



- ① Let your inner disco diva shine on the dance floor
- ② Let your personality shine through with your favourite colours
- ③ Embrace your creative side and unleash your artistic energy
- ④ Show off your team spirit with your favourite team's kit
- ⑤ Take the stage as the coolest rockstar in town
- ⑥ Come as you are and wear your comfiest clothes!
- ⑦ Bring the cool energy of the skate park to the playground
- ⑧ Share what makes you... you and celebrate what sets you apart.

Grange will be celebrating Children's Mental Health week by taking part in...

Express Yourself Day!

Thursday 8th February

This is the time for you to express yourself with your choice of clothes! E.g.
Want to be a dancer? Come in your dancing clothes!
Want to be an artist? Come in your most vibrant colours!

During the school day, you will:

- Explain your outfit to your class and why you are wearing it
- Have some time to show off a talent to the class! (e.g. football skills; music skills; artistic skills)

Get ready to express yourself!