

# Children's Mental Health Week 2024

Children's Mental Health Week takes place from 5<sup>th</sup> -11<sup>th</sup> February. The theme this year is 'My Voice Matters'.

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.



This year, we are inviting the children to 'express themselves' by coming into school in non-uniform on Friday 9<sup>th</sup> February 2024.

This could be sharing their favourite hobby, such as skateboarding or dancing, or wearing their favourite colour or accessory. Or it could just be coming in as themselves.

The children will be taking part in a range of activities throughout the week.



# LET YOUR IMAGINATIONS RUN WILD

**We're all different – we all have different things that make us tick and that bring a smile to our face.**

Express Yourself allows children and young people to celebrate what makes them unique with an incredibly fun dress-up day – this could be sharing their favourite hobby, such as skateboarding or dancing, or wearing their favourite colour or accessory. Or it could just be coming in as themselves.

Express Yourself is about letting children's voice shine through and empowering them to tell their own stories! If you need a little inspiration, here are some ideas on the right to get you started!

- ① Let your inner disco diva shine on the dance floor
- ② Let your personality shine through with your favourite colours
- ③ Embrace your creative side and unleash your artistic energy
- ④ Show off your team spirit with your favourite team's kit
- ⑤ Take the stage as the coolest rockstar in town
- ⑥ Come as you are and wear your comfiest clothes!
- ⑦ Bring the cool energy of the skate park to the playground
- ⑧ Share what makes you... you and celebrate what sets you apart.