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)

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!

Paint

You will need: -

2 tablespoons of flour

1 tablespoon of salt 2 tablespoons of water **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.

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!

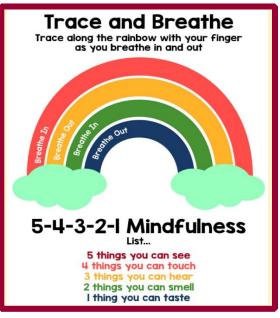


Here are some brilliant tips from children just like you". These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- family member. Keep telling until someone listens to you.
- for 2 minutes.
- feel stronger.

- of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- going on at home and the y're taking it out on someone else. Tell an adult or trusted friend.







February 2024 **Friendly**

60



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Send a

message to let

someone know

of them

Share what

you're feeling

with someone

you really trust

8

FRIDAY

SATURDAY

Do an act of

kindness to

make life easier

for someone

10 Look for

good in others,

particularly

when you feel

frustrated

with them

SUNDAY

Invite a

friend over for

a 'tea break'

(in person or

virtual)

Send an

encouraging

note to someone

who needs

a boost



Make time to have a friendly chat with a

Focus on

being kind

rather than

being right

Share

something you

find inspiring,

helpful or

amusing

12

Get back in touch with an old friend you've not seen

Smile at

the people you

see and brighten

their day

Make a plan to

connect with

others and do

something fun

20

Show an active interest by asking for a while

21

questions when talking to others

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

Really listen

to what people

judging them

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

> Give sincere compliments to people you talk to today

someone's problem or pain

Ask a friend how they have been feeling recently

someone and tell them how they made a difference

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

Appreciate the good qualities of someone in 18 Respond kindly to everyone you talk to today. including

Make uninterrupted time for your loved ones

Call a friend to catch up and really listen

to them

28 Give positive comments to as many people as possible today

Be gentle with someone who you feel inclined to criticise

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

24

Thank three people you feel grateful to and tell them why

yourself



trying to fix it





