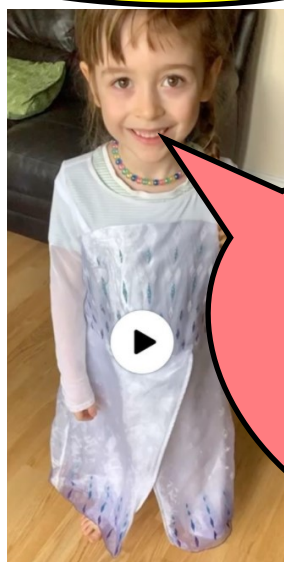




**Children's Mental Health Week 2021**



"This a happiness worry monster called Lenny. He has yellow ears and a rainbow tummy, to look forward towards happier times in the world to come."



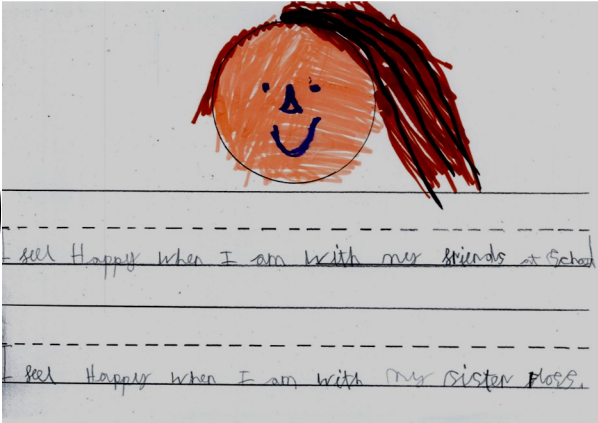
**Dress to Express**  
"I'm wearing my special Elsa dress because it makes me feel so happy."

These are our **Worry Monster** puppets. The children drew the puppets to express a variety of feelings.

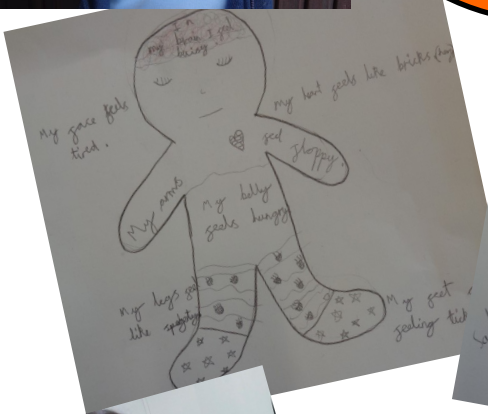




"This is an example of our feelings emojis. After drawing an emotion face, we wrote about what would makes us feel that way."



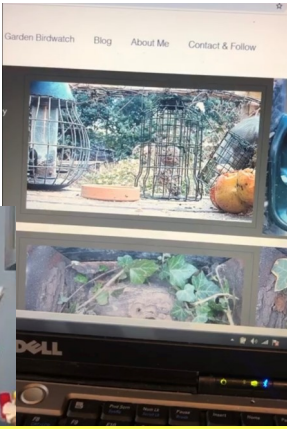
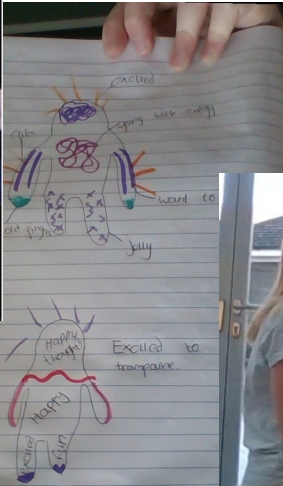
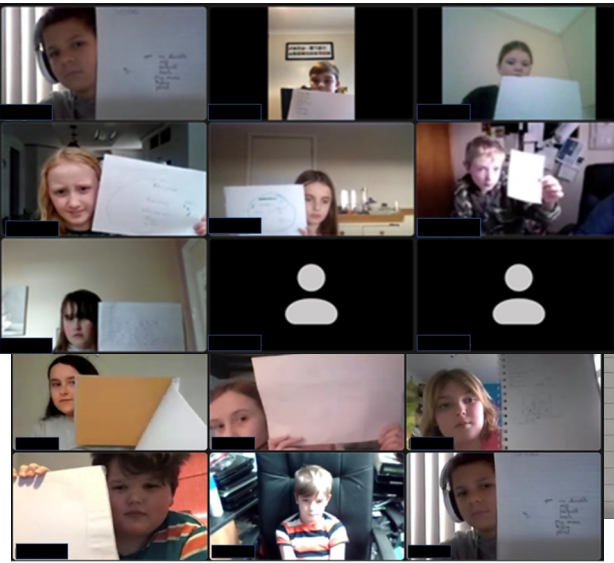
The children created a mindfulness portrait of themselves. After drawing an outline, they added how each part of them was feeling using expressive colouring and words.



Helping around the house or garden can really make a difference to somebody else's and your own wellbeing.



Homemade 'Worry Dolls'.



Doing the things that make us happy!

Feeling connected during PSHE sessions with remote learning.