

## Express

## Yourself

Here are some ideas to get started.
Please check out the website for more ideas:

https://www.childrensmentalhealthweek.org.uk/



The Squiggle Game - Children's Mental Health Week 2021

https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be



origami for beginners【dog】



https://www.youtube.com/watch?v=8C3JAblkBds

https://www.youtube.com/watch?v=2 cQiU30LZo