



GROW TOGETHER

CHILDREN'S MENTAL HEALTH WEEK



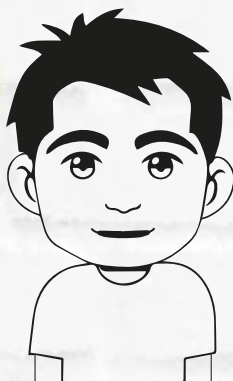
To celebrate Place2Be's Children's Mental Health Week,
we'll be exploring some creative ways to grow
emotionally and find ways to help each other grow.

These activities come from Place2Be's Primary resources which can be
found here: www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/

Look how we've changed!



Brainstorm all the things
you have learnt and all
the changes you've been
through since you were
born!



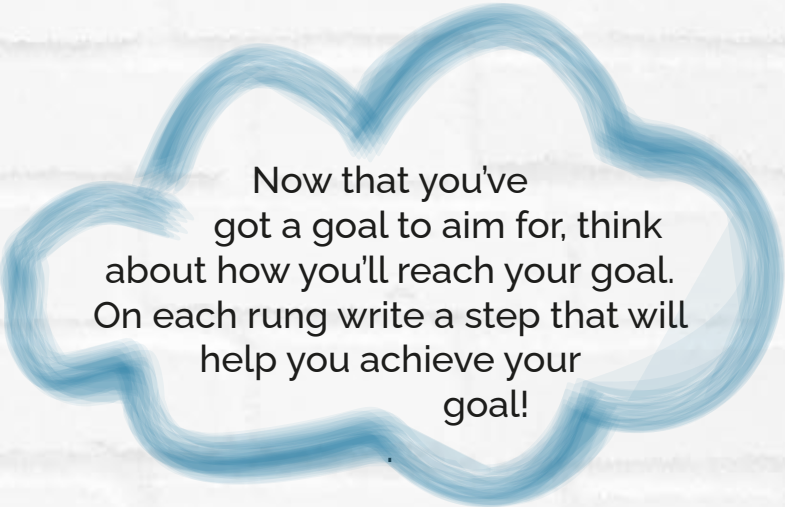
Reach for the Stars!



If you want to grow, having a goal to aim for is super important!



In the star
write your goal,
it could be big or small!

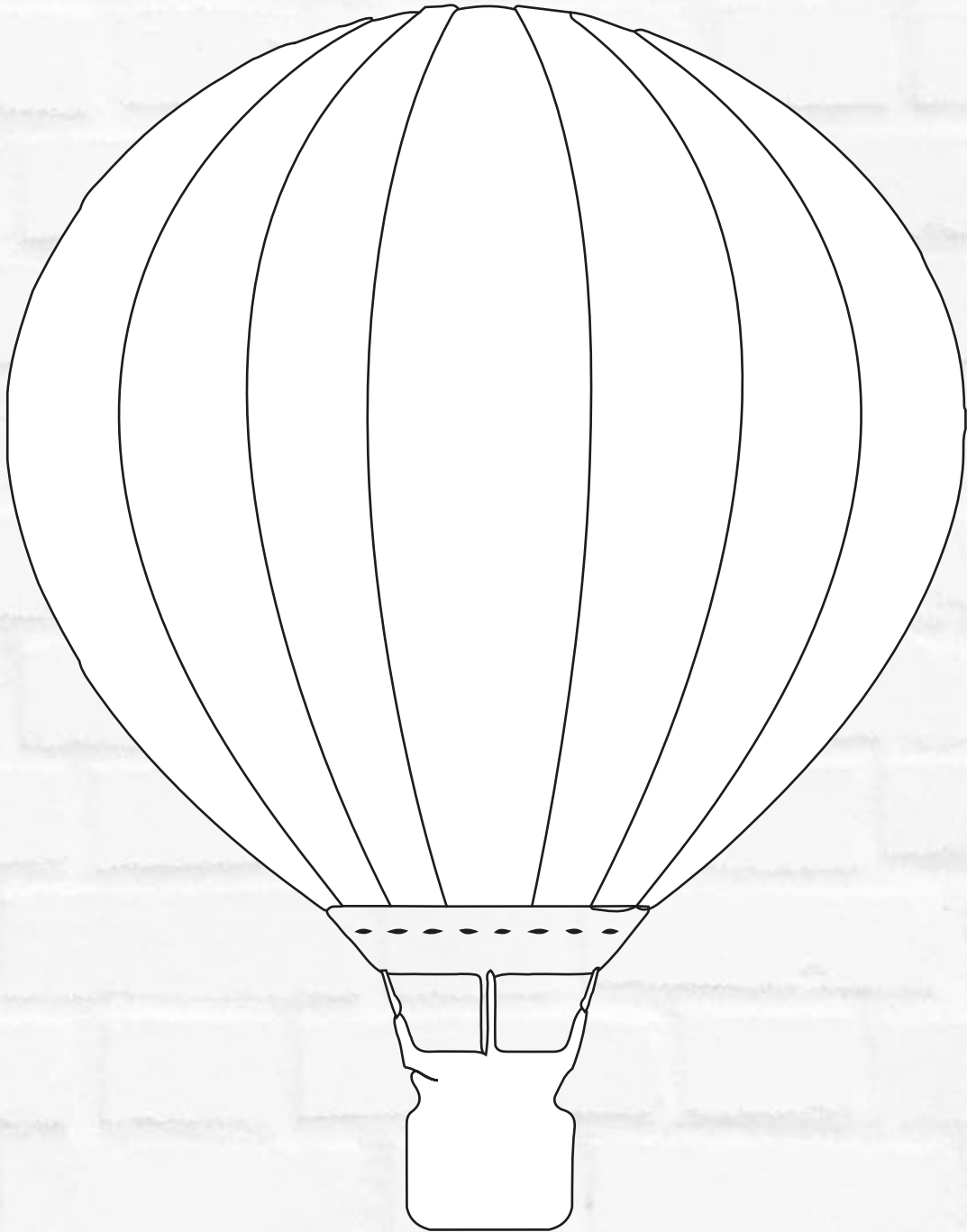


Now that you've
got a goal to aim for, think
about how you'll reach your goal.
On each rung write a step that will
help you achieve your
goal!



Support Balloons

Take some time to think about the people in your lives that support you and help you grow. Write their names around the balloon below and decorate the balloon. This balloon represents how the people in your support network 'lift you up', particularly when it gets tough.



Step by Step

Chose a hobby you enjoy or a skill you have and draw/write a comic strip below about how you developed the skill, what problems you encountered and how you overcame them.



Growing Wall

Write or draw something you have learned, achieved or found out about yourself or others. Put these together with others and create a 'Growing Wall'.

Some examples could be: 'I found someone else to play with when my friend was absent', 'I read aloud in class, even though I felt really nervous.'



Wellbeing Well

Below draw a picture of who or what helps you when you feel upset, angry or worried. Then write a sentence about how this makes you feel better. For example: "listening to my favourite music makes me feel calm."



Put everyone's ideas into a box to create a 'Wellbeing Well'. Then you can go to the well to get some ideas to help your wellbeing.

**We'd love to see all the ways you've celebrated
Children's Mental Health Week and the theme of
'Growing Together'.**

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Instagram, Facebook or Twitter @youngsomerset

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