

Young Children's Mental Health Week 1st-7th February

'EXPRESS YOURSELF'

NCN are pleased to announce that we are continuing to link with and participate in UK Young Children's Mental Health Week 1st-7th February 2021. This year due to the pandemic some settings are opened and some children are at home, so this year we are opening this week up through our play hub! This year's theme is 'EXPRESS YOURSELF'

'Express Yourself' is about finding ways to share feelings, thoughts or ideas through creativity. This could be through art, music, writing, poetry, dance and drama, photography, film and doing activities that make you feel good (Place2be, 2021).

Creativity helps children to grow and develop in all areas of their learning, socially and emotionally, physically and in developing their thinking skills. Let's get creative together! Here are some ideas for babies, toddlers and preschool children to do during this special week!

Babies & Toddlers



Messy Play



Finger Puppets



Storytime



**Dancing with scarves
or ribbons**



Painting

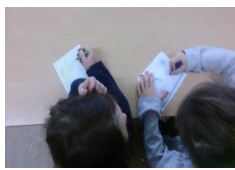
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Preschool



Messy Play



**Painting/drawing
to Music**



Make your own puppets



**Have a Disco and move
to music**

If you would like some more ideas for the Arts for preschool, here is a link to the Barnardo's/NCN Arts book- <https://www.ncn.ie/index.php/information-resources/ncn-online>

National Childhood Network would love you to join us! Please send in your pictures to NCN, we would love to see them. Don't forget to get permission first! Please send your photos to info@ncn.ie. Later on in June we will have another focus on creativity during National Childhood Services Week!