

Children's Mental Health Week

Children's Mental Health Week runs from 7th to 13th February 2022.

It is a time for children, young people and adults to celebrate their differences.



It is an opportunity to support others and to help everyone feel good about themselves.

The theme for Children's Mental Health Week 2022 is 'Growing Together'. There are lots of ways that we can grow:



growing taller



getting faster



joining our handwriting



We can notice all of the ways that we have grown and celebrate them. This makes us feel good, especially when we face difficult times.

Remember, we are always growing and changing. If you feel like you are not good at something now, why not practise it until you are?



What Is Mental Health?

Mental health concerns how people feel about things in their lives, such as their relationships, health, work and how they feel about themselves. Mental health is important because it can affect how people deal with different situations each day.

A Place2Be

The school-based charity called Place2Be was founded in 1994.

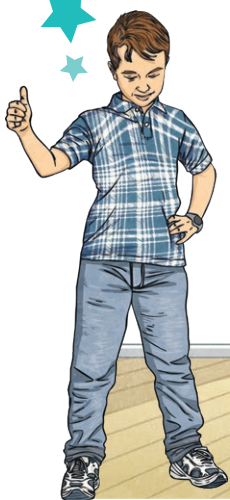
The charity has gone from supporting a few schools in London to supporting over 700 schools nationwide.



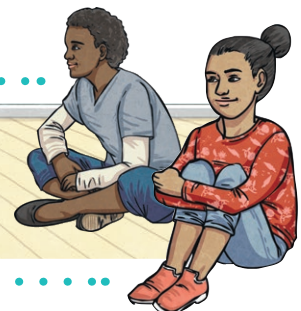
The charity helps children become more confident and positive through talk, creative work and play.

They also provide school support and training to help children develop a positive self-image.

Place2Be launched the first Children's Mental Health Week in 2015.



Place2Be wants to help let people know that children's mental health is just as important as what they learn in class. Mental health improves if people have a positive view of themselves and notice how they have grown. The aim is to help children learn how to have good self-esteem and tackle life's challenges in the future.



A Royal Patron

The Duchess of Cambridge has been a patron of Place2Be since 2013. She says that people who care for children must work together to help children be the best they can be.



Helpful Tips

Record your changing height on a wall chart to see how tall you are getting.

Write down one thing that you can do now that you couldn't do very well last year.

Tell a friend something that they are really good at.

Remember a time when things went wrong for you or when you felt bad. How did you cope then? Do you feel better now? That means you have grown!



Questions

1. In which month will Children's Mental Health Week be celebrated? Tick one.

- ☐ January
- ☐ February
- ☐ March
- ☐ April

2. What is the theme for this year's Children's Mental Health Week?

3. Match each event with the year it happened.

The Duchess of Cambridge became a patron of Place2Be.	1994
The first Children's Mental Health Week took place.	2013
Place2Be was founded.	2015

4. Find and copy one word which means 'across the country'.

5. Which of the helpful tips do you think is most important and why?

6. How many schools have Place2Be supported? Tick one.

- ☐ 1994
- ☐ over 700
- ☐ 2015
- ☐ exactly 700

7. Tick **true** or **false** for each statement.

	True	False
There are only three ways that we can grow.		
Place2Be started Children's Mental Health Week in 2014.		
Children's Mental Health Week is a celebration of intelligence.		
Mental health means how people feel about different things in their life, such as relationships, health, work and themselves.		

Answers

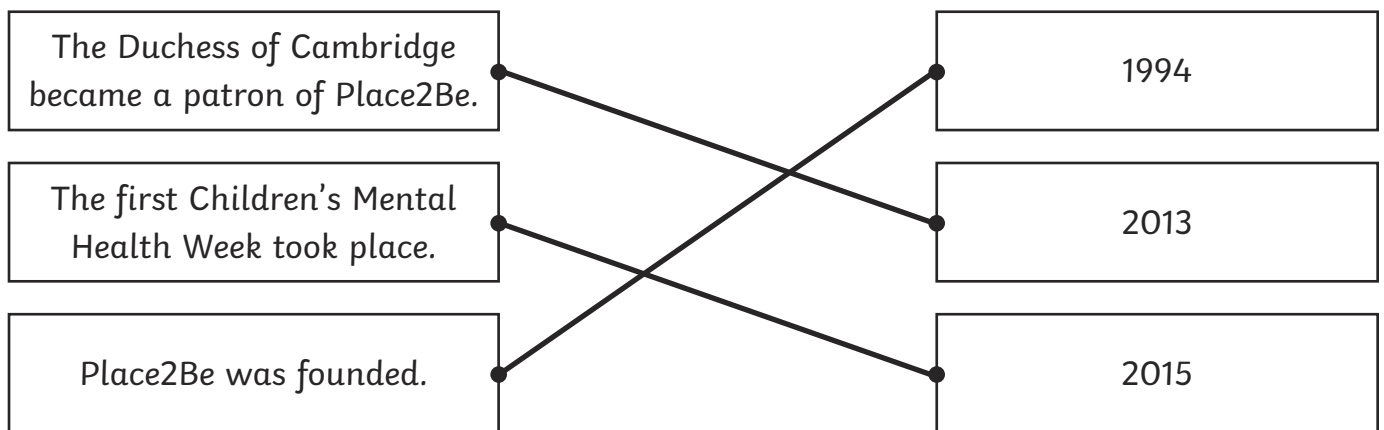
1. In which month will Children's Mental Health Week be celebrated? Tick one.

