

**EXPRESS  
YOURSELF**

**1 - 7 FEBRUARY 2021**  
#ChildrensMentalHealthWeek



**This year's theme for Children's Mental Health Week is EXPRESS YOURSELF.**

Watch this short video by Classical MPR and discuss the different ways in which music can change how we feel and express ourselves:

<https://bit.ly/2GjLRMW>

Research shows that people feel more positive after singing to music, than they do just listening to music.

Choose a song from the list below (or one of your own) learn the words and sing it together (you might prefer to join in by clapping, clicking your fingers, using percussion instruments, miming or dancing).

**'If you want to sing out, sing out' by Cat Stevens**

<https://bit.ly/3iesKBg>

**'Express yourself' by Labrinth**

<https://bit.ly/3kSm8tS>

**'Three Little Birds' by Bob Marley**

<https://youtu.be/IOdUD8-OcDs>