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the European Union

**HEALTHY  
MIND,  
HEALTHY  
CHILD**

# PRESS RELEASE #6

## Digital Storytelling Helps Children Express Their Emotions

The Healthy Mind, Healthy Child project is introducing Digital Storytelling as a creative method for supporting children's emotional wellbeing.

Through digital tools and storytelling platforms, children will be able to express their thoughts, experiences and emotions in a safe and supportive environment.

Creative expression plays a key role in emotional development and can help children process difficult experiences. By combining technology with storytelling, the project offers a modern approach to emotional education.

The activity also promotes digital literacy while encouraging children to communicate their feelings openly.