

1 - 7 FEBRUARY 2021

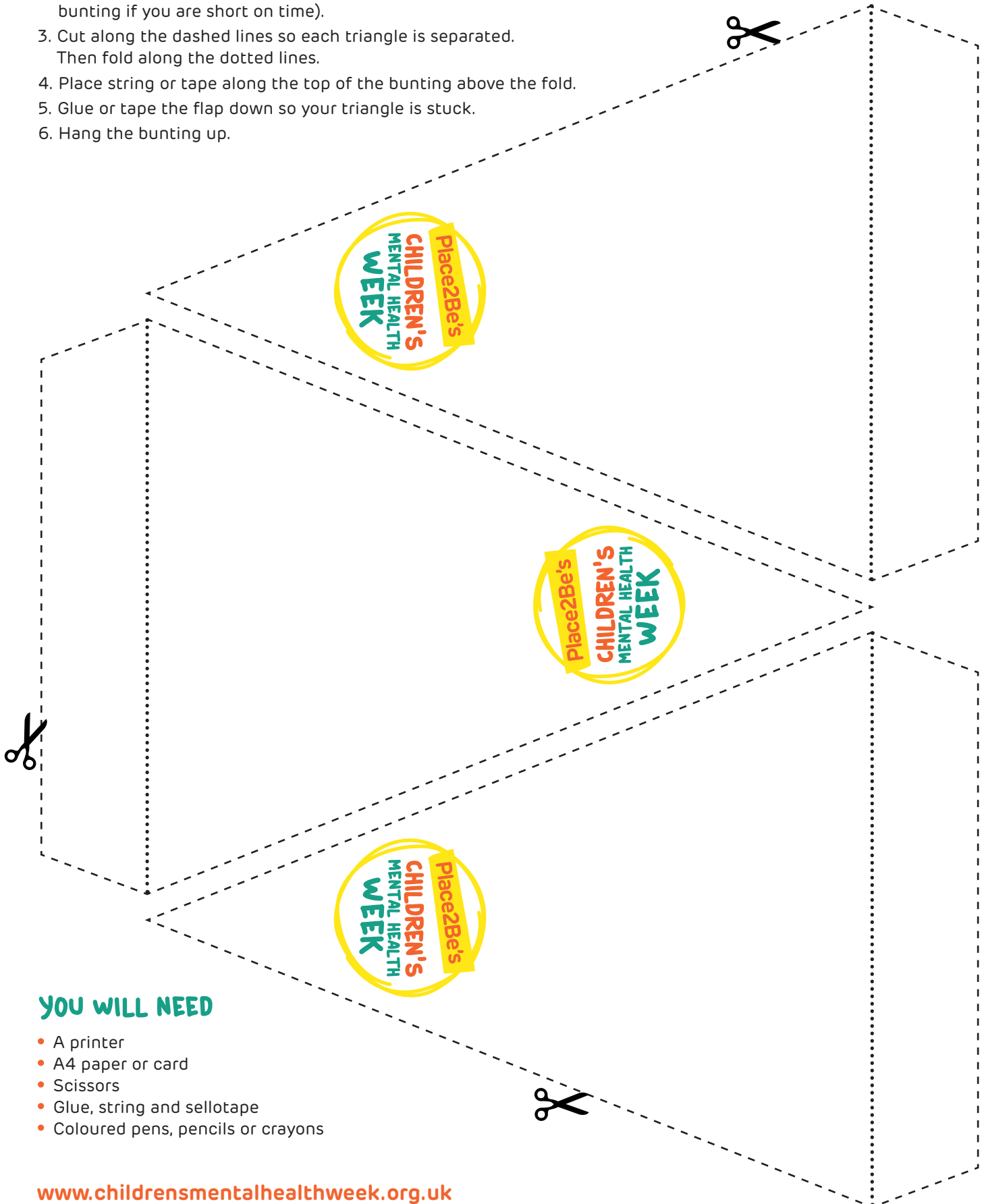
#ChildrensMentalHealthWeek

CREATE YOUR  
OWN BUNTING



## INSTRUCTIONS

1. Print this page onto paper or card, as many times as you'd like.
2. Colour / design your bunting (see next page for our pre-designed bunting if you are short on time).
3. Cut along the dashed lines so each triangle is separated. Then fold along the dotted lines.
4. Place string or tape along the top of the bunting above the fold.
5. Glue or tape the flap down so your triangle is stuck.
6. Hang the bunting up.



