

WEDNESDAY

9 SEPTEMBER 2026

#BECALM



It can be hard to control your emotions. There will always be times when you feel overwhelmed, angry, scared, or unsure. While these powerful feelings are normal, there are some things you can do to help #BeCalm when you feel this way.

1. FEELINGS COLOUR HUNT

Go on a colour hunt around your home or garden. Match colours to feelings — blue for calm, red for excited, yellow for happy. Then draw a rainbow of your emotions! This activity supports UNCRC Article 31 – a right to play and rest. It helps young children explore emotional literacy through colour and play.



2. MY INVISIBLE SUPERPOWER PORTRAIT

Draw yourself as a superhero — but instead of capes, show your invisible strengths like kindness, bravery or imagination. Add symbols or colours that show how you feel inside. This activity supports our My Health, My Rights Charter – a right to be me. It encourages self-esteem, emotional awareness and creative expression.



3. ART FOR CHANGE POSTER

Create a poster that shares a message about something you care about — mental health, kindness, equality, or your health rights. Use collage, drawing, or words. Share it with friends or online. It supports the EACH Charter Article 4 – a right to be informed in a manner appropriate to age and understanding. It empowers young people to use art as advocacy and self-expression.

