

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.



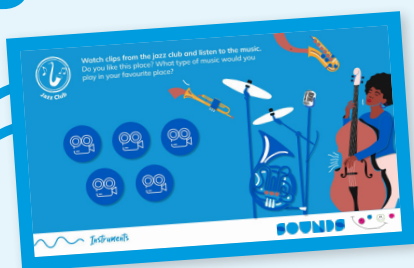
IMAGES

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



SOUNDS

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.

