



WELCOME TO

Children's Mental Health Week 2022



Did you know that?

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK**

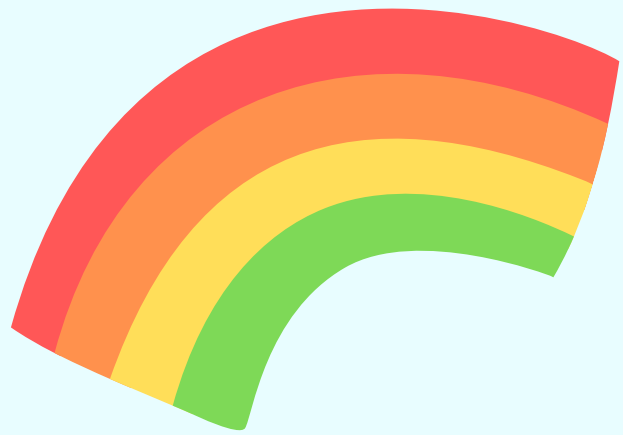
7 - 13 FEBRUARY 2022

This week is Place2Be's Children's Mental Health Week and the theme is 'Growing Together'. We are going to be looking at ways that we 'grow' emotionally and supporting each other to grow.

The
Exciting
Teacher

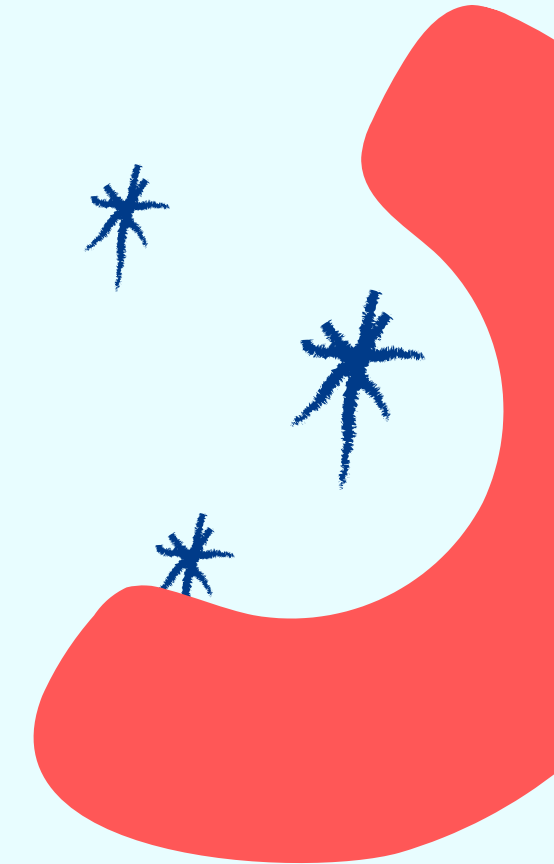
Member's Club

What is Mental Health?



When we think about 'health', we often think about our physical health, such as eating well and getting exercise. However, our Mental Health is just as important but what do we mean by 'mental health and wellbeing'?





What does
good mental
health look
like?





♥ Examples of good ♥ mental health include:

1. Feeling happy and calm.
2. Wanting to do things, such as clubs or hobbies.
3. Being full of energy.
4. Sleeping and eating well.
5. Being able to concentrate and enjoy life.

What does
poor mental
health look
like?



Examples of Poor mental health include:

1. Feeling worried often.
2. Unable to concentrate.
3. Low mood.
4. Feeling sluggish or tired more often.
5. Changes to your sleep, eating, or hygiene.
6. Not wanting to socialise or complete hobbies that you previously enjoyed.

The background is a light blue sky with various decorative elements. In the top left, there are two small black starburst icons. Below them is a blue wavy shape. In the top right, there is a large pink wavy shape with two black heart outlines. In the bottom left, there is a large rainbow with red, orange, yellow, and green bands. In the bottom right, there are blue wavy shapes and two more black starburst icons. The central text is in a dark blue, rounded font, with the words 'our own' in a lighter blue color.

How can we
look after **our own**
mental health?

The
Exciting
Teacher

Member's Club

We can:

1. Talk about how we feel to someone we trust.
2. Spend time outdoors.
3. Do things we enjoy.
4. Eat healthily, drink lots of water, exercise and get enough regular sleep.
5. Ensure that we are completing activities away from screens.

YOU SHOULD
PAUSE HERE TO
THINK ABOUT WHO
YOUR 5 TRUSTED
ADULTS ARE!

If you are
struggling,
who can you
talk to?



TASK: MAKE A LIST!

