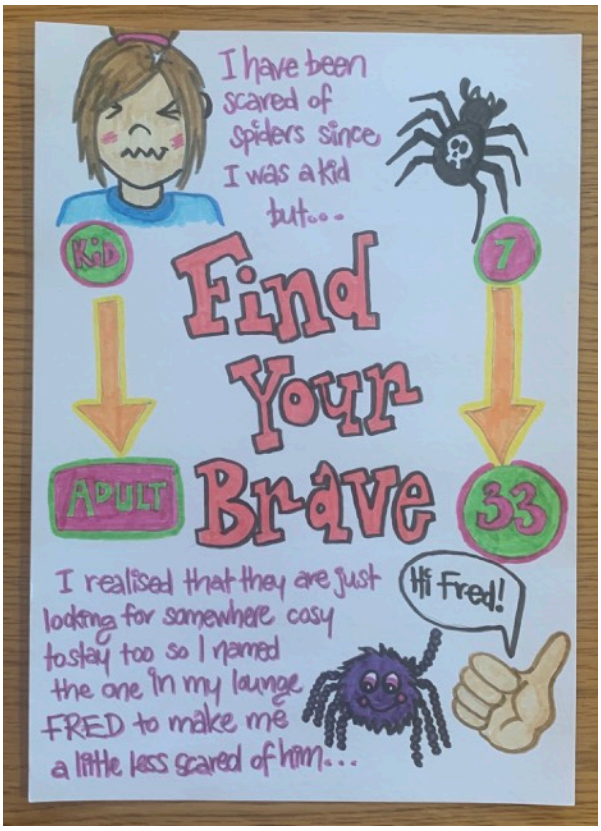
Cool it Art

Lambeth

Find your Brave



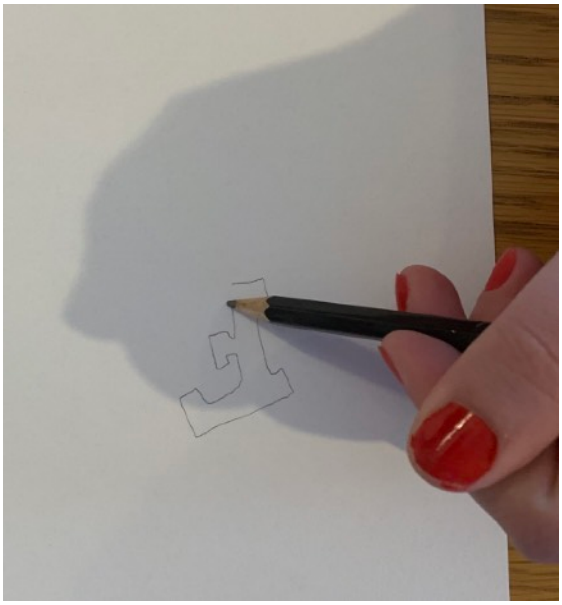
Children's Mental Health Week takes place in the beginning of February - the 2020 theme was "Find your Brave" we thought it would be great to make posters in response to this!

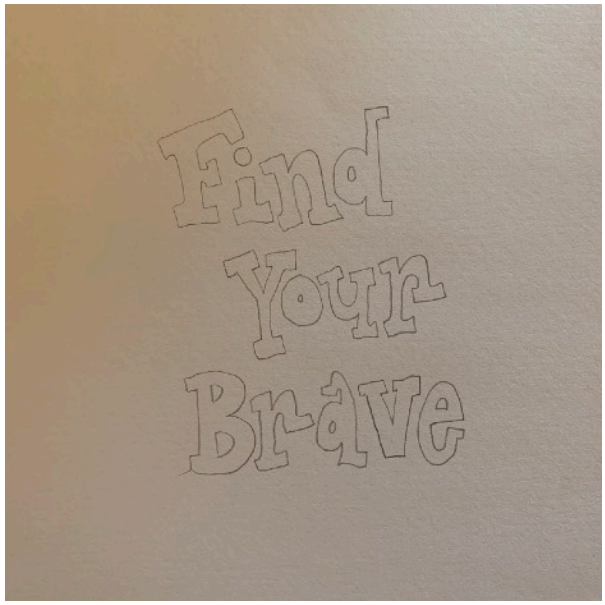
Tools and Materials:

