



EXPRESS YOURSELF Graffiti Art Pack



Designed by

PRIORITY 1-54



Express Yourself Graffiti Art Pack

Your graffiti pack

Welcome to your graffiti art pack which a number of graffiti artists and illustrators have produced just for you.

The pack is loaded with artwork to support Children's Mental Health Week and encourage you to **Express Yourself**, get creative and explore the different ways you can express your thoughts, feelings and ideas.

What's inside this pack?

We've included a few activities to get you thinking about how you can look after your mental health and wellbeing during lockdown. For example, Five Ways to Wellbeing, What Makes Me, Me, My One Day in Lockdown diary and 10 original pieces of graffiti artwork.

Express yourself with art

Use pens, pencils, paints or 'felts' for colouring in your artwork. You can mix them together or use them separately. Try experimenting!

Remember there is no wrong or right way to do the artworks, just your own unique style, that's what we're looking forward to seeing!.

Five Ways to Wellbeing

The changes brought about because of the pandemic and lockdown may have left you feeling strange. So let's start with a few top tips to help boost your wellbeing and resilience.

#TIP 1 CONNECT

Stay in touch with family and friends. Try messaging a friend. It doesn't matter what it says, people appreciate it when you think of them.

#TIP 2 BE ACTIVE

Being physically active, not only improves physical health but can improve wellbeing. For example, go for a walk, a bike ride or play a game.

#TIP 3 HELP OUT

Carrying out acts of kindness, whether small or large, is like gold-dust and can increase happiness and wellbeing. You could help out around the house or support a sibling or friend with their school work.

#TIP 4 KEEP LEARNING

Step outside of your comfort zone and learn a new skill or just try something different. For example, you could learn a new word each day or try learning new facts about something you're interested in.

#TIP 5 TAKE NOTICE

Try to remember the simple things that give you joy and pleasure. Some people call this awareness "mindfulness". Take notice of how your feelings and the feelings of those around you.

What makes me, me?

We are all unique and individual, but what makes you, you? What do you love doing? Are there things that make you feel happier when you are low, or help you to relax when you are worried?

Three words that best describe me!

1)

2)

3)

My one superpower



.....

.....

