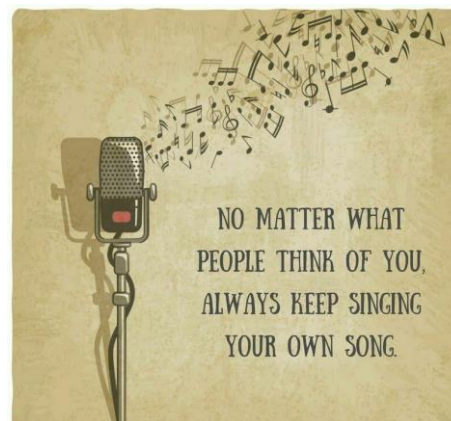


## Morning messages using 'Sing' the movie

### Children's Mental Health Week



#### Monday:

This week is Children's Mental Health Week. Boys and girls and adults too can pause and remember that each one of us is unique, fearfully and wonderfully made, and that we all have something to celebrate about ourselves.

The theme this year is EXPRESS YOURSELF.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

This made me think about a movie released a couple of years ago called 'Sing'. Each of the characters is very different but they all love to express themselves through SONG.

Each day this week we will watch a different Sing performance - click on the link below. Just like Johnny, you have had to save some tough stuff recently but you are still standing! Enjoy the song!

[https://m.youtube.com/watch?v=iLjO4msTk\\_w&fbclid=IwAR2C4Tkpr9uFQ1ApoEU7ltNlx4NfF2ThuE3GaG9kf1HYmZCzB5de9Bq0x5Y](https://m.youtube.com/watch?v=iLjO4msTk_w&fbclid=IwAR2C4Tkpr9uFQ1ApoEU7ltNlx4NfF2ThuE3GaG9kf1HYmZCzB5de9Bq0x5Y)

#### For Tuesday:

Perhaps you sometimes feel like everyone's laughing at you or talking about you behind your back, like they are telling you that you're not worthy of being seen or heard. Perhaps you tell yourself that.

That is not true. That is a lie.

You are worthy of being noticed, being respected and being heard. Your ideas and your thoughts are worthy of being shared and listened to.

In the movie 'Sing' Meena has this incredible talent and yet because of how other people look at her, laugh at her and speak to her, and tell her she's not good enough, she feels she cannot let her voice be heard.

When Meena finally steps forward to sing, it's a really big moment of bravery for her. The koala tells her to take deep breaths and that she will not feel afraid anymore if she just starts singing.

Singing this song today won't take away all of your fears and insecurities however we can all still try to be brave and try to find ways to express ourselves no matter what others think or say about us.

Today, let's be like Meena and SING!

<https://m.youtube.com/watch?v=P3wSCwdtxkc>

### **For Wednesday:**

Well done, you have made it to Wednesday. Some people call it hump day as it is the middle or the 'hump' of the working hill that we have to climb each week. We are all hoping that we are now at the hump or the peak of this situation and that we can begin to look beyond where we are now to a return to normal school routine. Until then, we keep climbing side by side.

Whether you are in school at key workers club or working in a corner of a room at home, perhaps you are bored with the daily grind of lockdown learning.

This makes me think of how Rosita the mummy pig feels in the movie Sing. Day after day she has the same home routine, repeating the same chores and longing for some way to express herself. In her kitchen with the radio on, she can't help tapping her feet to the beat. In the supermarket, she can't help breaking out into a dance routine when she hears a catchy tune. When she finally sees there's an opportunity for her to perform in the singing competition she grabs the chance to do this one thing to express herself.

In my kitchen I have a sign that a dear teacher friend gave me which says 'This Kitchen Is For Dancing'. Today, at some point, please stop your school work and make time for some music in your day. Ask Alexa to play songs to dance to. Turn on the radio. Switch on a music channel. Replay the songs I've sent you over the past days and weeks when we've joined together online each morning online for the morning instruction video.

Today, be like Rosita - shake off the school work blues, let the beat lift your mood and smile.

<https://m.youtube.com/watch?v=y2joDOunHBo>

### **For Thursday:**

Do you ever find it hard to share how you really feel deep down inside? Do you find it hard to put it into words when you are upset or worried or cross about someone or something that has happened?

Lots of us feel that way even though it might not seem like we do. We wish we could say what is upsetting or worrying us but when we try to speak out the words choke us, we get embarrassed, we feel even worse than before. Or maybe you are the opposite and the words fly out of your mouth so fast that you hurt those around you as you express exactly how you feel.

In 'Sing', Ash is a little bit of a rebel; she's a prickly teenage porcupine with a punk rock attitude. In rehearsals, her rebellious nature continually puts her at odds with Buster, when all she wants to do is write her own authentic songs that reflect her heart and her style.

Today, when you get frustrated or anxious, try to stop and take a breath; you might need to go for a walk, sit down with a book, play some music, or simply reach out for a hug. Find a way to express how you feel. Perhaps in a doodle on a page, a message to your friend or through the words of a song. Don't let what frustrates you fester.

In her performance on stage, Ash sings, "Cause nothing's keeping me down, Gonna let it all out, Come on and say right now..."

Whatever is worrying you today, please don't let it keep you down. Let it out. Say it right now by sharing your worries with those who love you and they will listen to whatever is on your mind.

<https://m.youtube.com/watch?v=10MqDLLxE1A>

### **Final thoughts for the Friday message:**

Do you ever look up at the sky on a quiet, still night? As you lift your eyes, you may only see one star in the enormous expanse of black and the rest of the sky appears empty. After a short time, you can see more stars appear. Soon, many more are visible. The stars are always there when we first look up but we can't see them until the darkness settles in around us and we grow accustomed to the night light.

Sometimes we can feel like we are alone in the dark with what makes us upset or afraid. Our worries stop us from seeing the goodness and the light within each of us and around us. Sometimes we need to reach out to someone to ask them to shine a light on our situation to help us when we feel we can't find our own way. It is good to talk about how you feel and to ask for help.

In the movie "Sing" Buster the koala feels like he is facing a dark future, like his world is crumbling around him as he is about to lose his theatre. He loses hope until the other animals convince him that the show must go on.

The song at the end credits of the movie is the one that I want you to play loudly today. The chorus is, "I got faith in you baby, I got faith in you now..." Having faith is having complete trust or confidence in someone or something. Just like how we have faith that the stars are in the night sky even when we can't see them and we have faith that the sun will rise and set each day.

Faith is what helps to get us through when things are hard, in times of darkness, helping to give us strength. Without faith, we are nothing. So, whether you see the darkness or the stars when you look up, as you listen to this song today know that 'I got faith in you'.

[https://m.youtube.com/watch?v=opGJR\\_dBEvY](https://m.youtube.com/watch?v=opGJR_dBEvY)