- ☐ January
☒ **February**
☐ March
☐ April

2. What is the theme for this year's Children's Mental Health Week?

'Growing Together' is the theme for this year's Children Mental Health Week.

3. Match each event with the year it happened.



4. Find and copy one word which means 'across the country'.

nationwide

5. Which of the helpful tips do you think is most important and why?

Pupils' own responses, such as: I think the tip about thinking about a time when things went wrong is helpful because it reminds you how much you have grown since then.

6. How many schools have Place2Be supported? Tick one.

- ☐ 1994
- ☒ **over 700**
- ☐ 2015
- ☐ exactly 700

7. Tick **true** or **false** for each statement.

	True	False
There are only three ways that we can grow.		✓
Place2Be started Children's Mental Health Week in 2014.		✓
Children's Mental Health Week is a celebration of intelligence.		✓
Mental health means how people feel about different things in their life, such as relationships, health, work and themselves.	✓	

Children's Mental Health Week



A Celebration of You

Children's Mental Health Week runs from 7th to 13th February 2022. It is a time for children, young people and adults to celebrate their achievements and support each other to feel good.



It is a chance to notice that everyone is growing, changing and improving all the time.

The theme for Children's Mental Health Week 2022 is 'Growing Together'. You are always growing and changing. These are some things you might notice:



getting taller



swimming further



your handwriting getting neater



We are always growing although we don't always notice it. This week is a chance to think about ways that we have grown recently and celebrate them. This makes us feel good, especially during times when things are tough for us.

What Is Mental Health?

Mental health concerns how people feel about things in their lives, such as their relationships, health, work and how they feel about themselves. Mental health is important because it can affect how people deal with different situations each day.

- Remember, we are always growing and changing throughout our lives. If you feel like you need to improve something (such as writing, swimming or being a good listener), why not practise it until you can notice an improvement?

A Place2Be

A school-based charity called Place2Be was founded in 1994.

The charity has gone from supporting five schools in London, to supporting over 700 schools nationwide.



Through in-depth training, Place2Be has reached over 135,000 pupils.

The charity helps children to become more resilient through talk, creative work and play.

It also provides school support and training to help children develop a positive self-image.

The Vision of Place2Be

“Our vision is a world where children have the opportunity to grow up with prospects rather than problems.”

Place2Be launched the first Children’s Mental Health Week in 2015 to help spread the word that children’s mental health is just as important as their ability to learn. Mental health improves if people have a positive view of themselves. The charity aims to help children learn how to develop good self-esteem and tackle life’s challenges in the future.

A Royal Patron

The Duchess of Cambridge has been a patron of Place2Be since 2013. She says that people who are involved with the education and care of young people must, ‘work together to ensure the children in our care have the chance to become the best version of themselves’.



Helpful Tips

These tips are suggested to help you notice
the ways that you may have grown:

Record your height on a chart on the same date each month; measure how much taller you are than last month.

Tell a friend something that they have improved. When you tell them, ask them, 'Did you notice it?'

Thinking about last year, write down one thing that you can do now that you couldn't do then.

Remember a tricky time when it felt like you weren't good at something. How did you cope with that feeling of disappointment? Do you feel better now? That means you have grown!

Questions

1. What is one of the purposes of Children's Mental Health Week? Tick one.

- ☐ to celebrate people's similarities and have fun
- ☐ to celebrate people's strengths
- ☐ to celebrate people's differences
- ☐ to celebrate people's birthdays

2. Write one way that people grow.

3. How successful do you think Place2Be has been? Give evidence to support your opinion.

4. Look at the section called **A Place2Be**.

Find and copy one word which means 'to be able to recover quickly from a difficult situation'.

