

MY EMOJI #THREEFOR3

LINKED TO THE #THREEFOR3 CAMPAIGN IN PARTNERSHIP
WITH OTHER YOUTH ORGANISATIONS



GET CREATIVE



20 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

Design a 'Lockdown Emoji' and talk about three things you're doing to look after your wellbeing and keep a smile on your face.

Design a brand-new emoji, representing a feeling you have during this time of lockdown. You could do this with colouring pens, paint, tissue paper, playdough - anything you want!

Your lockdown emoji could be how you feel on a Thursday evening when you clap for key workers, how you feel when you're playing in the garden with your family, how you feel about the NHS.

After you've done this, have a think about three things you are doing, thinking or saying to look after your mental wellbeing and keep a smile on your face. If you are happy to, share them with your family members and encourage them to share three things they are doing.

Ask a grown-up to take a photo of your emoji and your #ThreeFor3 wellbeing actions and share it with your BB group or post on social media using #BBatHOME and #ThreeFor3.



WHAT YOU'LL NEED

- Pen & Paper
- Craft Materials



NOTES FOR PARENTS & CARERS

Talking about feeling may be difficult or sensitive, please be ready to help and support. An adult should initiate any contact with the BB group and/or share on social media.