

Make Children's Mental Health Week memorable with creative activities that inspire young people to express themselves and share their voice. This selection of resources encourages pupils to develop their sense of belonging and discover inclusive and nurturing spaces that help them feel safe. Let's make this week a time to listen, learn, and support one another.

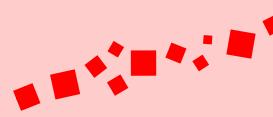
WORDS



Imagine your **favourite place**. Sketch it and describe it using the five senses.

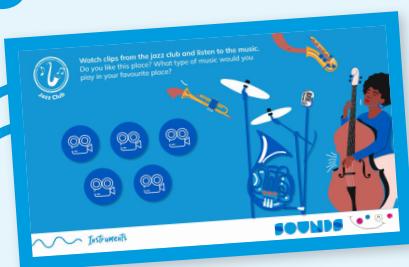


IMAGES



Explore the clip from *The Secret Garden* and **plan a photograph** of a favourite outdoor place.

OUNDS



Enjoy the clips from the jazz club and pick a **musical genre** for your favourite place.

MARKS



Explore the sculpture gallery and create your **own sculpture** to represent a group you belong to.

MOVES

Create a **movement sequence** using your favourite hobbies as inspiration.



Go further: Perform it to someone and see if they can guess the activities.