

What will we be doing in Children's Mental Health week?

We will make links to our current work on Learning Powers and Growth Mindset and encourage the children to consider how and why they make connections, how they can continue to connect and how they can help others to connect.

This will take place during:

- Assemblies
- Circle times
- Afternoon activities
- Story times
- Home Learning

If you have any questions, please ask your class teacher.

Building relationships is not about transactions- it's about connections

Every person is a new door to a different world.

Learn how to see. Realise that everything connects to everything else.

I make meaningful connections. I put time and effort into my relationships

I'm not telling you it's going to be easy, I'm telling you it's going to be worth it.

Two Rivers Federation supporting Children's Mental Health Week 2023



An information booklet for parents and carers.





Place2Be launched the first-ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health.

Now in its ninth year, we hope to encourage more people than ever to get involved, [spread the word](#), and [raise vital funds](#) for children's mental health.

Every year, Place2Be's expert team develops resources to help people participate in the week. From activity ideas and assembly guides to top tips and videos, our free resources will help you explore mental health and wellbeing with the children and young people around you.

<https://www.childrensmentalhealthweek.org.uk/>

"Good mental health to me in my school is knowing we are all good at something, being resilient and never giving up when we struggle. Some people find it harder than others but we all have something to give to our school." Megan C Year 6

What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They can stop us doing what we want to in our lives. We need to look after our mental health to be able to survive the big feelings as well as the small.

The theme of this year's Children's Mental Health Week is **Let's Connect**. Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health. Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely - which can have a negative impact on our mental health. Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond. For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways.