

Know Yourself, Grow Yourself

Children's Mental Health Week



Mental Health

When we talk about being healthy, we often think about our bodies.

Looking after our bodies is very important and there are lots of things we can do to keep our bodies healthy and well.

It is important that we look after our minds as well as our bodies.

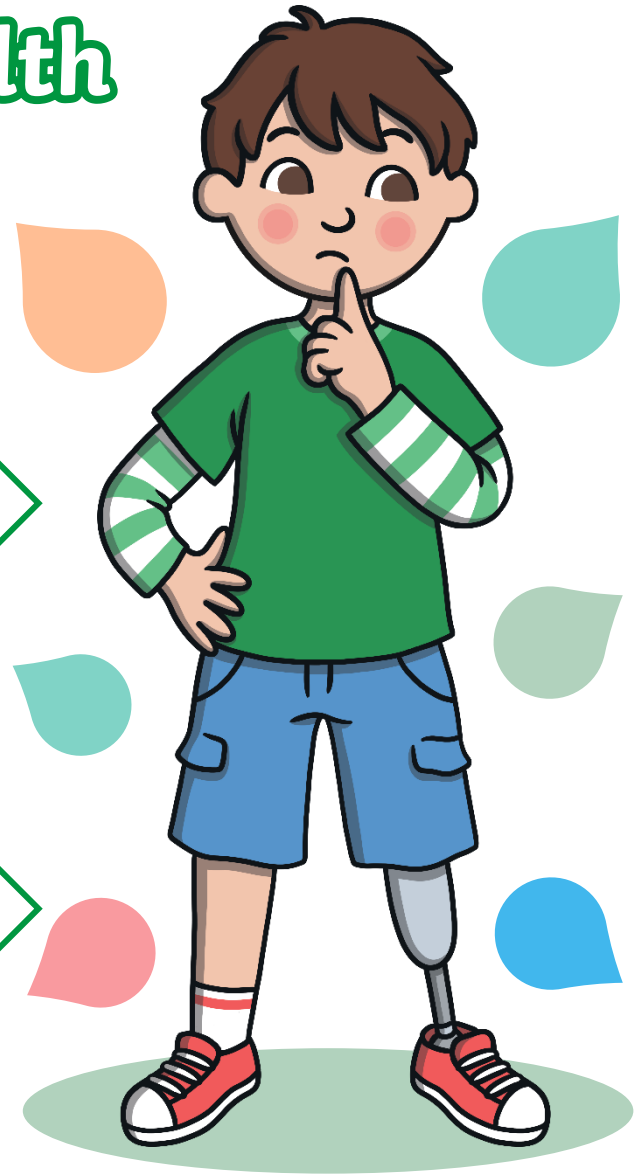


Mental Health

Mental health is all about how we are feeling and the thoughts we are having.

How we are feeling can affect the choices we make and how we behave.

Mental health includes all the different things we do to keep our minds healthy and well.



Children's Mental Health Week

Children's Mental Health Week takes place in February every year.



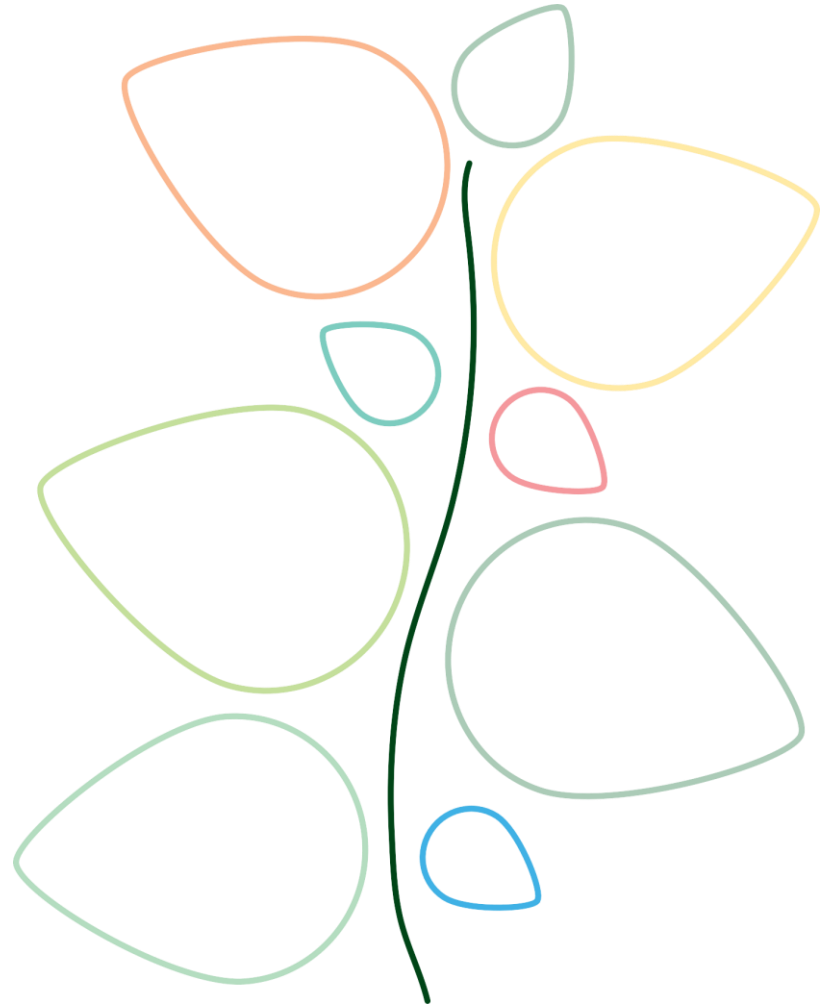
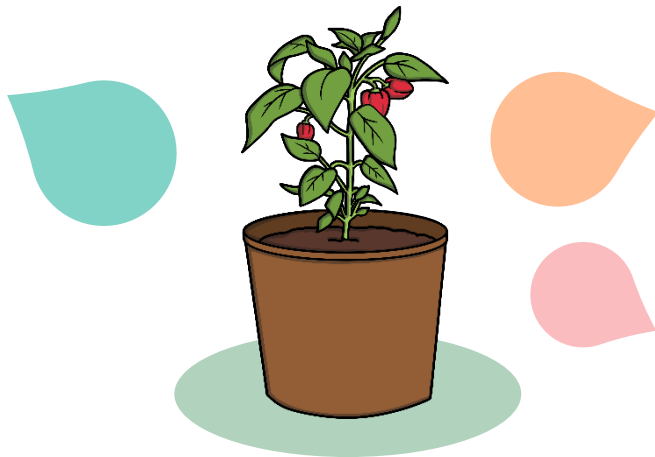
It helps children to learn all about mental health.

