

HATTY POTTER CHALLENGE

What's this challenge all about? Well... it's all about personal growth, through self-expression and creativity!



FOLLOW THESE
SIMPLE STEPS
BELOW TO TAKE
PART



Have a think about how you've been feeling recently. Happy, sad, excited, maybe something else? Write the word that best describes how you feel on a page of A4.

STEP 1: THE HATTY PART MAKE A HAT

Now MAKE or WEAR a hat that best represents this feeling.

It could be anything! It could be bright colours or dark colours. It could be made of paper or balloons.

It's completely up to you in how you want to express yourself.

STEP 3 SHARE IT WITH US

We would love to see your designs! So put your hat on, hold your tree, hold up a sign on how you're feeling and then get a picture and send to comms@amh.org.uk.

Physical growth is easy to see but for emotional growing we need the support of parents, carers, teachers, friends and others to help us.

We want to GROW up BIG and STRONG. We can look at this the same way we see plants and trees grow. Like us, plants require some help. They need water, light, air and nutrients.

STEP 2: THE POTTER PART MAKE A FEELINGS TREE

We're going to make a tree that will help us grow. For this exercise you'll need: a small empty bottle, some twigs, paper clips, coloured paper, scissors, coloured pens and decorations (ribbon, star stickers etc).

1. Start by decorating your bottle
2. Then slot your twigs into the bottle
3. Draw leaf shapes onto your paper and ask a grown up to help you cut them out
4. Draw or write how you would like to be feeling on each leaf you've made
5. Now when how you feel matches what you have added to a leaf, clip it onto the tree.



Children's Mental Health Week is taking place from 7-13 February 2022.

Join Action Mental Health in supporting this week of awareness whose theme for 2022 is "Growing Together".

Growing Together focuses on children's emotional growth which is an important part of child development.

Children need others around them to support their growing emotions so we can help them grow up better, together.

Find out more at <https://www.amh.org.uk/news/childrens-mental-health-week-is-here-join-amh-to-mark-a-week-of-awareness/>

Some of our favourite hats from last year