My favourite

TV show

Food

Colour

Book

Movie

Activity

My Perfect Day

In the morning, I would

In the afternoon, I would

At night, I would

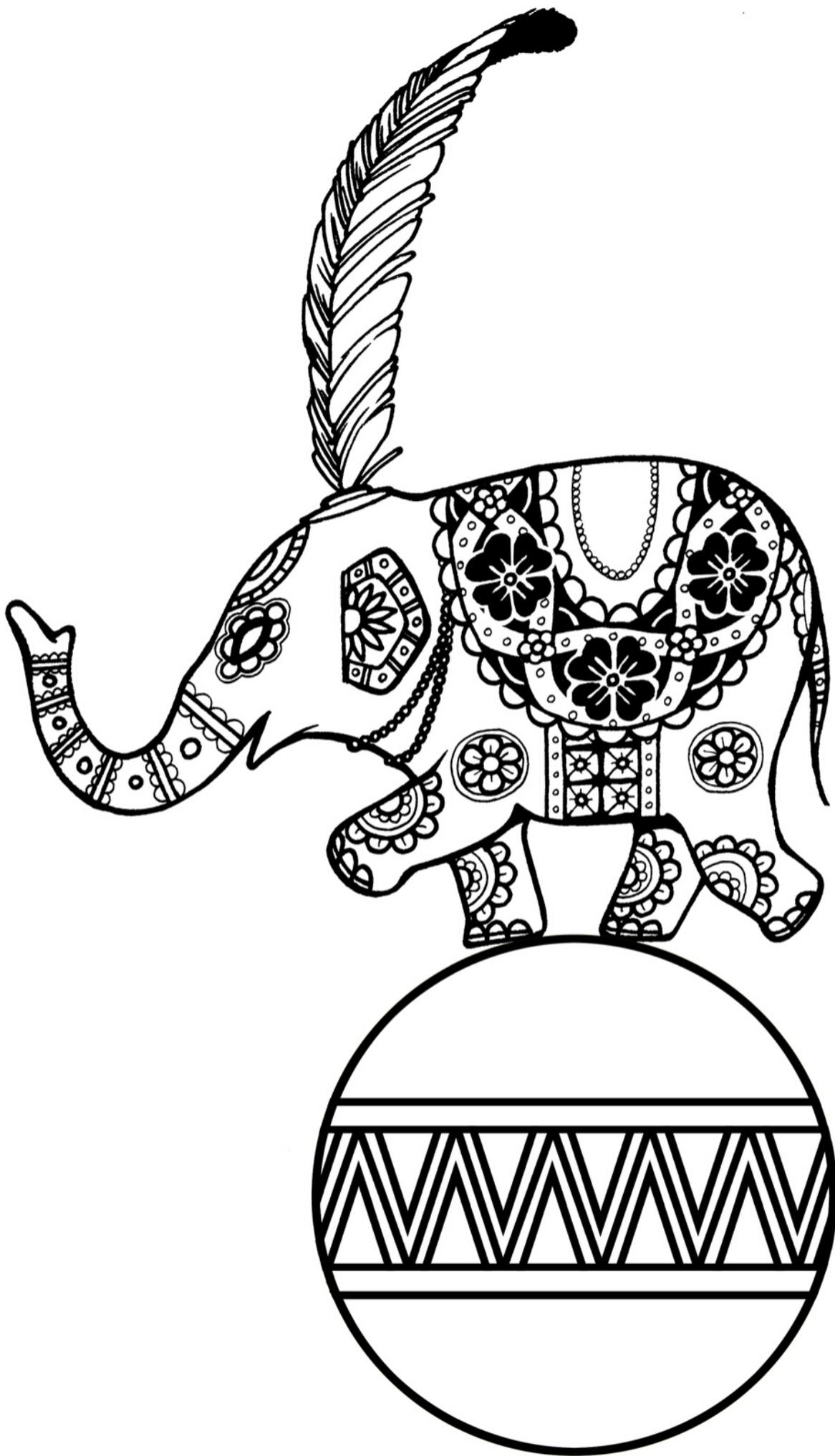
One person that I most look up to and why

.....

.....

.....

