



The Eastbury Gazette

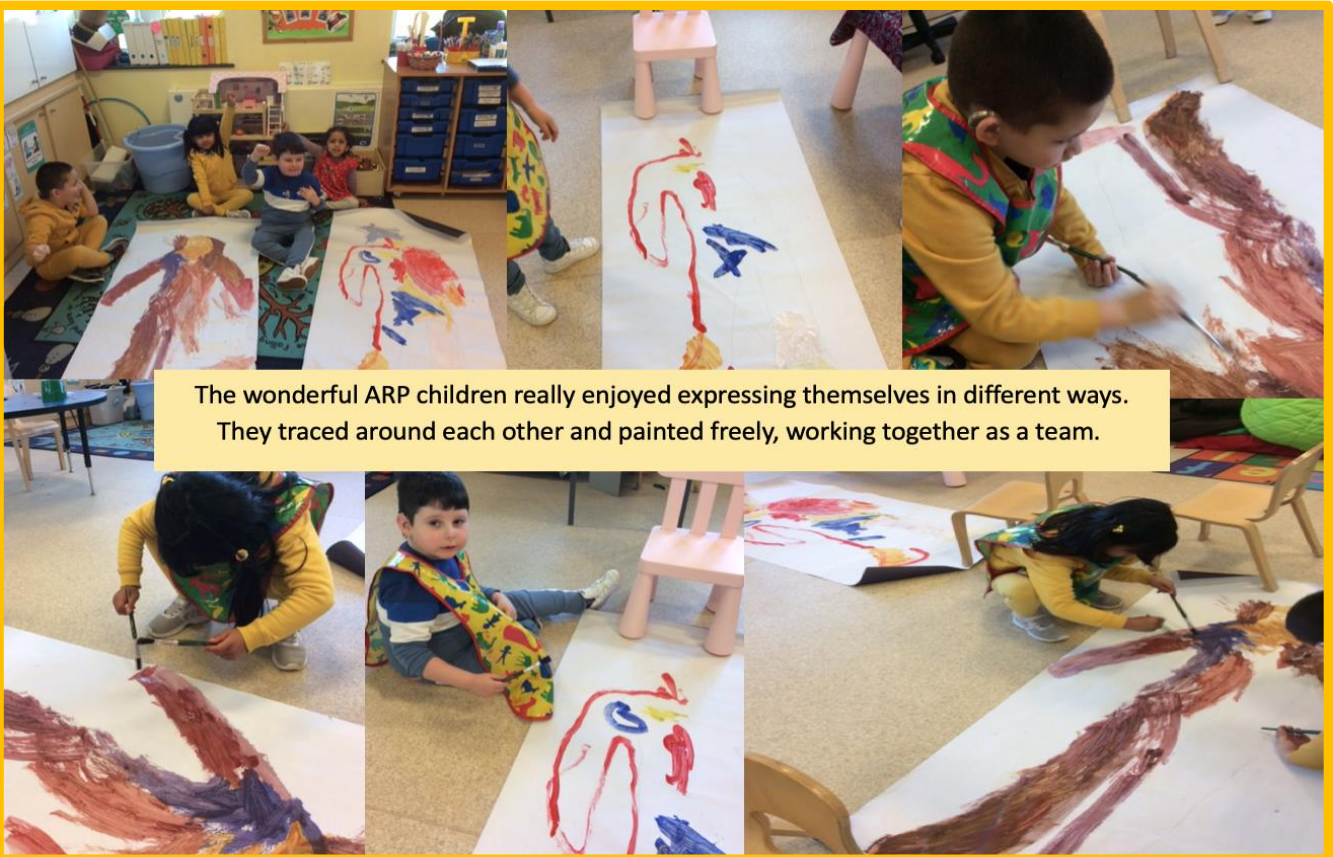
ISSUE 6: February 2021



Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**



Eastbury children celebrated Children's Mental Health Week



The wonderful ARP children really enjoyed expressing themselves in different ways. They traced around each other and painted freely, working together as a team.





Dressed to Express!



Mrs Marais

Antonia – 2B

Juwariyah – 5D

Children's Mental Health Week 2021 - Express Yourself

Schools, youth groups, organisations and individuals across the UK took part in Children's Mental Health Week. This year's theme was **Express Yourself**.

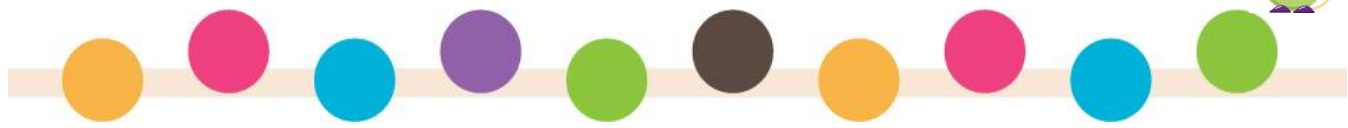
Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's 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.

