

GROW TOGETHER

CHILDREN'S MENTAL HEALTH WEEK

To celebrate Place2Be's Children's Mental Health Week, here are 5 ways for you to explore the theme 'Growing Together'

DAY 1

Write a letter to your young self!

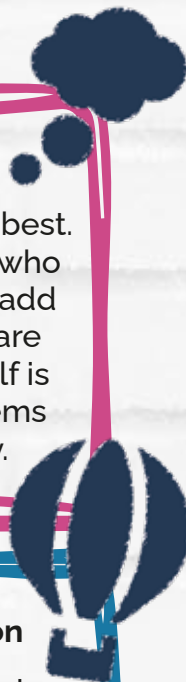
Think about all the things you've learnt over the years and what advise you'd give to your younger self.



DAY 2

Your Best Self

Draw a picture of yourself at your best. Think about what you are doing, who you are with, where you are and add thought bubbles with how you are feeling. Remember your best self is always there – even when it seems things are not going your way.



DAY 3

"A journey of a 1000 miles begins with a single step"

Think about some ways you'd like to grow in the future - this could be learning something new, making new friends or travelling to somewhere you've not been before. Now think of some small steps that will help you achieve these goals.



DAY 4

Your Support Balloon

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

DAY 5

Growing Together

Working with others can make changes that impact everyone e.g. the abolition of slavery, votes for women etc. How can you collectively try to make things better for others? For example in your school or community.



We'd love to see all the ways you've celebrated Children's Mental Health Week and the theme of 'Growing Together'. Tag us on Instagram, Facebook or Twitter @youngsomerset

