

## Lets play a game - Object Quiz

Memorise the objects I show you.

Can you recall all of the objects in order? Write them down and click the raise your hand button. You have 30 seconds to do this.

Wednesday 3<sup>rd</sup> February  
2021



*Express  
yourself*

<https://www.childrensmentalhealthweek.org.uk/news/watch-our-children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>



*Let's do  
an art  
activity  
together*

*Draw one heart shape on a piece of paper. You decide on the size, it is your choice.*





*Now, fill the heart. You  
can draw your  
emotions, draw lines or  
create a pattern.*

Always remember to try your best. Talk to someone if you need help or support.

# Here are a few more activities to try

- Emotions
- Deal with emotions like anger and sadness through these helpful exercises.
- Draw or paint your emotions. In this exercise, you'll focus entirely on painting what you're feeling.
- Create an emotion wheel. Using colour, this activity will have you thinking critically about your emotions.
- Put together a journal. Journals don't have to just be based around words. You can make an art journal as well, that lets you visually express your emotions.

# Here are a few more activities to try

- Explore puppet therapy. Puppets aren't just for kids. Make your own and have them act out scenes that make you upset.
- Use line art. Line is one of the simplest and most basic aspects of art, but it can also contain a lot of emotion. Use simple line art to demonstrate visually how you're feeling.
- Design a postcard you will never send. Are you still angry or upset with someone in your life? Create a postcard that expresses this, though you don't have to ever send it.
- Create a family sculpture. For this activity, you make a clay representation of each family member-- mother, father, siblings, and any other close or influential family members to explore emotional dynamics and roles within your family.
- Paint a mountain and a valley. The mountain can represent a time where you were happy, the valley, when you were sad. Add elements that reflect specific events as well.
- Attach a drawing or message to a balloon. Send away negative emotions or spread positive ones by attaching a note or drawing to a balloon and setting it free.
- Draw Your Heart. Draw your feelings in a heart formation - This is what we did today!