or ideas that work for them. The important thing to remember is that expressing yourself, however you choose to, is not about being the best at something or putting on a performance for others. It is about finding a way to show who **you** are and how **you** see the world that can help you feel good about yourself.

**The theme 'Express Yourself' tries to make children see that it's OK to say what they are thinking and feeling and also, it's OK for other people to express themselves too.**

## Express Yourself

The theme 'Express Yourself' looks at giving people the support and tools to be able to share their thoughts and feelings fully and with confidence. Place2Be have chosen 'Express Yourself' and not 'Be Positive' on purpose as it is important to express all of our emotions, not just the positive ones.

You can express yourself creatively – through art, music, dance, drama, photography or writing.

You can express yourself in the clothes you wear and the choices you make.



# Questions

1. What is this year's Children's Mental Health Week theme? Tick one.

Express Your Confidence

Express Yourself

Find Your Brave

Self-Expression Helps

2. How many days does Children's Mental Health Week last for?

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3. Explain what you think The Duchess of Cambridge means when she says:  
**"It [childhood] is the time when we explore our personalities..."**

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4. Tick **true** or **false** for these statements.

Statement	True	False
Expressing yourself means being really good at something.		
The first Children's Mental Health Week was in 2016.		
Place2Be work with children in schools.		

5. Find and copy one word which means **someone who supports a charity**.

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6. Explain why you think Place2Be chose 'Express Yourself' as the theme this year.

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7. Explain what you think the possible benefits of Children's Mental Health Week are.

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8. Give one tip that Place2Be have suggested for expressing ourselves.

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This year, Children's Mental Health Week is from the 1<sup>st</sup> to the 7<sup>th</sup> February in the UK.

Each year, there is a different theme and the theme for this year is 'Express Yourself'. It is a week where schools can do activities that help children express who they are and how they feel.

### The Organisers

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK. Children's Mental Health Week began in 2015 and 2021 is the seventh one. It continues to help many young people feel more positively about themselves. Last year's theme was 'Find Your Brave'.

HRH The Duchess of Cambridge has been Place2Be's Royal Patron (official supporter of the charity) since 2013. She spoke in a short film to launch the week. The Duchess of Cambridge has been interested in the mental health of children for a long time. She would like children to be helped so they have the chance to be the best they can be.

### What Are The Difficulties?

Children can experience many difficulties in their everyday lives. This might be families splitting up, dealing with bullying, feeling bad about themselves or using social media in a negative way.

Self-expression is a great way to relieve stress. It can help children and adults reflect on their lives, decisions, relationships, beliefs and thoughts, instead of keeping them bottled up. People can find it hard to express themselves – especially when they are not feeling happy.



"Childhood is an incredibly important moment in our lives.

It is the time when we explore our personalities, discover the potential that lies within us and learn how to be ourselves.

Our experience of the world at this early stage helps to shape who we become as adults and how we begin to feel comfortable in our own skin."

**Eight out of ten children that work with Place2Be find it difficult to think positively about themselves, which can make them unhappy.**



The theme of 'Express Yourself' tries to make children see that it's OK to say what they are thinking and feeling and also, it's OK for other people to express themselves too.

## What Are The Solutions?

Place2Be and Children's Mental Health Week do not claim to wave a magic wand and make everything OK but they do work towards making a difference in people's lives using positive thinking and giving them strategies to cope with problems.

This is done by helping people find ways to express their feelings, thoughts or ideas that work for them.



Being able to express ourselves can make it easier to deal with problems that arise and can help us get on better with others who might be different.

Place2Be have suggested these tips for expressing yourself:

- ★ You might prefer different methods of expression at different times or for expressing different thoughts or feelings.
- ★ Remember to make your own choices and express **yourself**. Try not to make choices based on your friends or other people.
- ★ Try lots of different ways to express yourself and think about which ones you enjoy the most.

## Express Yourself

The theme of 'Express Yourself' for 2021 looks at giving people the support and tools to be able to share their thoughts and feelings fully and with confidence. Place2Be have chosen 'Express Yourself' and not 'Be Positive' on purpose as it is important to express all of our emotions, not just the positive ones.

You can express yourself creatively through...



art



music



dance



drama



writing



photography

You can express yourself in the clothes you wear and the choices you make. The important thing to remember is that expressing yourself, however you choose to, is not about being the best at something or putting on a performance for others. It is about finding a way to show who **you** are and how **you** see the world that can help you feel good about yourself.

