

Draw your Feelings



1. Draw an outline of yourself.
2. Take a deep breath and think hard about how you feel.
3. Use different colours, lines, patterns and shapes to show how you feel.
4. You may want to add words.

[Draw Your Feelings - Children's Mental Health Week 2021](#)
(ctrl + click this link)

I PRAISE YOU
BECAUSE I AM
fearfully AND
wonderfully
= MADE =
YOUR WORKS ARE
WONDERFUL
I KNOW THAT FULL WELL
PSALM 139:14

You are Amazing!

Take a piece of paper and press your thumb or finger onto the ink pad or paint. Make 3 finger or thumb prints in a vertical line on your paper. Those 3 prints will represent your head and body. Take a pen or pencil and add details (such as eyes, mouth, arms, legs) to make a picture of yourself! *As you do this, think about the how God has made everyone individually and differently, and yet loves each of us just the same.* Write a simple prayer thanking God for creating you and loving you.

Dear God,

I thank You for my life. I know that we are wonderfully created. Thank you that we are not too small to know you as our God. I pray that I can deepen my knowledge of who You are. Teach us to love ourselves the way that You love us. Amen.

Fill A Bucket

Bucket Fillers A-Z

Ask if you can help
Bake a cake
Cheer up a friend
Donate food
Encourage someone
Feed the birds
Give a little of your time
Help with a chore
Invite someone to join
Joyful when you give a hug
Kindness brightens your day
Listen when people talk
Make a kind card
Notice helpful things
Offer to help
Plant a seed
Quit any bucket dipping
Read to someone
Smile and sing
Tell your family you love them
Use kind words
Volunteer to do some work
Write a poem for a friend
eXplain how you feel
Zero bucket dipping

Listen to the story
[Have you filled a bucket today?](#)

How are you going to fill someone's bucket today?



Sing It Out

Choose a song and learn the words. Sing the song and take a video if you would like to share.

Watch [this video](#) to find out how music can change how we feel.

[If you want to sing out, sing out](#)

[This is me](#)



Dream Big

Dreams are not just something we have when we sleep. Dreams can also be found in our hearts. These dreams are our hopes, ambitions and goals.

Make your own dream board using pictures from magazines, online or drawings.



All About Me

1. Draw around your hand.
2. Write an adjective on each hand to describe what kind of person you are.
3. Draw pictures that represent your likes, hobbies and important people.



(ctrl + click this link) [Hand Art project](#)
Trace your hand and tell others about yourself.