

**"KNOW YOURSELF,
GROW YOURSELF"**

**CHILDREN'S MENTAL HEALTH WEEK
RESOURCE PACK**



3-9 FEBRUARY 2025

**" DO THE BEST YOU CAN
UNTIL YOU KNOW BETTER.
THEN WHEN YOU KNOW
BETTER, DO BETTER "**

-MAYA ANGELOU



This year Place2Be have partnered with Here4You by the Walt Disney Company for Children's Mental Health Week!

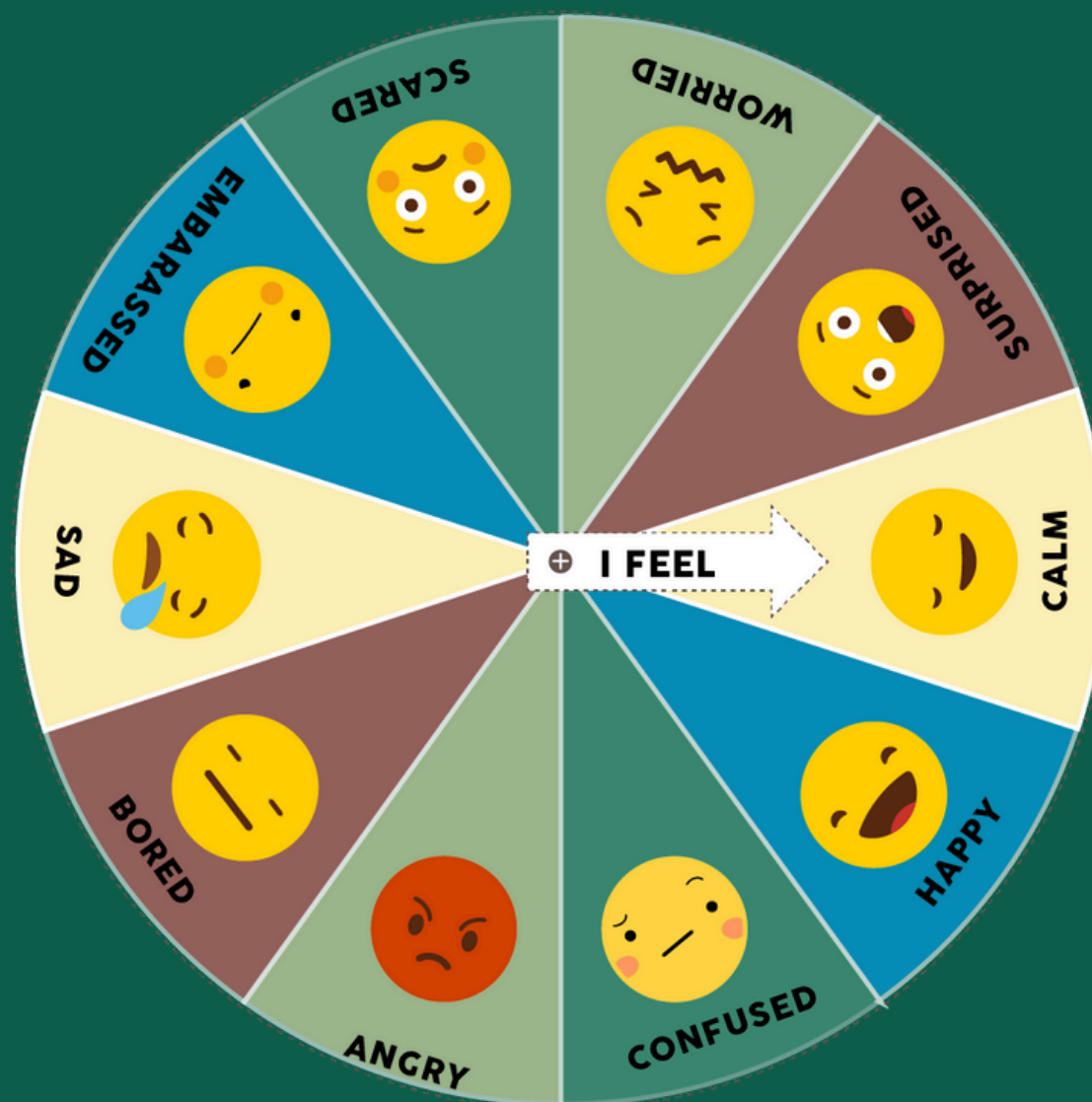
The theme for this year is *'Know Yourself, Grow Yourself'*. The resources in this pack will give you some tips and help you explore the importance of self-awareness and expressing emotions