For Children's Mental Health Week 2021 we encouraged children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

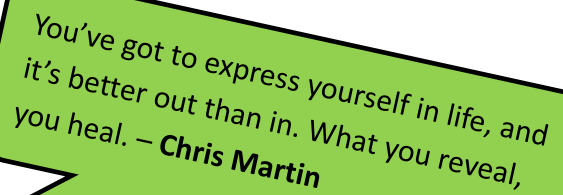


To find out more, click on the following link:
<https://www.childrensmentalhealthweek.org.uk/>


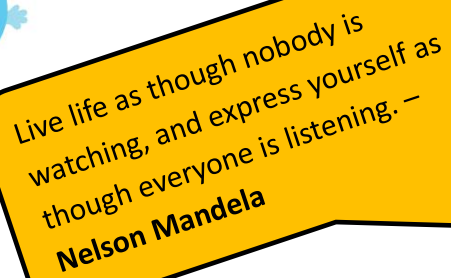




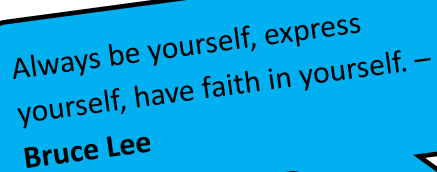
Express yourself
inspirational quotes:



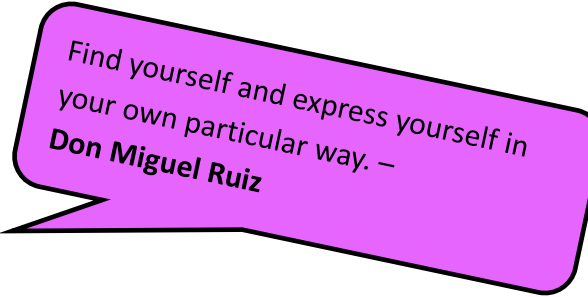
You've got to express yourself in life, and it's better out than in. What you reveal, you heal. – **Chris Martin**



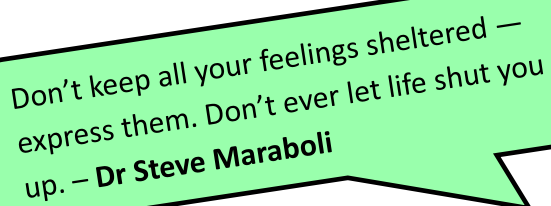
Live life as though nobody is watching, and express yourself as though everyone is listening. –
Nelson Mandela



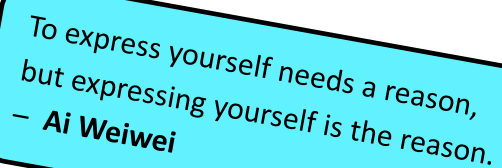
Always be yourself, express yourself, have faith in yourself. –
Bruce Lee



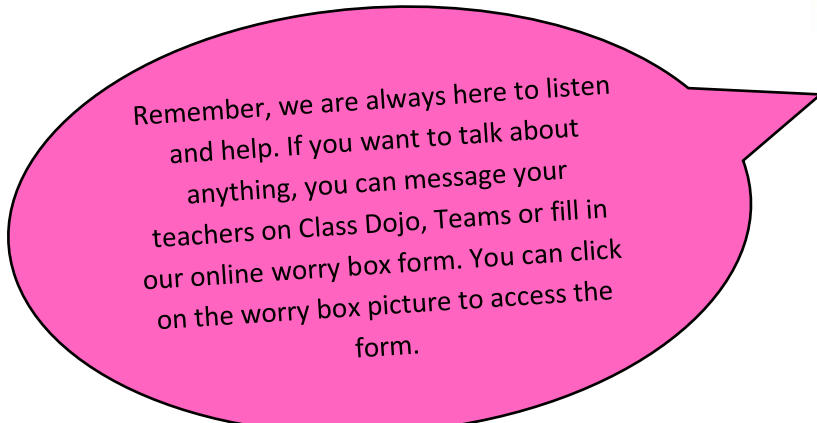
Find yourself and express yourself in your own particular way. –
Don Miguel Ruiz



Don't keep all your feelings sheltered – express them. Don't ever let life shut you up. – **Dr Steve Maraboli**



To express yourself needs a reason, but expressing yourself is the reason. – **Ai Weiwei**



Remember, we are always here to listen and help. If you want to talk about anything, you can message your teachers on Class Dojo, Teams or fill in our online worry box form. You can click on the worry box picture to access the form.