The
Exciting
Teacher

Member's Club

Seeking Support * *

If you do not want to talk to your family, friends, or school staff when you are struggling then there are many services that are here to listen and keep you safe. *

CHILDLINE: 0800 1111

WWW.YOUNGMINDS.ORG.UK

TEXT: SHOUT TO 85258 (A FREE TEXT SERVICE)

NHS 111

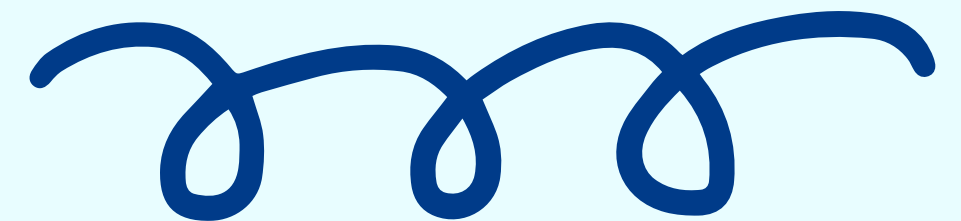
FOR EMERGENCIES: 999 OR A&E

The
Exciting
Teacher
Member's Club

Growing

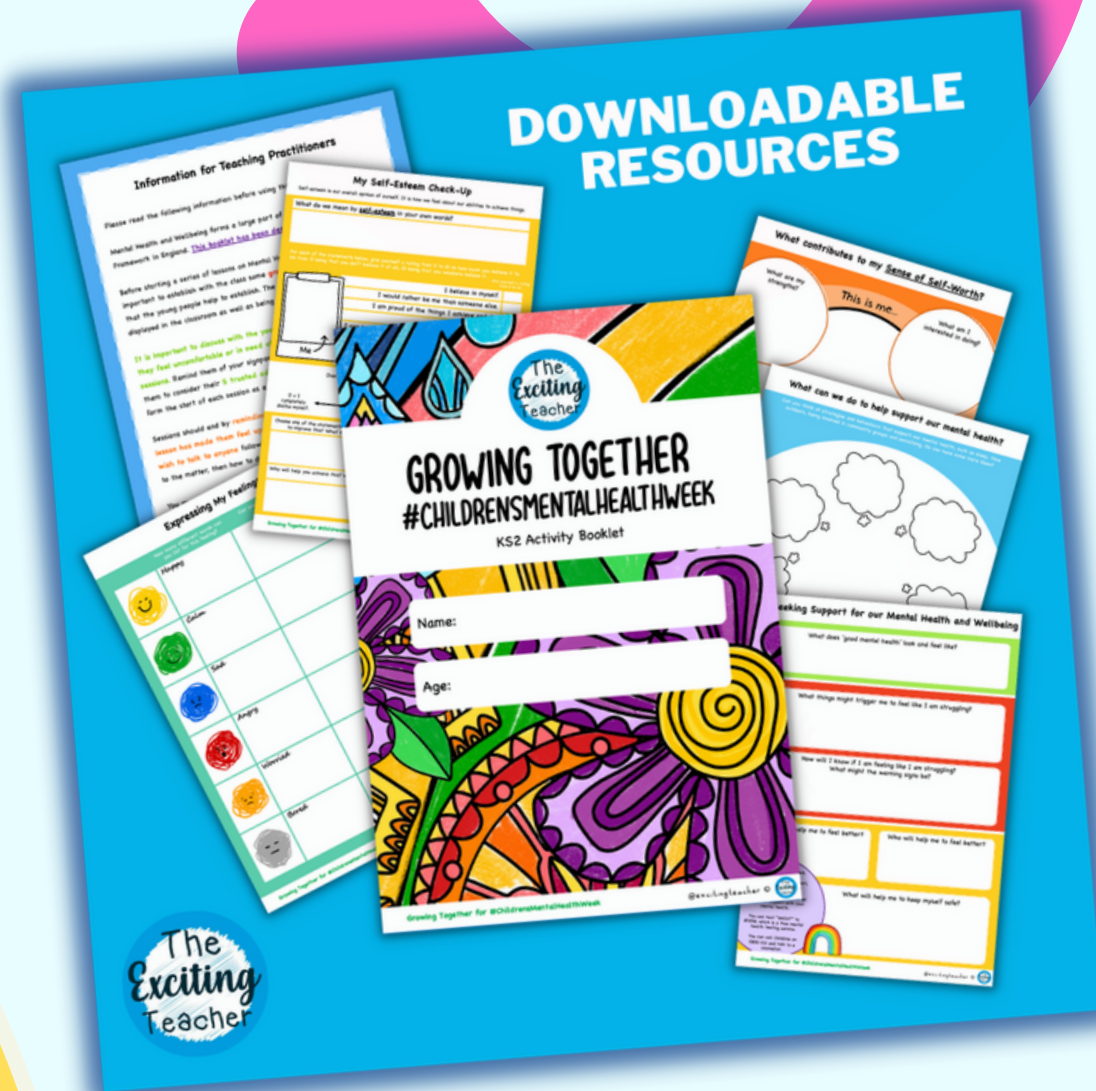
Throughout our lives we are constantly growing, learning more about ourselves and others.

Sometimes we face situations or times in our lives when we feel challenged. It is important that we grow our emotional resilience and think about how we are able to bounce back in times that are tricky.



'Growing Together' Activities

Here are some activities that will help you to think about the idea of 'growing together'.



The
Exciting
Teacher

Member's Club