CHILDREN

EXPLORE & GROW

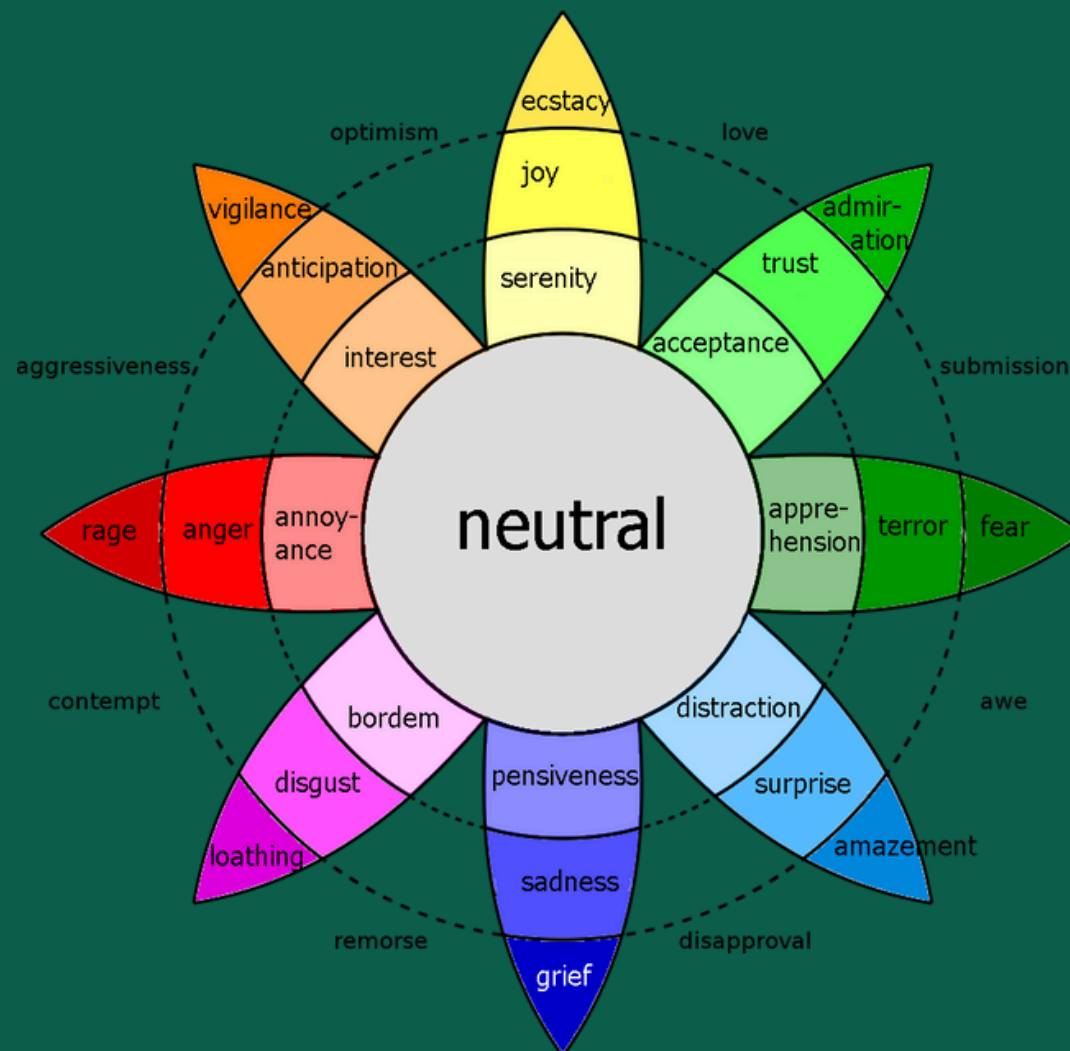
- **Tip 1:** Practice Self-Reflection – Take a moment each day to think about how you feel and why. Use tools like the emotion wheel below to help identify your feelings.