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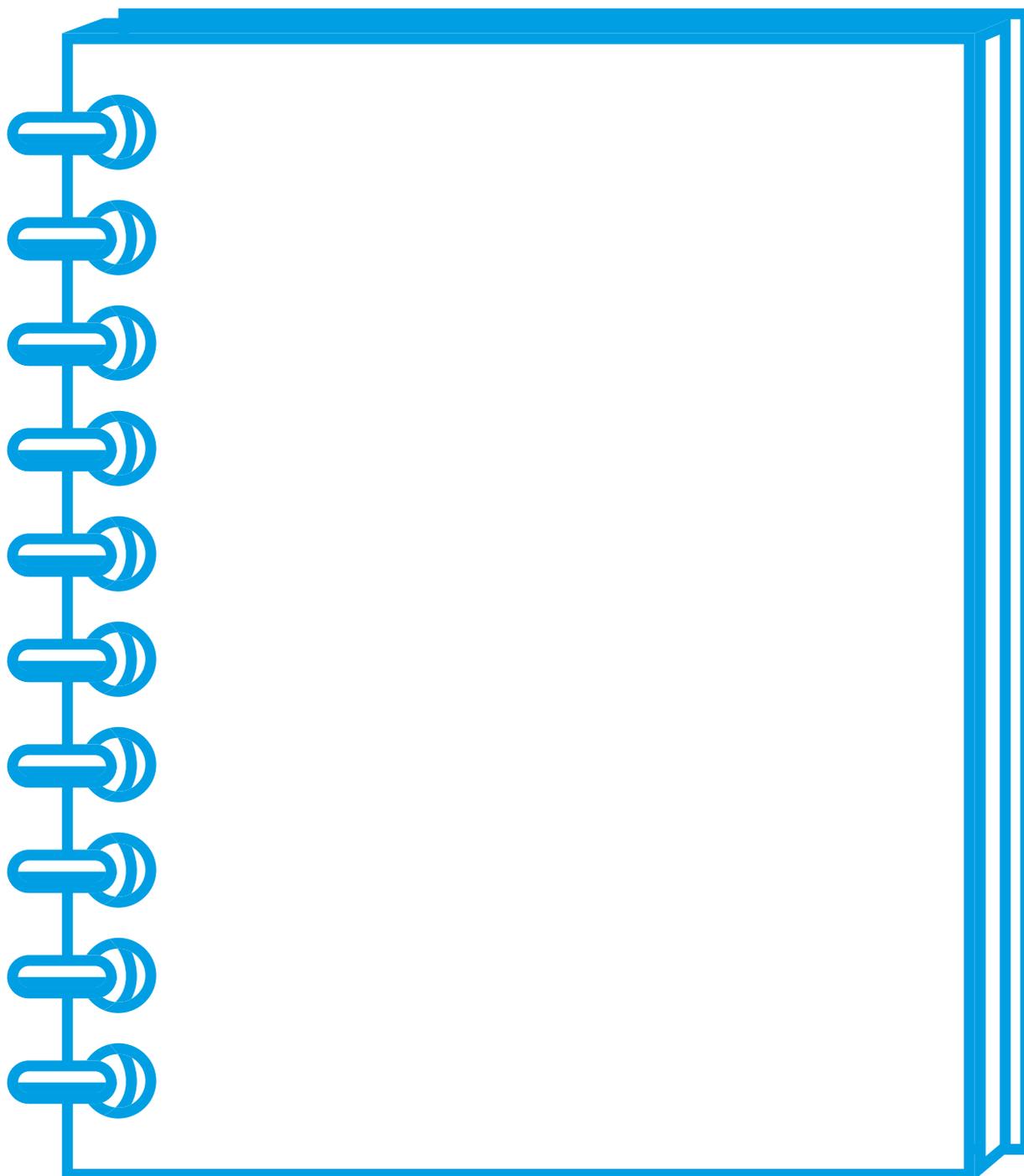




My One Day in Lockdown Journal

Have you thought about keeping a daily journal? We'd love to hear your thoughts about the pandemic or how you or your family have been coping during lockdown.

Try and express how you are feeling. For example, you might be happy about not being in school, or you might be missing your friends, or worried about returning to school.



