

# EXPRESS YOURSELF

Children's Mental Health Week

1 - 7 February 2021

**MADRASAH**  
ABU HURAIRAH

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مدرسة أبو هريرة

*Allah has created us all perfectly.*

*Allah has made us all beautiful.*

*Allah wants us to be strong and healthy.*

*Allah loves us to look after our bodies.*

*Allah loves us to look after our minds.*

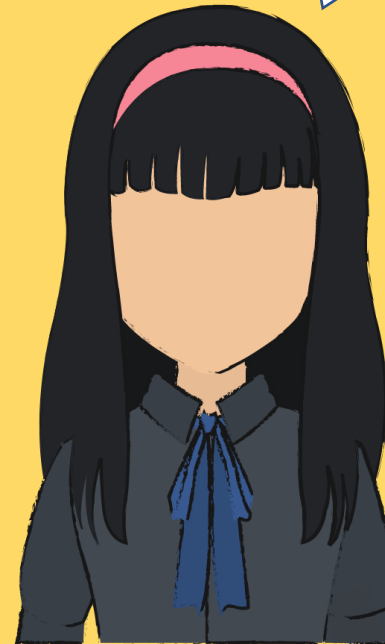


*Just as we look after our physical health (our bodies) by doing things like exercising, eating well and getting enough sleep, we also need to look after our mental health (our minds).*

*Mental health is all about the thoughts people are having, how they are feeling because of these thoughts and how these thoughts and feelings are affecting their actions and behaviour.*

*What is mental health?*

THE ABILITIES  
TO FEEL AND  
THINK ARE  
BLESSINGS  
FROM ALLAH.



SHARE  
YOUR  
IDEAS.

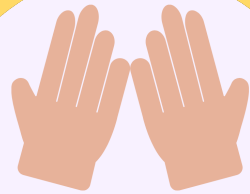
HOW CAN WE LOOK AFTER OUR  
MENTAL HEALTH?

SHARE  
YOUR  
IDEAS.

## THERE ARE LOTS OF DIFFERENT WAYS TO LOOK AFTER OUR MENTAL HEALTH



RECITE QURAN



TELL ALLAH  
HOW YOU FEEL



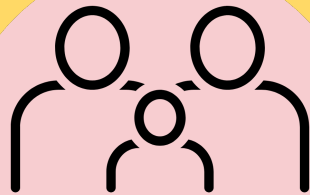
STAY ACTIVE



TALK ABOUT YOUR  
FEELINGS



TAKE A WALK  
OUTSIDE



TALK TO FAMILY  
AND FRIENDS

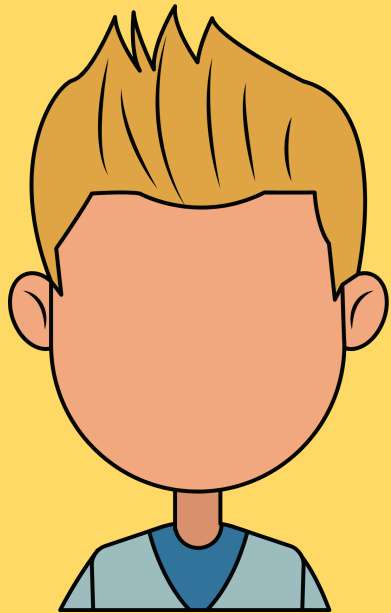


EAT WELL



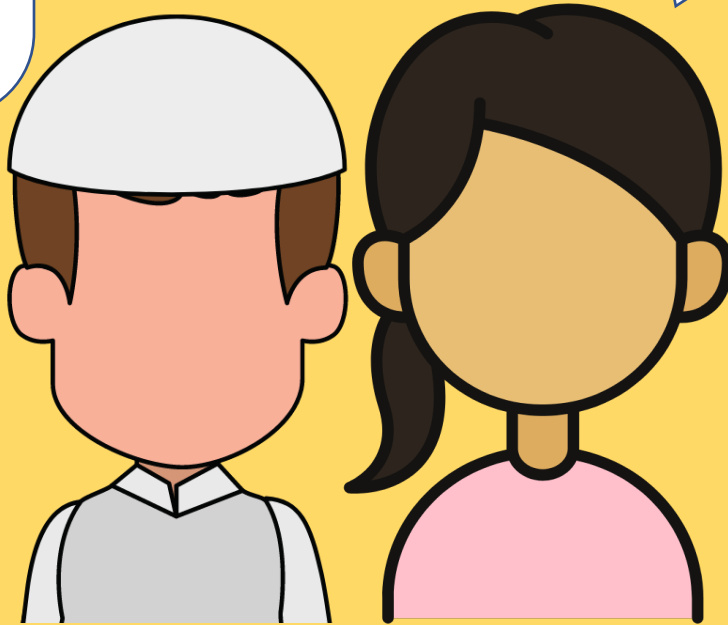
DO SOMETHING  
YOU'RE GOOD AT

*One of the ways to stay mentally healthy is to EXPRESS YOURSELF.*



*'Express yourself' is about finding creative ways to share feelings, thoughts, or ideas, through things like art, writing, speech and doing things that make you feel good.*

*What does it mean to 'express yourself?'*





*Expressing  
our feelings  
and  
thoughts is  
great for  
our mental  
health and  
wellbeing.*



*It can help  
us connect  
to others  
and feel less  
alone.  
We can also  
get advice  
and support  
from others  
when we  
express our  
emotions.*

HOW CAN YOU  
EXPRESS YOURSELF?

