

### EXPRESS YOURSELF RESOURCES

8

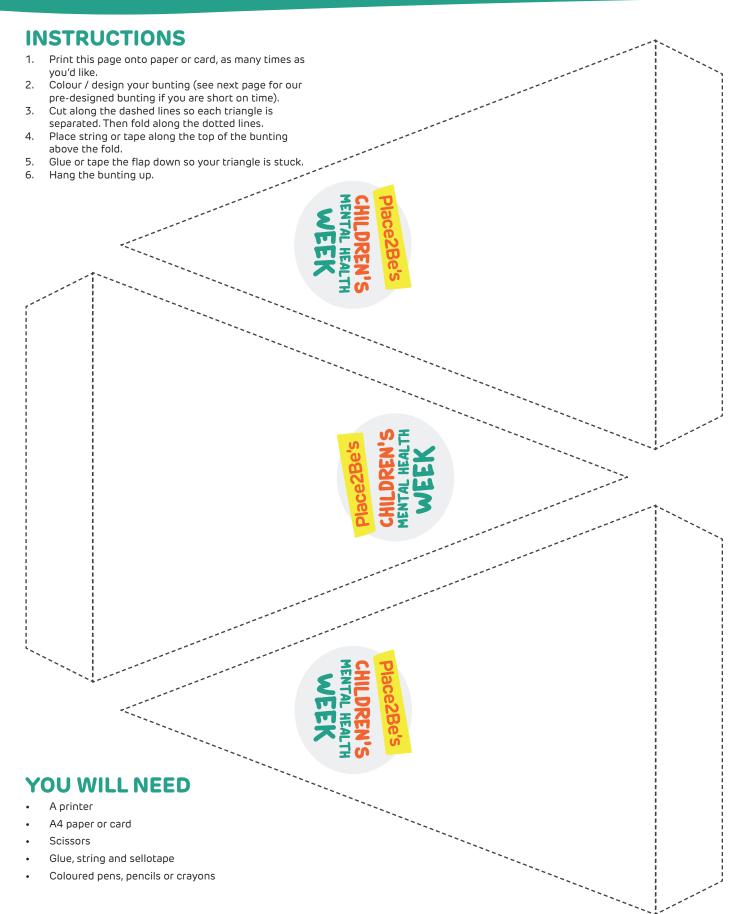


#ChildrensMentalHealthWeek

childrensmentalhealthweek.org.uk

#### **CREATE YOUR OWN BUNTING**





#### #ChildrensMentalHealthWeek

#### **CREATE YOUR OWN BUNTING**



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#### **INSTRUCTIONS**

- 1. Print this page onto paper or card, as many times as you'd like.
- 2. Cut along the dashed lines so each triangle is separated. Then fold along the dotted lines.
- Place string or tape along the top of the bunting above the fold.
- 4. Glue or tape the flap down so your triangle is stuck.

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5. Hang the bunting up.

#### YOU WILL NEED

- A printer
- A4 paper or card
- Scissors
- Glue, string and sellotape

#ChildrensMentalHealthWeek





# THANK JOU

FOR MAKING A DIFFERENCE THIS CHILDREN'S MENTAL HEALTH WEEK!

Whatever your reason for getting involved, we couldn't be more thankful. Your support and generosity helped raise an amazing

to support children's mental health.

#ChildrensMentalHealthWeek

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9

### EXPRESS YOURSELF

THIS CHILDREN'S MENTAL HEALTH WEEK

Celebrate what makes you unique, let your voice shine through and Express Yourself during Children's Mental Health Week and donate £2 to Place2Be.

DATE & TIME:

LOCATION:

PLEASE DONATE TO OUR FUNDRAISING PAGE

GO TO:

#ChildrensMentalHealthWeek

childrensmentalhealthweek.org.uk



## EXPRESS YOURSELF

THIS CHILDREN'S MENTAL HEALTH WEEK

Celebrate what makes you unique by holding an Express Yourself Day during Children's Mental Health Week and donate £2 to Place2Be.

Every pound raised will help ensure that every child has easy access to mental health support, whenever they need it.



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