



From 1st-7th February 2021, we're taking part in Place2Be's Children's Mental Health Week. With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important.

This year's theme is 'Express Yourself' so we would like to invite children to wear whatever bright colours and patterns that make them feel comfortable and happy this Friday 5th February. Whether your child is coming into school or is learning at home, join in by wearing some glorious bright colours and Express Yourself!

Send photos of your colourful day to your class email addresses if you would like to be featured on our website and Facebook page, or in the Gorleston Community Magazine.

Free resources for Children's Mental Health Week 2021

Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas.

There are lots of resources on the Children's Mental Health Week website that you can use with your child at home; including activity ideas, tips for parents and carers, and an online assembly which will be available all week.

Visit **childrensmentalhealthweek.org.uk** to find out more.