

# Lighting the candles - welcome

We light 3 candles in the name of

God the Father,

the Son and the Holy Spirit to

worship together and think about

our value **RESPONSIBILITY.**

Peace of the Lord be with you



And also with you

*Let all that you do be done in love*  
*1 Corinthians 16:14*

Work hard and cheerfully at whatever you do Colossians 3:23

Let us not love with words or speech but with actions and in truth  
1 John 3:18

Whoever goes right, then he goes right only for the benefit of his  
ownself. And whoever goes astray, then he goes astray to his own loss.  
Al -Ishra (v15)

# Responsibility is...



Realising mistakes

Special time for worship  
Protecting each other

Never stop learning  
Sharing with others  
Independent working

Including everyone  
Loving your neighbour

To be truthful

Everyone matters

Owning your actions

Believing you can do it

Inventive, inspirational, imaginative

You are in control



**Children's Mental Health Week**  
**1-7 February 2021**

**EXPRESS YOURSELF**

# WHAT DOES EXPRESS YOURSELF MEAN?





# SEE IF YOU CAN SPOT THE DIFFERENT WAYS PEOPLE ARE EXPRESSING THEMSELVES IN THIS SHORT VIDEO



# WHY DOES FINDING HEALTHY WAYS TO EXPRESS YOURSELF MATTER?



# HOW DOES BEING CREATIVE AND EXPRESSING YOURSELF MAKE YOU FEEL?

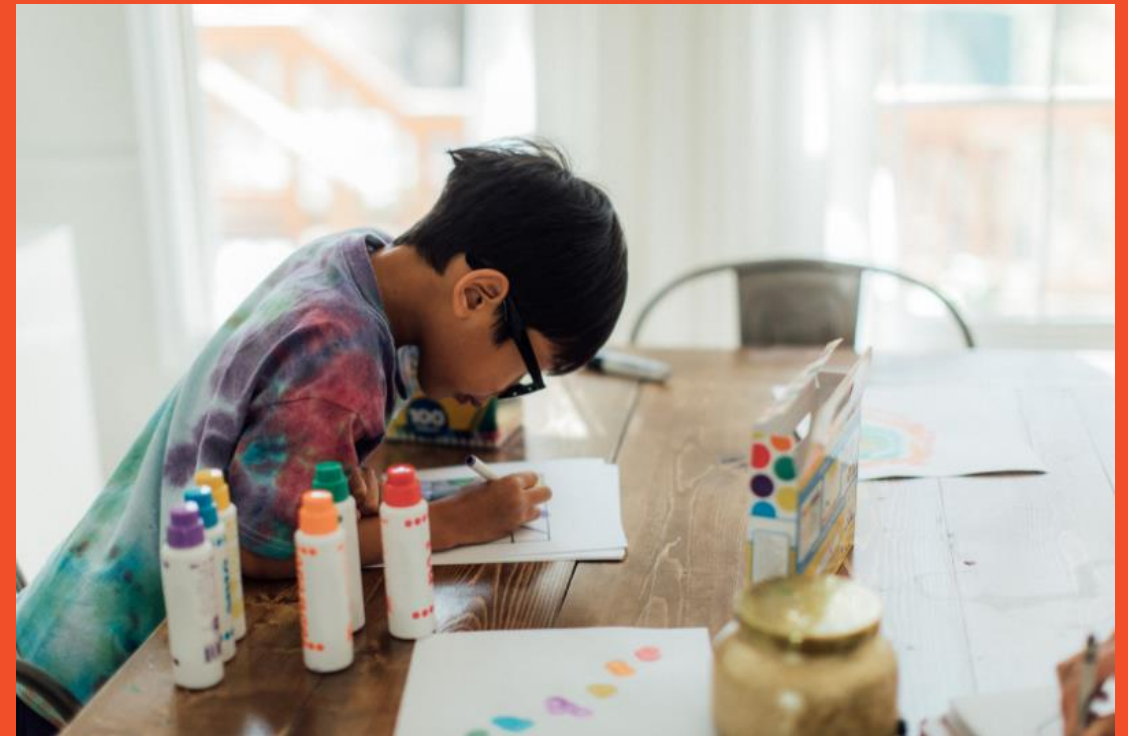


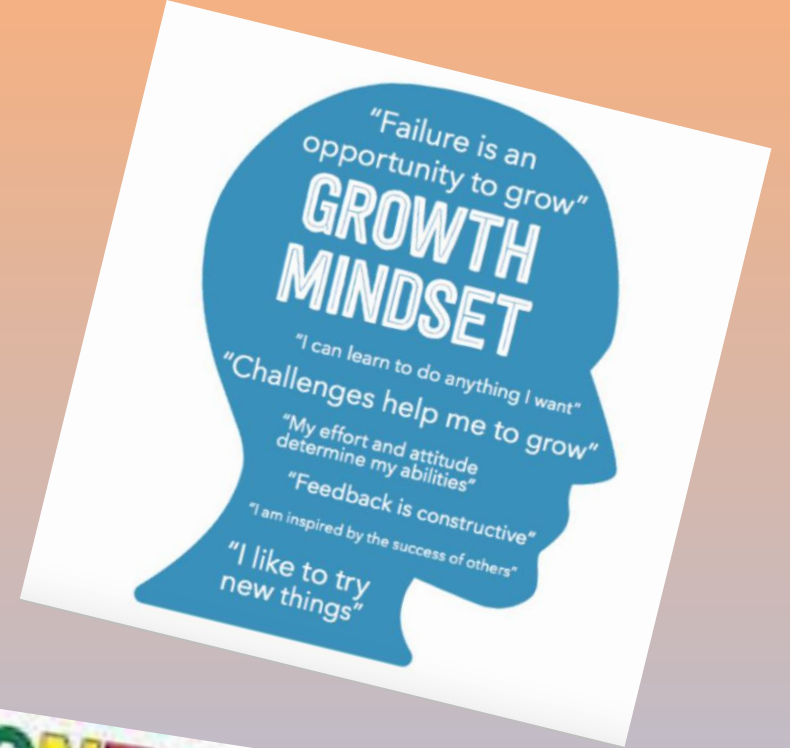


# WE CAN FIND CREATIVITY IN MANY DIFFERENT WAYS

Remember, when we express ourselves we don't have to be a great artist or a wonderful dancer. It's not about being the very best at something or putting on a performance.

