**In celebration of Children’s Mental Health Week (1st-7th February 2021).**

**Why not plan to use our free videos and help children Express Themselves!!**

**Children are struggling to express their emotions during this time, so please utilise our specialist, fun and engaging videos next week to bring out their creativity and confidence.**

How can[**YogaBugs**](https://www.thebugsgroup.com/yogabugsvirtual/) help children express themselves?  
Take a look at the video below to find out! <https://www.youtube.com/watch?v=A5TtAHKv8w0&safe=active>

[](https://www.youtube.com/watch?v=A5TtAHKv8w0)

**How do I access the free videos for children’s mental health week?**

        Simply click this link <https://vimeo.com/showcase/8056777>

        And enter your Password is: emotionsneedtobeexpressed