

Next week (5th-12th February) is  
Children's Mental Health Week



Find out more here:

[Children's Mental Health Week - Place2Be](#)

On Friday 9th February, we are inviting children to dress in a colour that **expresses a feeling/how they feel/how they want to feel.**

We have linked this to the book "The Colour Monster" that the children are familiar with.

*Which feeling will you choose to express?*



Fear



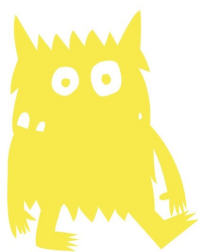
Anger



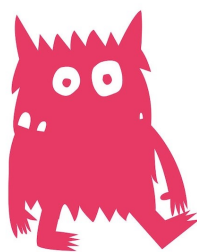
Sadness



Calm



Happiness



Love

THE COLOR MONSTER  
FEELS



Jump and clap!



Cry lots of tears!



Growl and stomp around!



Hide behind your hands!



Close your eyes and breathe deep!



Hug yourself and say "I LOVE YOU!"