SHARE  
YOUR  
IDEAS.

## HOW CAN WE EXPRESS OURSELVES?

*Through arts and crafts*

*Through writing*

*Through singing nasheeds*



*Through sports*

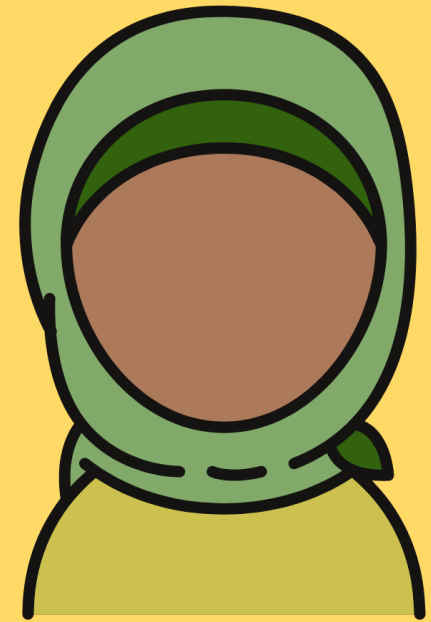
*By talking to others*

*Through the way you dress*

MOST IMPORTANTLY, REMEMBER...

DO WHAT MAKES  
YOU FEEL GOOD!

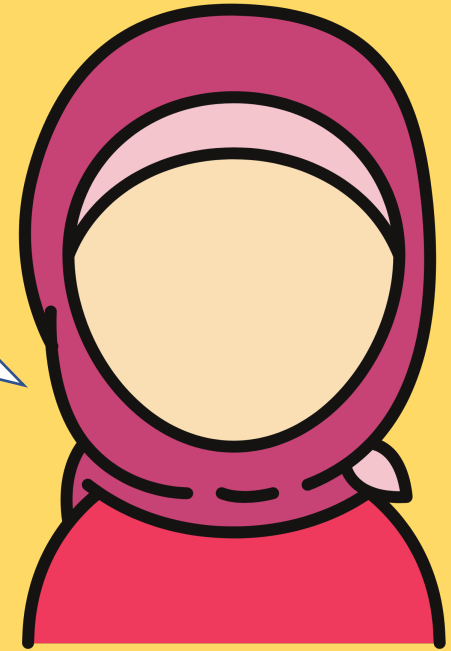
*Remember, being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show how you are feeling that can help you feel good about yourself.*



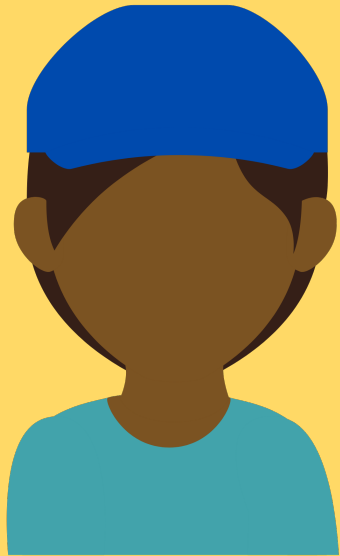
*Why does finding healthy ways to express yourself matter?*



*Because when we feel good, it boosts our mental health.*



NOTICE HOW  
HE ASKED FOR  
HELP TO DEAL  
WITH HOW HE  
WAS FEELING.



When the angel Jibril came down to our beloved Prophet Muhammad ﷺ for the first time with the message of Allah, our Prophet ﷺ felt **overwhelmed** and **scared**.

With his heart beating fast, he rushed back to his wife, Khadija, and told her to cover him and **expressed** to her his fear over what had just happened.

Khadija was able to **comfort** him, give him **guidance** and offer him **support** to face the biggest challenge of his life.

THINK ABOUT WHAT MAKES YOU FEEL SCARED,  
WORRIED OR UPSET. WHO COULD YOU TALK TO?

OUR BELOVED PROPHET ﷺ TAUGHT US  
TO MAKE THIS DU' A:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ  
وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ

“O ALLAH, I ASK YOU TO PROTECT ME FROM WORRY  
AND SADNESS, WEAKNESS AND LAZINESS...”



**REFLECT ON WHY IT IS IMPORTANT TO LOOK AFTER OUR MENTAL HEALTH.**

**DESCRIBE SOME WAYS TO LOOK AFTER OUR MENTAL HEALTH.**

**EXPLAIN WHAT IT MEANS TO “EXPRESS YOURSELF”.**