








The theme of this year's Children's Mental Health Week is **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.

FOCUS AREA	Project – Reception/KS1 choose 1 project. KS2 choose 2 projects.
 <p>Creative writing</p>	<p>Express yourself using words. First make a mind map of words that describe how this lockdown makes you feel. How do you feel right now? How did you feel when you found out that we were not returning to school not long after Christmas holidays? How do you feel about home learning? How do you feel about the virus? How do you feel about returning to school when we're allowed to? How do you feel about not being able to see your friends or family?</p> <p>For this project, write your very own lockdown story. You could use your mind map of words to help with your ideas. Will you be the main character? Or will you create a character and use your experiences to build your story? Will it be a fairy tale story, an adventure story or will you add a sense of mystery? Remember, this story is your way to express your thoughts, ideas and feelings. Be as creative as you like!</p>
 <p>Poetry</p>	<p>There are many forms of poetry. For this project, create an acrostic poem. An acrostic poem is a poem which the first letter of each line spells out a word, name, or phrase when read vertically. What word will you use for your acrostic poem? Will it be a word to describe your feelings? Will it be your name? Will it be lockdown related? Perhaps LOCKDOWN will be your word of choice?</p>
 <p>Art</p>	<p>Create a master piece to express how you feel about the current lockdown. There are no limits to this project. How will you create your master piece? Drawing, painting, sculpting clay or playdough, model making (recycled materials, Lego, etc). You could use some of the materials in your art bag from school to help you with your creation.</p> <p>Think about the colours, the patterns, textures and materials you will use to express your emotions.</p>
 <p>MUSIC</p>	<p>Make music or write a song to express how you feel right now. Think about the words, sounds, tune, rhythm or beats you may use. A chant, a rhyme, a song – use expression in your voice to share your thoughts and feelings.</p> <p>You could make an instrument of your own using recycled materials.</p>
 <p>Sport/exercise</p>	<p>Sports challenge: do at least 20 minutes of exercise every day. Record your form of exercise (this could be different every day – how many different types of exercise can you try?) write down how long you exercised for and if necessary, the distance you travelled. Print or make a blank calendar sheet to record.</p>
 <p>Dance/Drama</p>	<p>Make up a short dance or drama scene to show how you feel about the current lockdown. Choose movements and expressions to tell your story of emotions and feelings.</p> <p>Record your performance and send a video to your class teacher.</p>
 <p>Photography</p>	<p>Capture an image of someone, somewhere or something that has helped you cope with the ups and downs of this lockdown. Explain how and why this has helped you. Maybe it's a person or a pet, or a place you have been during the lockdown restrictions that is important to you.</p>

Please send photos/videos of your wonderful creations to your class teacher via enquiries@sleafordchurchlane.lincs.sch.uk or alternatively if you would like to contribute to a school display please leave your creation in the office foyer during school hours.