Children's Mental Health Week

Each year, a different topic is picked.

This year's theme is:

Know Yourself, Grow Yourself





Know Yourself, Grow Yourself



This year's theme is all about knowing ourselves.

Knowing ourselves can help us to understand our feelings.

Knowing ourselves helps us understand what makes us feel happy.

Knowing ourselves helps us to make choices.

Knowing ourselves helps us to know what we are good at.

Knowing ourselves can help us face challenges.

Knowing ourselves helps us to make friends.





Know Yourself, Grow Yourself



Let's take some time getting to know ourselves.

Think about:

something you are good at;

something that makes you smile;

something you would like to get better at;

someone who is special to you.



Know Yourself, Grow Yourself

We all feel a big range of emotions every day. Every feeling is OK.

Sometimes, we can feel:

- happy;
- sad;
- excited;
- angry;
- frustrated;
- calm;
- worried.



There will be some emotions that help us to feel good and some that we find uncomfortable.

Know Yourself, Grow Yourself

Knowing ourselves includes getting to know our feelings and emotions.

We can learn what makes us feel happy and other comfortable emotions.



We can learn what makes us feel better when we feel sad or other uncomfortable emotions.



Know Yourself, Grow Yourself

Thinking about who helps us is understanding when we need help and who we can ask for help.

This could be:

- parents;
- brothers or sisters;
- grandparents;
- carers;
- friends;
- other family members, such as aunts and uncles;
- teachers;
- childminders;
- someone whose job it is to keep us safe.

Can you think of any others?

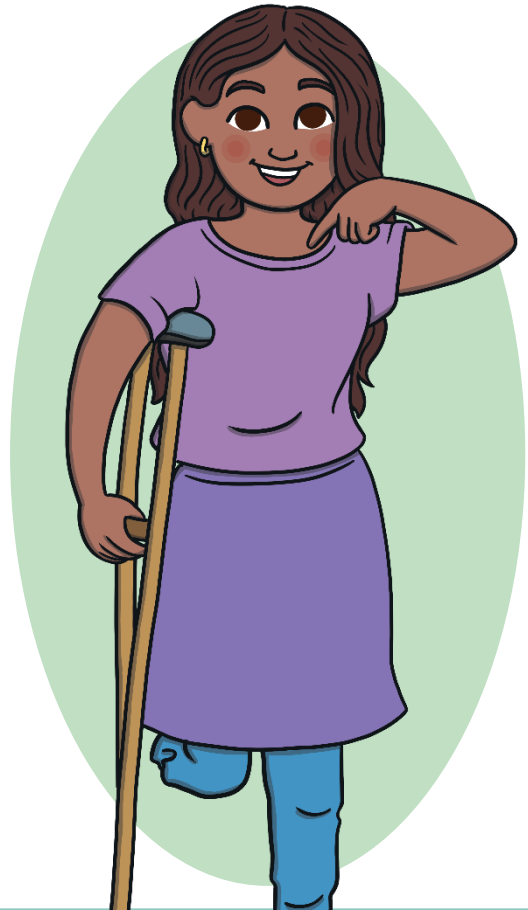


Looking After Our Mental Health

As well as getting to know ourselves, there are lots of things that can help us to look after our minds and our mental health.

This could be:

- spending time with people we love;
- playing with our friends;
- asking for help when we need it;
- being creative;
- being kind to ourselves and to others;
- talking to people we trust about our feelings;
- getting a good night's sleep;
- doing things we enjoy;
- spending time outside;
- being active;
- learning something new.



Take some time during Children's Mental Health Week to know yourself and grow yourself.



