



Children's Mental Health Awareness Week 2021

'Express Yourself'

Confi-kids Challenge

Draw a picture of yourself, using whatever means you like, and fill in the speech bubbles to tell me how you like to express yourself... Is it in words, dance, sport, art, your clothes or something else?

The form consists of a large, empty diamond shape (rhombus) intended for drawing. Above the top-left, top-center, and top-right vertices of the diamond are three thought bubbles. Each thought bubble is connected to the diamond by a vertical line of three smaller circles, representing the 'tail' of the thought bubble. The bubbles are empty, designed for children to write their answers to the challenge question.