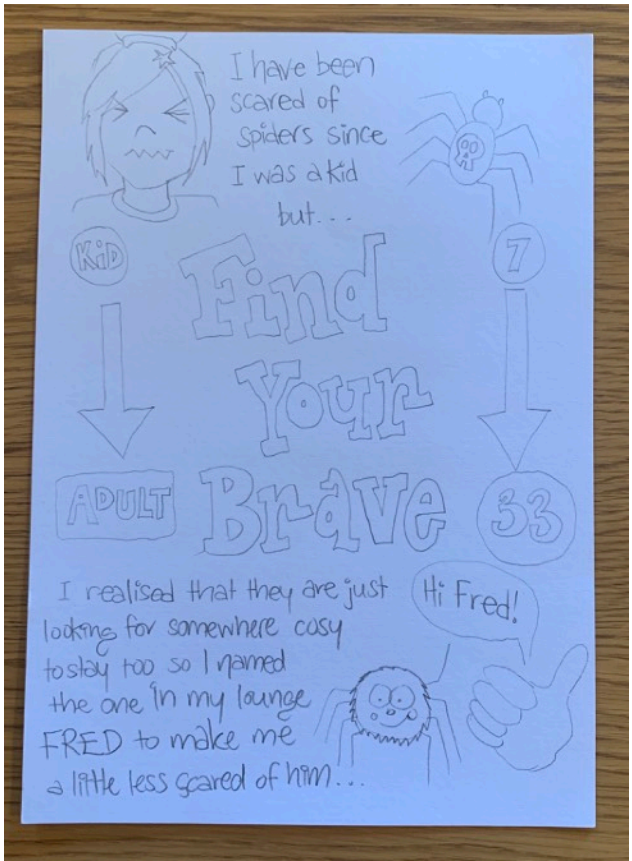
- Paper
- Pencil
- Felt Tips



For the poster why not write the theme “Find you Brave” and then illustrate and write about something you have done that is brave or even what advice you could give to someone else or yourself if you were scared? Find your Brave could be something from managing to speak to new people - which can be hard if you are shy, to doing something successfully that you found hard before. Have a think about what it could mean to you! Then start to draw it up - plus add some pictures to show the message

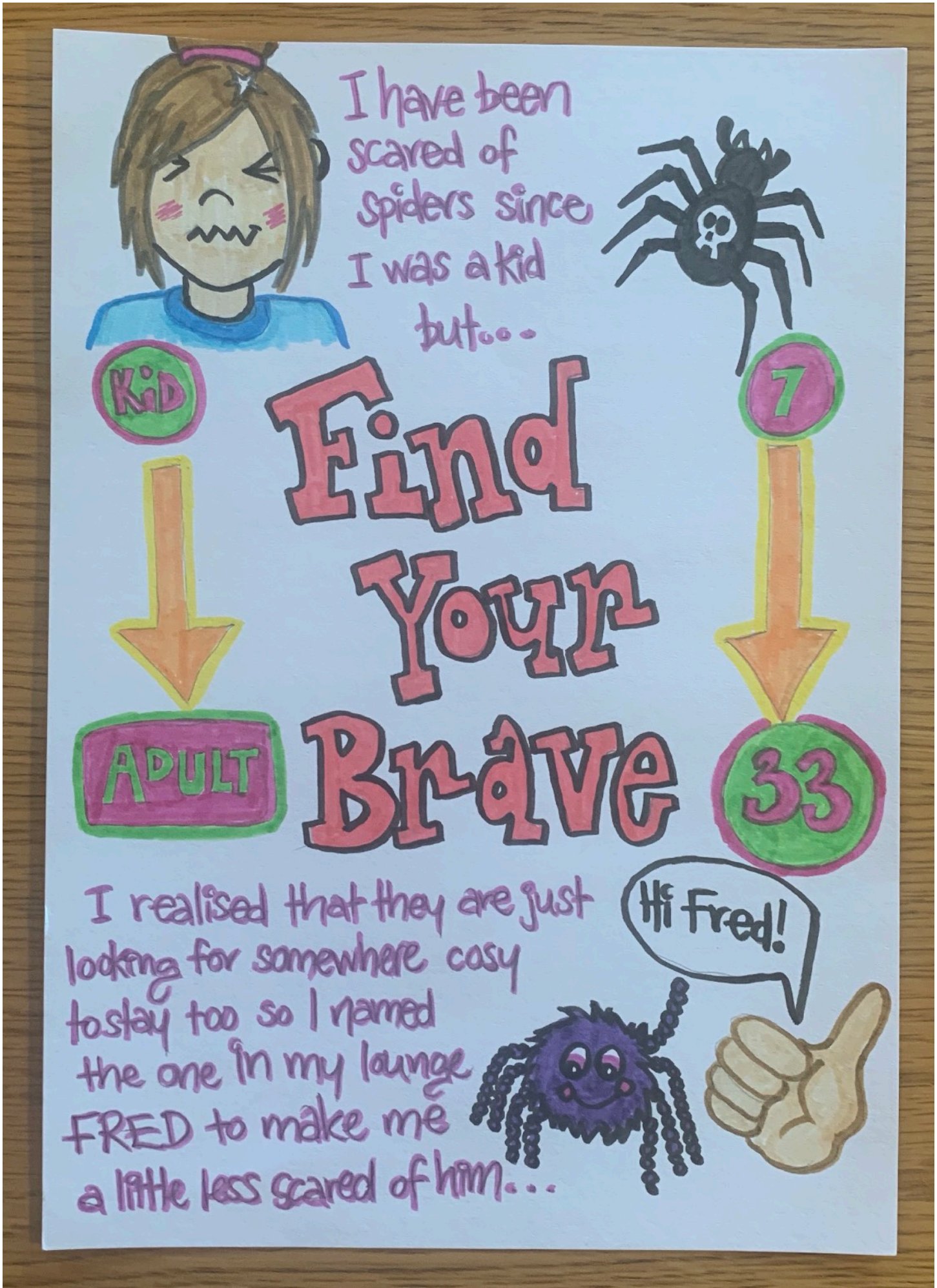






Once you are happy with your poster you can colour it in - we even added an outline to really make the text and images pop!

There you have it your very own “Find your Brave” poster!



Here is another we made to inspire you!

