

# EXPRESS YOURSELF

#ChildrensMentalHealthWeek



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

## SHARING WITH PARENTS AND CARERS

Thank you for supporting [Children's Mental Health Week 2021 \(1-7 February\)](#).

This year's theme is '**EXPRESS YOURSELF**' and we're encouraging 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.

With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important. Place2Be's resources can be adapted for use in school, for home-schooling, online lessons or independent learning. They include activity ideas, advice for parents and carers, and an online assembly which will be available to schools and families on Monday 1 February.

If you'd like to share these free resources with your school community, we've suggested some text below.

### SUGGESTED TEXT FOR EMAILS

**Subject line:** Free resources for Children's Mental Health Week 2021

From 1-7 February 2021, we're taking part in Place2Be's Children's Mental Health Week. This year's theme is Express Yourself. Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas.

There are lots of resources on the [Children's Mental Health Week website](#) that you can use with your child at home; including [activity ideas](#), [tips for parents and carers](#), and an [online assembly](#) which will be available from Monday 1 February.

Visit [childrensmentalhealthweek.org.uk](http://childrensmentalhealthweek.org.uk) to find out more, or email [<INSERT NAME OF PLACE2BE SCHOOL PROJECT MANAGER / TEACHER LEADING ON CMHW>](mailto:<INSERT NAME OF PLACE2BE SCHOOL PROJECT MANAGER / TEACHER LEADING ON CMHW>@<INSERT EMAIL ADDRESS>) on [<INSERT EMAIL ADDRESS>](mailto:<INSERT EMAIL ADDRESS>).

### OTHER WAYS TO SHARE

Keep an eye on our social media channels - and help us to reach more schools by [liking, commenting on and sharing our posts](#). Check out our [social media guide](#) for suggested tweets and assets to help you post about the Week.

 @Place2Be

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