This week is Children’s Mental Health Week. I have included some resources for you to use on our website.

Below are links to some songs/music you can sing along with to lift your spirits:

[If You Want To Sing Out, Sing Out - Cat Stevens - YouTube](https://www.youtube.com/watch?v=dzy1O3NOE4s)

[Labrinth - Express yourself (Lyrics On Screen) - YouTube](https://www.youtube.com/watch?v=yKpVM9QQzIs)

Below is a lovely video to show you how to draw your feelings:

[Draw Your Feelings - Children's Mental Health Week 2021 - YouTube](https://www.youtube.com/watch?v=STdJ__8ORyE&feature=youtu.be)