YOUNG PEOPLE

EXPLORE & GROW

- **Tip 1:** Practice Self-Reflection – Take a moment each day to think about how you feel and why. Use tools like the emotion wheel below to help identify your feelings.



[Click here to download a free interactive copy of the emotions wheel above](#)



CHILDREN & YOUNG PEOPLE

EXPLORE & GROW

- **Tip 2:** Set Personal Goals – Write down one thing you'd like to improve about yourself and plan small steps to achieve it.
- **Tip 3:** Celebrate Strengths – Make a list of things you're good at and things you love about yourself. Keep it somewhere you can see it often.



CHILDREN & YOUNG PEOPLE

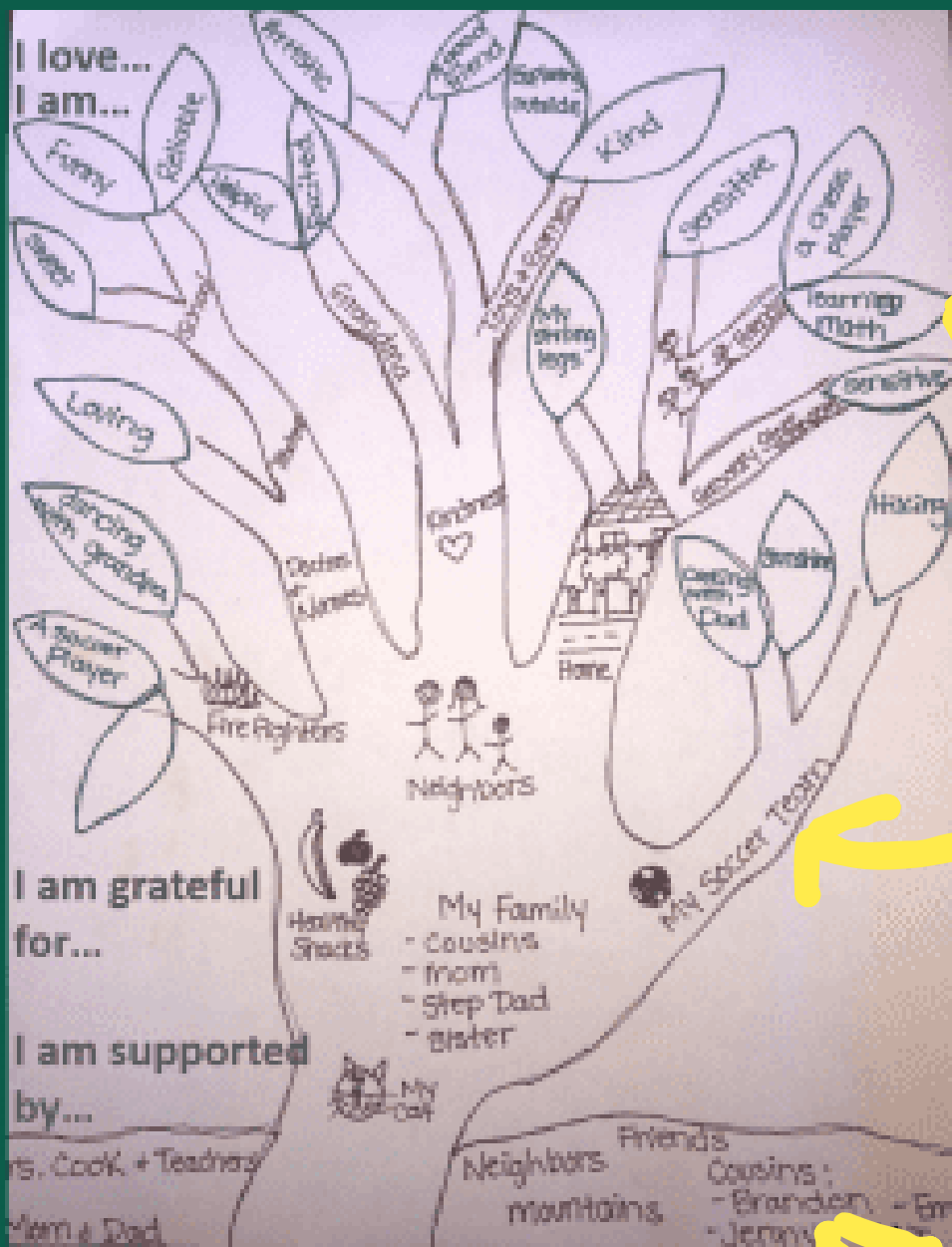
EXPLORE & GROW

- **Tip 4:** Create a "Me Tree" where each branch represents a strength, talent, or passion of yours.
- **Steps to create a "Me Tree":**
 1. Trace your hand on a piece of paper leaving the fingertips open to draw longer branches.
 2. Draw your branches from your fingertips leaving room for lots of leaves.
 3. Draw as many leaves as you want (make sure to make them large enough to write things or draw inside!)
 4. Draw some soil on the bottom of your page leaving room between the bottom of your paper and the top of the soil for writing or drawing!



CHILDREN & YOUNG PEOPLE EXPLORE & GROW

HERE IS AN EXAMPLE
OF A 'ME TREE':



Leaves: "I love.../ I am.."

Tree trunk and
branches: "I am
grateful for.."

Soil: "I am supported
by.."

FAMILIES

SUPPORTING GROWTH AT HOME

- **Tip 1:** Encourage Open Conversations – Ask your child questions like "What made you happy today?" or "What did you learn about yourself?"
- **Tip 2:** Model Growth – Share stories about times you learned something new or overcame a challenge.
- **Tip 3:** Build a Growth Environment – Create a space at home where your child feels safe to express their thoughts and emotions. Do this in a way that fits in with your family's social and cultural beliefs.
