

Children's Mental health Week 2021 - Express Yourself Live Stream Sessions for Schools					
Time	Monday 1/02/21	Tuesday 2/02/21	Wednesday 3/02/21	Thursday 4/03/21	Friday 05/03/21
09:30-10:00	Reading festival author session - Dom Conlon KS2, SPACE AND NATURE www.youtube.com/watch?v=GW6WWxicK-A	Reading festival author session - Karl Nova Yr4-7, WE LOVE WORDS www.youtube.com/watch?v=8OqGdATVtlo	Reading festival author session - Kathryn Evans Yr8+, IMAGE AND IDENTITY www.youtube.com/watch?v=jHJRrTrwvZQ	Reading festival author session - Karl Nova Yr4-7, WE LOVE WORDS www.youtube.com/watch?v=uqHlgPgmngx	Gender Expression – It's ok to be different, YR3-6, led by YPAS www.youtube.com/watch?v=69xWb1zziml
10:00-10:30					
10:30-11:00					Gender Expression – It's ok to be different, Yr 7-11, led by YPAS. www.youtube.com/watch?v=WjcYv3gsMtc
11:00-11:30		DailyXpress extra – Looking back/looking forward. With special guest Lalif Wijedoru (Alder Hey A&E consultant) who will be reading his letter to his 10-year-old self. KS2 www.youtube.com/watch?v=eikKlqELm3l			
11:30-12:00	DailyXpress session - Mixed Monday (feelings are ok), yr 1-6, RAISE Team www.youtube.com/watch?v=z3jhbM-CHy4	DailyXpress session - Talk Tuesday (words express), yr 1-6, RAISE Team www.youtube.com/watch?v=eikKlqELm3l	DailyXpress session - What number Wednesday? (How do things make me feel?), yr 1-6, RAISE Team www.youtube.com/watch?v=5a25RrQcrso	DailyXpress session - Tame it Thursday (how feelings make us act), yr1-6, RAISE Team www.youtube.com/watch?v=xcdEPI72Zik	DailyXpress session - Fabulous Friday (what makes us feel great), yr 1-6, RAISE Team www.youtube.com/watch?v=4EYHm7ZLxQw
13:30-14:00	Reading festival author session - Marie Basting yr3/4, IMAGE AND IDENTITY www.youtube.com/watch?v=Rjndi-uiUcA	Reading festival session author - Dom Conlon KS2, SPACE AND NATURE www.youtube.com/watch?v=qE5VJxZxM54		Secondary schools' wellbeing Q&A – Exploring feelings of uncertainty, led by MYA Raise Team & YPAS Wellbeing clinic staff. Yr 7-11 www.youtube.com/watch?v=n117aHWnFHM	
14:00-14:30					
14:30-15:00			How does that sound? A session for special schools looking at how feelings and how they can be affected by sound. Yr6-11 www.youtube.com/watch?v=l6COI70Rzms		
15:30-16:00		Staff wellbeing Session - Team story time for school staff. Led by Lalif Wijedoru & the MHST senior practitioners (this session will be delivered via Zoom) Join Zoom Meeting https://us02web.zoom.us/j/89811283890		Time-out – Session for parent/carers looking at strategies to take care of their own wellbeing during lockdown. www.youtube.com/watch?v=xvNnLYvxxvc	
16:00-16:30					

