



# GFPS Wellbeing Newsletter

Welcome to our wellbeing newsletter. Below are ideas with helpful web links support your child's wellbeing.

## EXPRESS YOURSELF

#ChildrensMentalHealthWeek



[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

## Children's Mental Health Week 1<sup>st</sup> – 7<sup>th</sup> February 2021

The week is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is Express Yourself!

### What's it all about?

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy. It's really important to remember that being able to express yourself 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. Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.

### What can you do?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.

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5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!
7. Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school. If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on the Place2Be website: [place2be.org.uk/help](http://place2be.org.uk/help)

## Young Voices Choir and Billy Ocean

With everything that's happened over the last 12 months it's hard to believe that it's already a year since our brilliant Griffie Field Choir took part in the Young Voices Choir Concert in Birmingham. Whilst we'll have to wait until 2022 to take part again, Billy Ocean has recorded a version of Bill Withers' classic song 'Lovely Day' along with members of the Young Voices Choir and released it as a charity single for Children's Mental Health Week. It's a beautiful song with a message that we all need in these trying times! You can download or listen to the single on most major streaming services.



## Kindness Challenge for January - Express Yourself!

Whether it be something crafty, a dance routine, a song or poem or even baking a cake, do something that you love and get the whole family involved. We love to see the fun things that you do that you're passionate about and would love for you to share that with those who are closest to you (or even faraway!) Maybe take a video or send a photo of you doing what you love to friends and family you can't see face to face right now and brighten their day!



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Places for Wellbeing support and advice



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>



Young Minds – <https://youngminds.org.uk/>



Self-care tips for children and adults  
<https://www.bbc.co.uk/bitesize/articles/z8xpm39>



Fun child-friendly yoga stories for relaxation  
<https://cosmickids.com/watch/>