- **Tip 4:** When you notice positive things about your child, tell them what you noticed and encourage them to continue doing these positive things.



FAMILIES

SUPPORTING GROWTH AT HOME

ADDITIONAL RESOURCES:

[Click here](#) to get access to more tips and activities you can do with your family!

[Click here](#) to get access to the Parenting Smart website



SCHOOL STAFF

FOSTERING GROWTH IN THE CLASSROOM

- **Tip 1:** Promote Emotional Literacy – Start the day with a "feelings check-in" where students can share how they feel.
- **Tip 2:** Encourage a Growth Mindset – Praise effort and progress made by students.
- **Tip 3:** Create a Culture of Kindness – Recognise acts of kindness and celebrate individual strengths in class.
- **Tip 4:** If you are able to, host a "Know Yourself, Grow Yourself" week with themed activities. For example journaling or self-portrait art projects.



SCHOOL STAFF

FOSTERING GROWTH IN THE CLASSROOM

ADDITIONAL RESOURCES:

[Click Here](#) to download the Place2Be Schools pack or gain access to assembly slides



WHAT TO DO IF YOU NEED HELP

Children and Young People

You can call **Childline** on **0800 1111**

If you are a young person and would like some advice from the Young Minds Crisis Messenger Service you can text 'YM' to **85258**

Parents

If you would like to see the range of programmes, workshops and online resources for parents to access for free [Click Here](#)

If you are concerned about your child's emotions or wellbeing then please speak to a member of the pastoral team at your child's school. If you feel your child requires support outside of school then please speak to your GP.

Emergencies

If you or a young person you know requires urgent advice call **111**

If you or a young person you know require immediate assistance then attend A&E