## YOU WILL NEED

- A printer
- A4 paper or card
- Scissors
- Glue, string and sellotape
- Coloured pens, pencils or crayons

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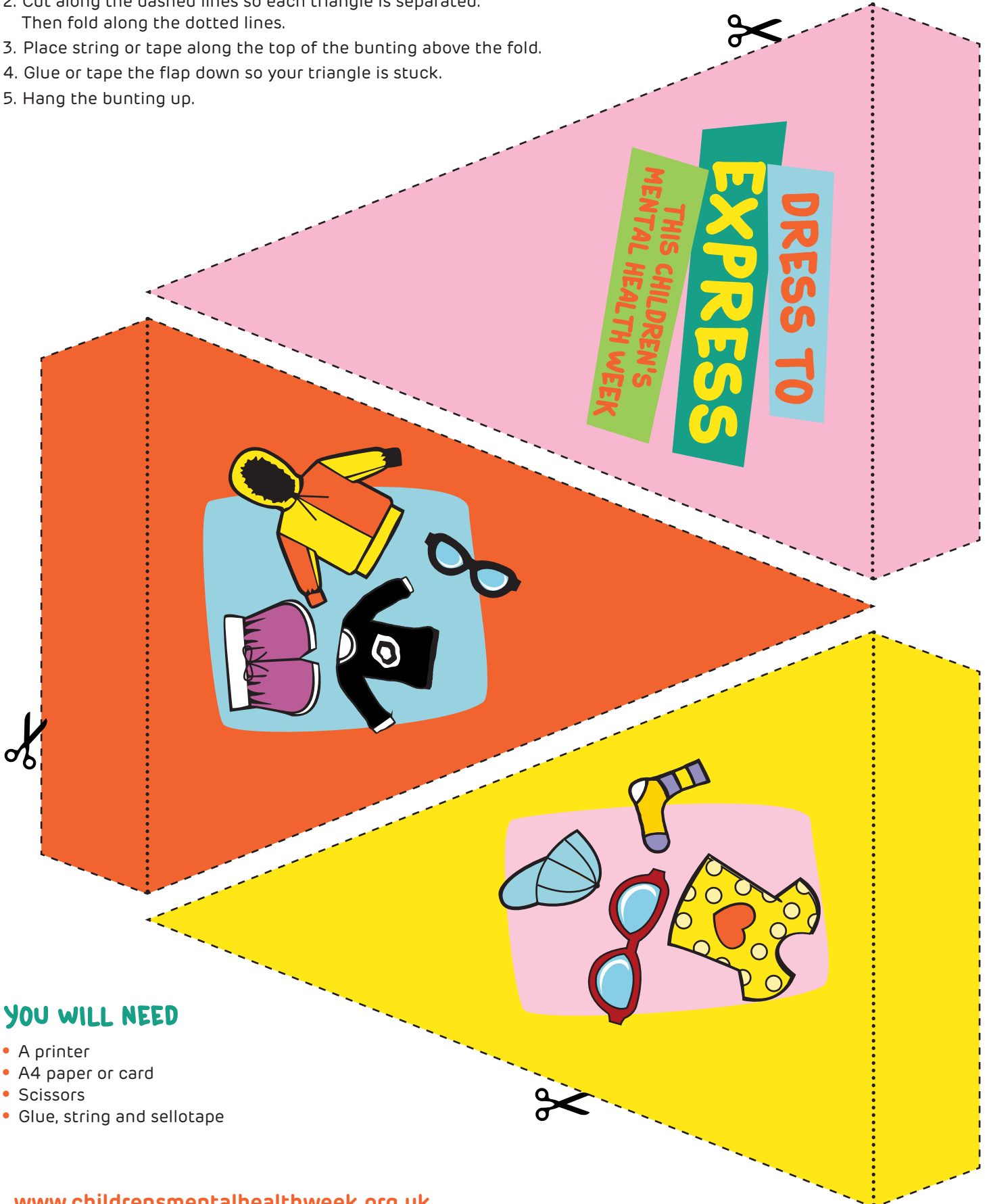
#ChildrensMentalHealthWeek

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## CONVERSATION STARTER ACTIVITY

**Did you know that connecting with others is an important way to look after our wellbeing?**

Use these conversation starters to help start meaningful conversations at home, in your workplace or in the classroom.

"WHAT ARE YOU GRATEFUL FOR THIS WEEK?"