COOL
TO BE

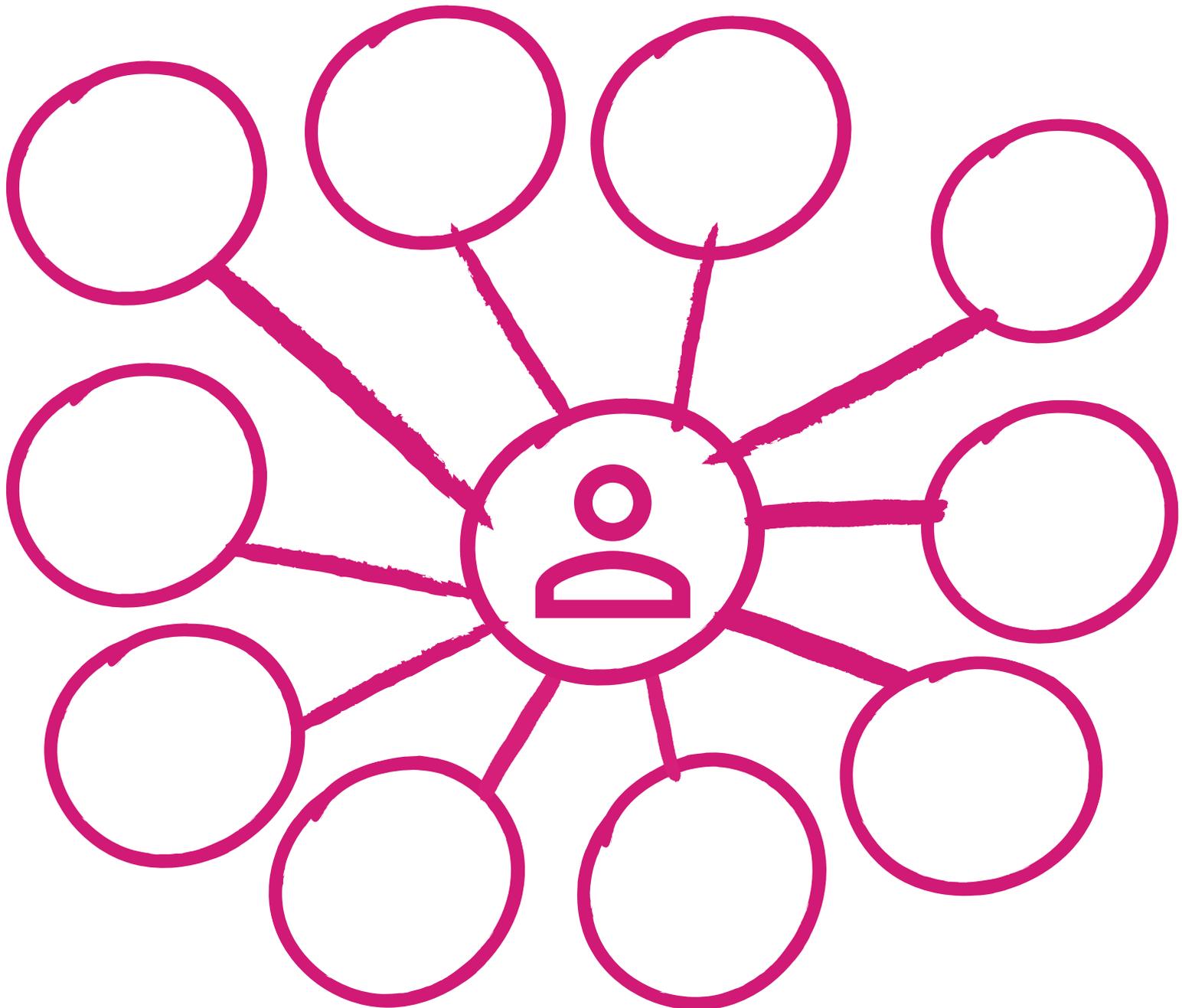




My Family/My Team

Knowing who to turn to for chat or for support in and outside of school can be really useful.

Map your family/team mentioning all the important people who you might turn. Start with family members, then add other trusted adults who look out for you e.g. teachers.