Let's encourage each other to find lots of different ways to get creative and express ourselves.







I HAVE COME THAT  
THEY MAY HAVE LIFE,  
AND HAVE IT TO THE FULL.

JOHN 10:10



# Time to Reflect...

RESPONSIBILITY  
starts with *me.*



# Prayer



Dear God,

Thank you for all our creative talents. Help us to use them freely to express ourselves in ways to help us feel happy and calm.

Thank you that we know you are there to help and to guide us in finding out about ourselves and in making sense of the world in which we live.

Amen





# Response and Challenge ...



HOW CAN WE HELP AND SUPPORT EACH OTHER TO GET CREATIVE AND EXPRESS OURSELVES THIS CHILDREN'S MENTAL HEALTH WEEK?

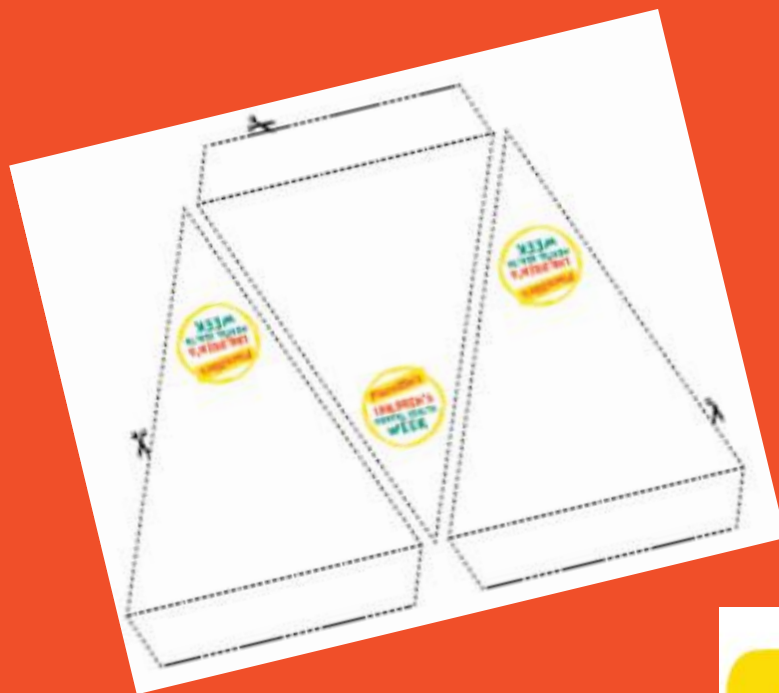




# Response and Challenge ...



HOW CAN WE HELP AND SUPPORT EACH OTHER TO GET CREATIVE AND EXPRESS OURSELVES THIS CHILDREN'S MENTAL HEALTH WEEK?



Draw your favourite creative activity which helps you to express yourself. Create your bunting and send it into school.

On Friday wear your favourite clothes or your favourite colour to express how you're feeling. Tell someone what you have chosen to wear and why.

**DRESS TO EXPRESS**



**May the grace of our Lord  
Jesus Christ** *(hold out hands to receive)*

**And the love of God** *(cross arms on  
chest)*

**And the fellowship of the Holy  
Spirit** *(hold hands with neighbours)*

**Be with us all, evermore. Amen**  
*(raise hands in the air together)*



Blowing out the Candles

Peace of the Lord be with you



And also with you