5. Match each event with the year it happened.

In 2015,

Place2Be was founded.

In 2013,

Place2Be started Children's Mental Health Week.

In 1994,

The Duchess of Cambridge became a patron of Place2Be.

6. What helps people's mental health improve? Tick one.

- ☐ having a good time
- ☐ having lots of money
- ☐ having a positive view of themselves
- ☐ having a big house

7. Which of the following could you do to see how you've grown?

Tick all the answers you think are correct.

write a poem	
read in a quiet place	
keep a log of how tall you are	
think about a difficult time and how you have changed since then	

8. When the Duchess of Cambridge says that children should **"have the chance to become the best version of themselves,"** what do you think she means?

Answers

1. What is one of the purposes of Children's Mental Health Week? Tick one.

- ☐ to celebrate people's similarities and have fun
- ☐ to celebrate people's strengths
- ☒ **to celebrate people's differences**
- ☐ to celebrate people's birthdays

2. Write one way that people grow.

Accept any of the following: getting taller, handwriting getting neater or swimming further.

3. How successful do you think Place2Be has been? Give evidence to support your opinion.

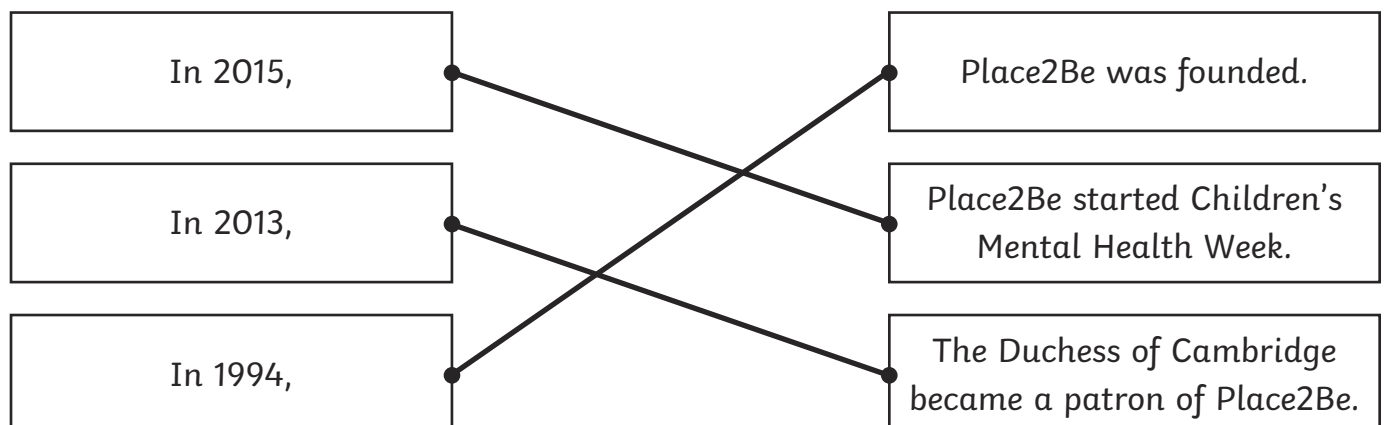
Pupils' own responses, such as: I think Place2Be has been successful because they now support over 700 schools instead of five and they have reached over 135,000 pupils.

4. Look at the section called **A Place2Be**.

Find and copy one word which means 'to be able to recover quickly from a difficult situation'.

resilient

5. Match each event with the year it happened.



6. What helps people's mental health improve? Tick one.

- ☐ having a good time
- ☐ having lots of money
- ☒ **having a positive view of themselves**
- ☐ having a big house

7. Which of the following could you do to see how you've grown?

Tick all the answers you think are correct.

write a poem	
read in a quiet place	
keep a log of how tall you are	✓
think about a difficult time and how you have changed since then	✓

8. When the Duchess of Cambridge says that children should **"have the chance to become the best version of themselves,"** what do you think she means?

Pupils' own responses, such as: When the Duchess of Cambridge says that children should "have the chance to become the best version of themselves," I think she means children should be able to be the person they want to be and not be held back by having a poor view of themselves.

Children's Mental Health Week



Children's Mental Health Week is a time for children, young people and adults to support each other to notice their unique qualities and the ways in which they have grown.

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In 2022, Children's Mental Health Week runs from 7th to 13th February. This time, the theme of the week is 'Growing Together'. The theme aims to highlight the importance of noticing our growth and sharing achievements with each other.

Throughout our lives, we are always changing and growing. Although some growth is noticeable (such as getting taller or running faster), other growth can be harder to spot.