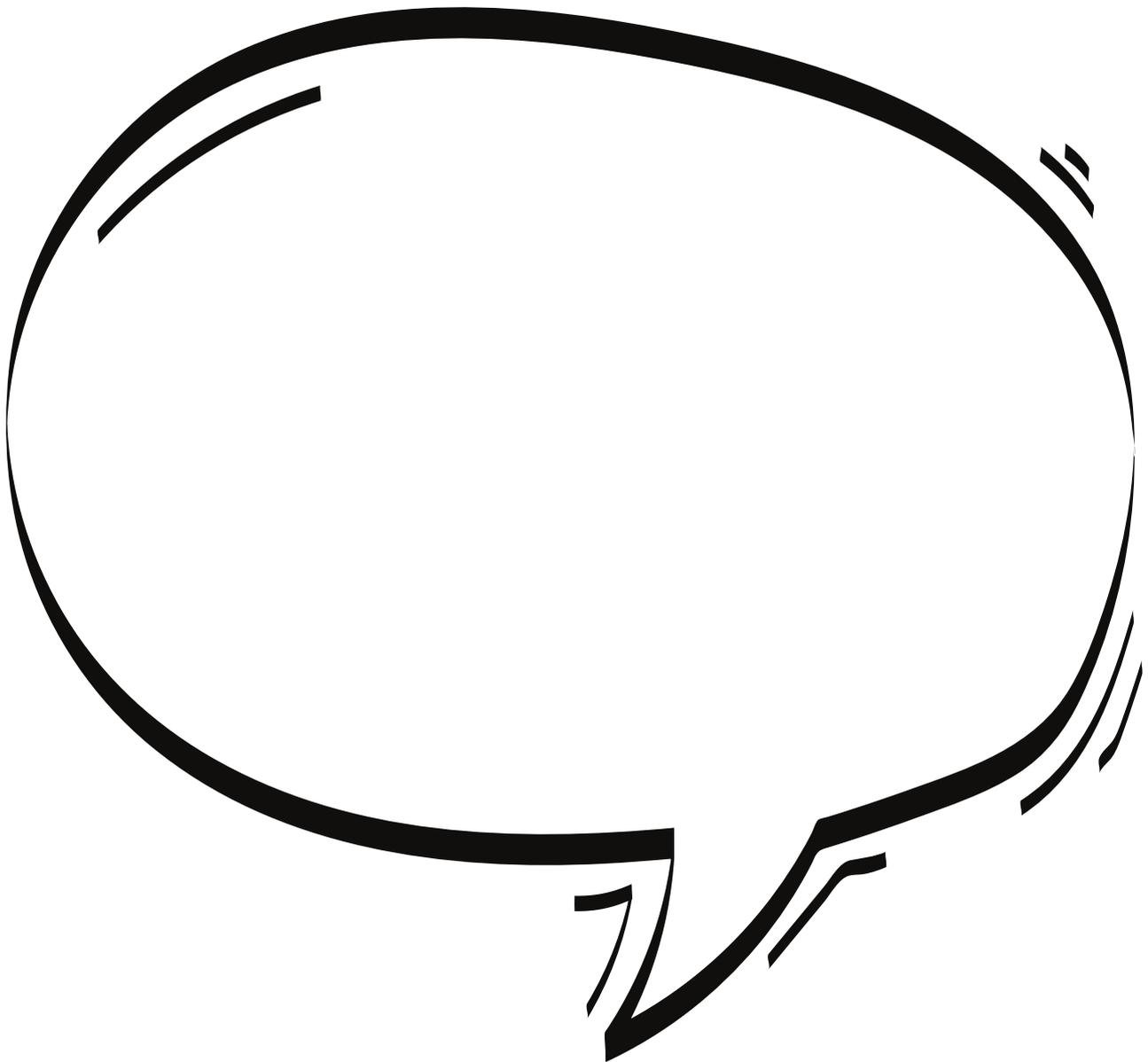




That One Thing

In the speech bubble below, say how adults and schools can improve the way they support children's mental health and wellbeing. For example:

- More lessons to learn about wellbeing and mental health issues
- Better ways to listen to children about their wellbeing and mental health



Useful contacts



E-Wellbeing - <https://e-wellbeing.co.uk> Designed for children to support them in accessing information and support for their wellbeing.

YCMA Dialogue Counselling Services for children and young people. 01273 725259 or email: dialogue@ycmadlg.org

Sussex CAMHS - www.sussexcamhs.nhs.uk Provides information for children and young people, parents and carers including tips and information about mental health conditions and some of the life difficulties that children and young people can experience.

YES [youth emotional support] - a free service for young people aged 11 to 18 years looking for support with their wellbeing. 0330 2226711 / yes@westsussex.gov.uk

Find It Out- local drop in centres across West Sussex for young people to access advice and information. www.westsussex.gov.uk then search Find It Out.

Childline.org.uk or call 0800 1111

ReThink: www.rethink.org

Headspace: www.headspace.com

Anna Freud - On My Mind: www.annafreud.org/on-my-mind/

B-Eat (eating difficulties/disorders) www.b-eat.co.uk

Winstons Wish (bereavement) www.winstonswish.org.uk

Sleepio: support for those with sleeping difficulties

Bellybio: breathing techniques to help calm you down

Calm Harm: app to help harm understanding and reduction

Staying Alive: information for those who feel suicidal

YoungMinds: If you are a young person in need of support text the YoungMinds Crisis Messenger for free 24/7 support by texting YM to 85258.

Place2Be: National mental health charity supporting young people and schools