"WHAT WAS THE KINDEST THING YOU DID FOR SOMEONE ELSE THIS WEEK?"

"WHAT WAS THE KINDEST THING SOMEONE DID FOR YOU THIS WEEK?"

"WHAT WAS THE MOST CHALLENGING THING THAT HAPPENED THIS WEEK?"

"HOW DO YOU FEEL WHEN YOU EXPRESS YOURSELF CREATIVELY?"

"WHAT ARE YOUR FAVOURITE WAYS TO EXPRESS YOURSELF CREATIVELY?"

"WHAT ARE YOU MOST PROUD OF YOURSELF FOR THIS WEEK?"



**DRESS TO  
EXPRESS**

**THIS CHILDREN'S  
MENTAL HEALTH WEEK**



You could wear your favourite colour or choose a range of colours that express how you're feeling.



Use colour to **EXPRESS YOURSELF** during **Children's Mental Health Week** by wearing a **colourful outfit** and donating **£2 to Place2Be.**

Shine a spotlight on and raise awareness for children and young people's mental health this **Children's Mental Health Week**. Help to ensure no child has to face mental health problems alone.

**Place2Be's**

**CHILDREN'S  
MENTAL HEALTH  
WEEK**

**1 - 7 FEBRUARY 2021**

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

# DRESS TO EXPRESS

THIS CHILDREN'S  
MENTAL HEALTH WEEK



**EXPRESS YOURSELF** during Children's Mental Health Week by wearing your favourite colour or a colour to express how you're feeling and donating £2 to Place2Be.



Time:

Location:

**Please donate to my/our fundraising page.**

Go to:

1 - 7 FEBRUARY 2021

#ChildrensMentalHealthWeek

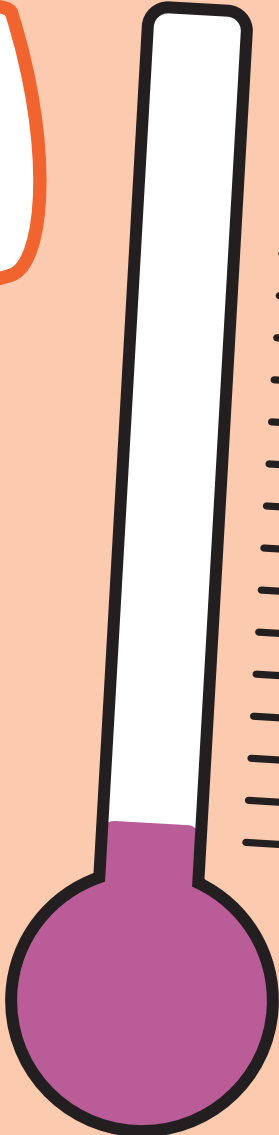


**CHILDREN'S MENTAL HEALTH WEEK**

**FUNDRAISING**

**OUR GOAL**  
**£**

**THANK YOU!**



**CHAMPION!**

**ALMOST THERE!**

**HALF WAY THERE!**

**KEEP IT UP!**

**LET'S GET STARTED!**

Dear Parent/Carer,

## **DRESS TO EXPRESS** fundraiser for **Children's Mental Health Week 2021** –

I am writing to let you know that on \_\_\_\_\_, \_\_\_\_\_ will be taking part in **Place2Be's Children's Mental Health Week** and fundraising to support the mental health of children and young people throughout the UK – a cause we feel is now more important than ever.

**Children's Mental Health Week** is taking place from **1 – 7 February 2021** and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

Each year, **Place2Be** works to ensure that no child has to face mental health problems alone by providing school-based mental health support in schools throughout the UK. As a charity, they rely on the generosity and support of the community to give children and young people the support they need, when they need it most.

### **DRESS TO EXPRESS**

The idea is simple – encourage your child/children to use colour to express themselves by wearing a colourful outfit (either at school or at home) on \_\_\_\_\_. We also kindly ask that all children who take part make a suggested **£2 donation to Place2Be**, either by bringing their donation to school on the day or by making a donation online at \_\_\_\_\_.

Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. Your child/children could wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self-expression and celebrate a diverse range of emotions.

We're delighted to be hosting a **DRESS TO EXPRESS** fundraiser during **Children's Mental Health Week** and raising much-needed funds for **Place2Be**. If you have any queries, please get in touch with us on \_\_\_\_\_.

Kind regards,