This week is a chance to think about ways that we have grown recently and celebrate them. For example, you might notice that your handwriting is neater than last month or that you now know a new times table. To notice these achievements and improvements can make us feel good. When times get tough and we feel down or sad, remembering these achievements can cheer us up.

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What Is Mental Health?

The term 'mental health' refers to how people feel emotionally about different aspects of their lives, such as their relationships, health, work and themselves. Being aware of our mental health is important because it can affect how we deal with stress, make decisions, how we behave and how we interact with other people.



A Place2Be

A school-based charity called Place2Be was founded in 1994.

They have gone from supporting five schools in London to working with over 700 schools nationwide.



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The charity builds children's resilience through talking, creative work and play and helping them to develop the skills to cope with a wide range of issues. They also provide school support and training to help children develop a positive self-image.

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The Vision of Place2Be

"Our vision is a world where children have the opportunity to grow up with prospects rather than problems."

Place2Be launched the first Children's Mental Health Week in 2015 to help spread the word about the importance of children's mental health being considered, as well as their ability to learn.

It is known that mental health can improve if people have a positive view of themselves. This helps the development of good self-esteem which will enable people to cope with misfortunes and disappointments. It will also mean they have better relationships with people around them and improve their emotional wellbeing.

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A Royal Patron

Her Royal Highness The Duchess of Cambridge has been a patron of Place2Be since 2013. She says that, 'we can ensure that every child is given support to help them fulfil their true potential', and that people who are involved with the education and care of young people must 'work together to ensure the children in our care have the chance to become the best version of themselves'.

Helpful Tips

During this week, why not notice all the ways in which you have grown this year? **Here are some suggestions:**

Record your height on a chart monthly; measure how much taller you are compared to last month.

Thinking about last year, consider one thing that you can do now that you couldn't do then.

Choose a friend, think about them and suggest one skill that they have improved. When you tell them, ask them if they had noticed it too.

Remember a time of disappointment. How did you cope with that uncomfortable feeling? Do you feel better now? That means you have grown emotionally!

Questions

1. In your own words, explain the importance of Children's Mental Health Week.

2. Which word is closest in meaning to 'unique'? Tick one.

- ☐ positive
☐ special
☐ enormous
☐ equal to

3. Write **two** examples of obvious growth that can be seen.

1.

2.

4. Explain the meaning of the word written in **bold** in the sentence below:

"Our vision is a world where children have the opportunity to grow up with **prospects** rather than problems."

5. Fill in the missing words in this sentence.

It is known that _____ health can improve if people have a
_____ view of themselves.

6. Tick the true statements about Place2Be.

The Duchess of Cornwall is a patron of Place2Be.	
Place2Be was founded in 1994.	
In 2016, Children's Mental Health Week began.	
This year, the theme is 'Growing Together'.	
Place2Be uses a range of different activities to help children develop skills in dealing with different issues.	

7. Name one thing listed in the text that you could do to observe your own personal growth.

8. Which of the helpful tips do you think is most important and why?

Answers

1. In your own words, explain the importance of Children's Mental Health Week.

Pupils' own responses, such as 'Children's Mental Health Week is important because many people are not aware of how mental health can affect people. It aims to raise awareness of the importance in the hope of improving mental health for children and young people.'

2. Which word is closest in meaning to 'unique'? Tick one.

- ☐ positive
- ☒ **special**
- ☐ enormous
- ☐ equal to

3. Write **two** examples of obvious growth that can be seen.

- **getting taller**
- **running faster**

4. Explain the meaning of the word written in **bold** in the sentence below:

"Our vision is a world where children have the opportunity to grow up with **prospects** rather than problems."

The word prospects means having positive options or a positive future, so Place2Be has a vision of children being able to have positive options instead of having a future filled with problems.

5. Fill in the missing words in this sentence.

It is known that **mental** health can improve if people have a **positive** view of themselves.

6. Tick the true statements about Place2Be.

The Duchess of Cornwall is a patron of Place2Be.	
Place2Be was founded in 1994.	✓
In 2016, Children's Mental Health Week began.	
This year, the theme is 'Growing Together'.	✓
Place2Be uses a range of different activities to help children develop skills in dealing with different issues.	✓

7. Name one thing listed in the text that you could do to observe your own personal growth.

Accept any one of the following:

- **record your height**
- **consider one thing you can do now**
- **remember a time of disappointment**

8. Which of the helpful tips do you think is most important and why?

Pupils' own responses, such as: I think the tip about thinking about how to cope with disappointment is the most important because it shows how you can grow emotionally.