

Children's Mental Health Week 2024

February marks Children's Mental Health Week.

This highlights the importance and raises awareness of children and young people's mental health. The links below will navigate you to resources which can support your child.

[Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

[Children's Mental Health week 2024 and Mental Health Awareness week 2024 - BBC Teach](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



February 2024

Wellbeing Newsletter

Make your own worry pet

A pocket-sized companion that can help you to manage your feelings!

You will need: -

- 2 tablespoons of flour
- 1 tablespoon of salt
- 2 tablespoons of water

Paint
Beads



Step 1

Start by mixing the flour, water and salt in a bowl to create the dough. Remember to repeat these steps for different colours if you like.

Step 2

Split the dough into equal pieces and make them into shapes for your worry pets' ears, arms and legs.

Step 3

Next, place your worry pets on a baking tray lined with parchment paper for the oven.

Step 4

With the help of a grown-up, place your figures into the oven on a low temperature for 3 to 5 hours.

Step 5

Decorate your worry pets however you like using your paint. You can use glue to add beads and googly eyes to bring your worry pets to life!

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breathers or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



Visiting speaker:



Topic: **Sleep**

ST MARY OF THE ANGELS'
INCLUSION
TEAM

COFFEE MORNING



Join our SENDCo & Learning Mentor for a cuppa, cake, and a chat.

Monday
26th February

8.45am - 10.30am

#SMOTAInclusion

Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Friendly February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

WEDNESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

29 Acknowledge someone's problem or pain rather than trying to fix it

FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



ACTION FOR HAPPINESS

Happier · Kinder · Together