# Questions

1. When does Children's Mental Health Week begin? Tick one.

1<sup>st</sup> February

30<sup>th</sup> January

7<sup>th</sup> February

1<sup>st</sup> January

2. What charity organises Children's Mental Health Week?

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3. What was the 2020 theme for Children's Mental Health Week?

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4. What is a patron?

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5. Which of these words is closest in meaning to 'launch'? Tick one.

finish

work

catch

start

6. **Our experience of the world at this early stage helps to shape who we become as adults and how we begin to feel comfortable in our own skin.**

How do you think the message from the Duchess of Cambridge relates to the theme 'Express Yourself'?

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7. Explain what the author means by the sentence:

**'Place2Be and Children's Mental Health Week do not claim to wave a magic wand...'**

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8. Why do you think it is important to express yourself when you are feeling both positive and negative emotions?

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9. Explain what you think could be the positive outcomes of Children's Mental Health Week.

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### The Organisation Behind It

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK build up self-esteem and tackle any issues they might face. Children's Mental Health Week began in 2015 and has grown ever since, helping many young people feel more positive about themselves. In the past, the themes have included kindness and resilience.

Eight out of ten children that work with Place2Be find it difficult to think positively about themselves, which can make them unhappy.



HRH The Duchess of Cambridge has been Place2Be's Royal Patron since 2013 and she recorded a video message to launch the week.

HRH The Duchess of Cambridge takes a special interest in issues of mental health facing children today. She would like children to be given the opportunity to be the best versions of themselves.

**The theme of 'Express Yourself' tries to make children see that it's OK to say what they are thinking and feeling and also, it's OK for other people to express themselves too.**

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## Difficulties Faced By Children

Children encounter many different issues in their day-to-day lives, from family issues, to bullying, negative self-image and the effect of social media on self-esteem.

80% of children who come into contact with Place2Be are affected by low self-esteem.

Thinking negatively about our differences and comparing ourselves to others can make it difficult for us to confidently be ourselves. This year's theme tries to highlight the fact that it's OK for us all to express ourselves, however different our thoughts, feelings or ideas may be.

## What is Being Done?

Place2Be and Children's Mental Health Week work towards making a difference in how people view the issues they are facing.

**This is done through activities that focus on raising self-esteem, improving positivity and self-expression.**

Being able to express ourselves can make it easier to deal with problems that arise and can help us get on better with others who might be different.



## Express Yourself

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Place2Be have chosen 'Express Yourself' and not 'Be Positive' on purpose as it is important to express all of our emotions, not just the positive ones. You can express yourself creatively – through art, music, dance, drama, photography or writing. You can express yourself in the clothes you wear and the choices you make.

### Place2Be have suggested these tips for expressing yourself:

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**The important thing to remember is that expressing yourself, however you choose to, is not about being the best at something or putting on a performance for others.**

**It is about finding a way to show who you are and how you see the world that can help you feel good about yourself.**

# Questions

1. When did Children's Mental Health Week begin?

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2. Explain, using evidence from the text, how The Duchess of Cambridge feels about Children's Mental Health.

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3. Select the correct options to complete these sentences.

The Duchess of Cambridge... **a**

☐ promotes mental wellbeing in schools.

Self-expression... **b**

☐ not about being the best at something.

Expressing yourself is... **c**

☐ has been a Royal Patron of Place2Be for eight years.

Place2Be... **d**

☐ can help children reflect on their lives, beliefs and thoughts.

4. Which of the following words is closest in meaning to 'arise'. Tick one.

pointless

vanish

appear

get larger

5. According to Place2Be, what percentage of children are affected by low self-esteem?

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6. **[In our childhood, we] learn to be ourselves.**

Explain what you think HRH The Duchess of Cambridge meant by this.

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7. What do Place2Be believes happens when children do not express themselves?

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8. Why do you think it is important to express yourself when you are feeling both positive and negative emotions?

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9. Fill in the missing words:

You can express yourself \_\_\_\_\_ – through art, music, dance, drama, photography or writing. You can express yourself in the clothes you wear and the \_\_\_\_\_ you make.

10. Explain what you think the positive impact of having Children's Mental Health Week as an event could be.

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