

## Families Newsletter for Sunday 7<sup>th</sup> February 2021

### ***EXPRESS YOURSELF!***



Hi Families of St Columba's,

I am sure some of you will have been talking about Children's Mental Health Week at school or home learning, exploring the theme, **Express Yourself**.



Recognising that lock-down restrictions make life tough for everybody, we are encouraged to find ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make us feel good. Friday is *Dress to Express* day in some schools. You might like to check out some of the resources

<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

Music and sports are two great ways of expressing ourselves. So, this week, in addition to the activities chosen by Fiona (thank you!) I offer you two things to try out. A little music, to see if you can get your adults dancing in the kitchen (show us those Dad-dancing grooves...!) and some crazy biking, with amazing mountain scenery in the background (the beautiful Isle of Skye.) Hope it will rev you up to finding the activities that give life to you.

Music by Labrinth (Express Yourself)

<https://www.youtube.com/watch?v=yKpVM9QQzIs>

The Slabs, Danny MacAskill

<https://www.youtube.com/watch?v=4Ym2F-tHdkk>



Finally, one of the suggestions for good mental health is recognising things that we are grateful for, even when times are tricky. Saying thank you is one very important part of prayer. So, we might say thank you to God for something a loved one did for us, occasions that made us laugh or happy memories which give us pleasure to remember. We can also pray about, and be thankful for, things that we look forward to.



Have a good weekend. Will you be cheering for your team at the Calcutta Cup?

See you on Sunday,

Angus & the Sunday School Team