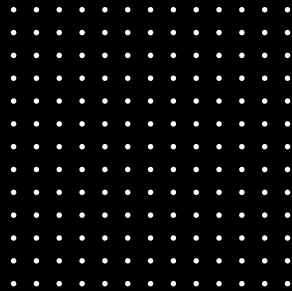




**you
matter**

Children's
mental health



Hope, Strength, Belief.

'I promise to never lose hope',
These words will get you through,
When you feel you cannot cope,
When you're down and feeling blue.

'I'm proud of being me'
Say this every day,
When the tunnels light is hard to see,
When you think you've lost your way.

'I'm stronger than I know',
This you must believe,
Follow your dreams, don't let go,
When you feel you can't achieve.

Children's mental health

'Be still for the power of the lord is moving in this place'

- <https://youtu.be/KvQZKDAurWI?list=RDZugvUQ4m90U>

As we gather in our forms let us give each other the space and time to pause and reflect.

After the music has allowed everyone to settle, read the poem on the left. Read it from top to bottom and then bottom to top.

Q- Spend a few minutes discussing with your tutor and your class what you think the meaning/message is.

Children's mental health

Our school community works very hard raising awareness of what good mental health is, to break stigmas around mental health, try and support those who may need help and promote ways we can all look after each other. We team up with several agencies to provide the best information, links and assistance.

February 2022 we are supporting Place2Be and their national campaign '**Growing Together**'.

They provide brilliant support for all young people, please use the following links for extended research or self-help.

- <https://www.childrensmentalhealthweek.org.uk/>



Children's mental health

Children's Mental Health Week 2022 - Growing Together

From 7-13 February 2022, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit **'stuck'**.





Children's mental health

Q- What is the meaning of 'got **stuck**'?

You get **stuck** when you are trying to do something, **you are unable to continue doing it** because it is too difficult. Words or phrases that may describe being **stuck**- baffled, stumped, at a loss, beaten, confused, unable to move, unable to make progress, blocked, set, fixed.

Q- Ever had that feeling?



Children's mental health

We often feel **stuck** when we we've tried everything we can think of to change our situation, but it still doesn't seem to make much difference. You might notice yourself thinking the same negative thoughts over and over again, until you start to feel powerless, helpless or hopeless.

Remember, how you are feeling right now is valid, but you won't always feel this way. Things can get better, and there are things you can do that will help.



Children's mental health

Getting **stuck** could be due to one or several reasons.

Q- Look at some common explanations why some people experience '**stuck**' in their lives. Pick two examples from each slide and spend a few minutes discussing with the person next to you-

- Negative people you spend time with
- Compare yourself to others too much
 - Fear of failure
 - Fear of trying
- Fear of the unknown



Children's mental health

- I like 'easy street' too much
- I have a lack of purpose or ambition in life
- I put too much pressure on myself
- I do not take care of myself
 - I do not organise myself.



A young child with light brown hair is holding the hand of an adult. They are standing in a grassy field with a bright sunset in the background, creating a warm, golden glow. The child is looking up and smiling slightly. The adult's hand is visible on the right side of the frame, holding the child's hand. The overall mood is supportive and comforting.

Children's mental health

- That **stuck** feeling is hard to deal with alone. Talking with someone you trust about how you feel and what's worrying you can be a massive relief.
- They may be able to offer you a new perspective, but even if not, sometimes just getting your worries off your chest can really help you to feel less alone.

Children's mental health

Improving our own wellbeing is a great start to getting 'unstuck', there may not be a quick fix but if you show determination to give something a go you will see the rewards eventually.

Explore the list on this slide, there are some simple and practical things to do.

DRESS TO EXPRESS

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK
7 - 13 FEBRUARY 2021

WELLBEING CHALLENGE

Make wellbeing a priority during Children's Mental Health Week and take on a Wellbeing Challenge. How many wellbeing actions can you tick off in a week?

Get 8hrs of sleep	Do a deep breathing exercise	Go for a walk	Wear something that makes you feel good
Take time out to read a book	Eat your favourite food	Go for a walk in your local park	Drink 2L of water
Do 30 minutes of yoga	Give someone a compliment	Have a 'no social media' day	Catch up with a friend
Try a 5 minute meditation	Listen to a podcast	Go to bed 30 minutes earlier than usual	Write down 3 things you're grateful for

childrensmentalhealthweek.org.uk #ChildrensMentalHealthWeek

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Q- Discuss slide 4 on the link below with your tutor and class.

- https://www.dropbox.com/sh/oxkyv5jmlgqhy10/AABx6b34Dzi8UEOxKj-bIYpaa?dl=0&preview=CMHW_Growing+Together_+Secondary+assembly+slides.pdf





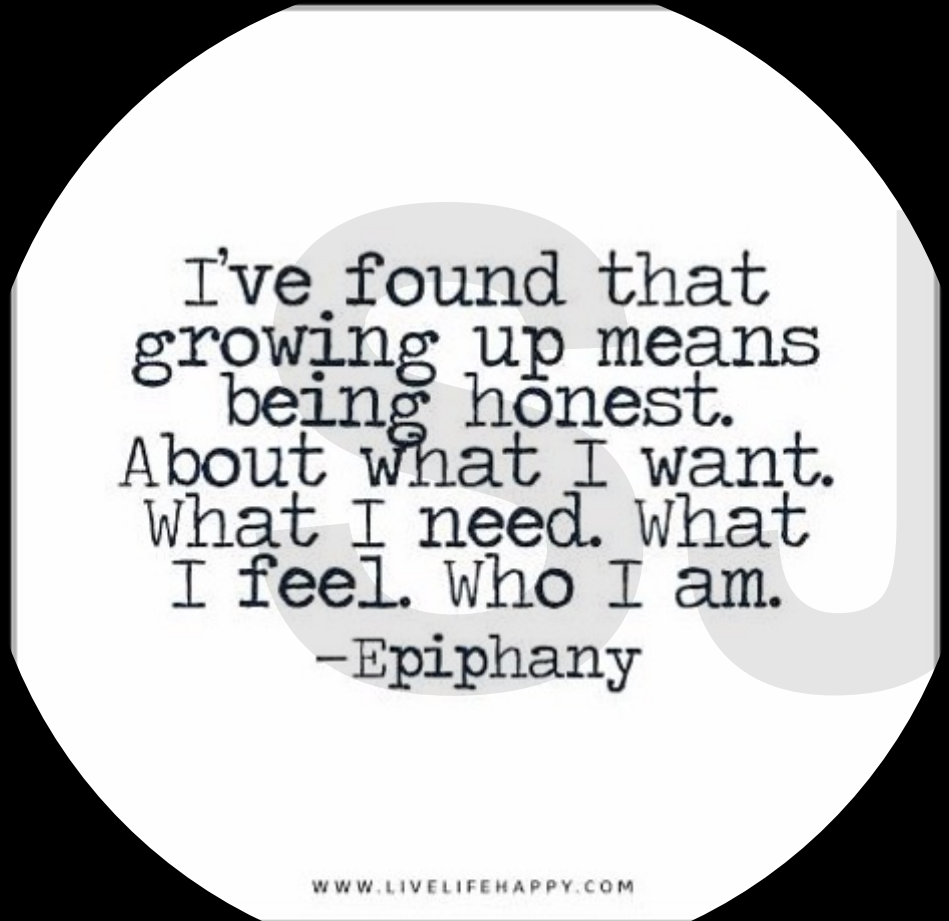
Children's mental health

Growth Stories

Human beings change and grow – we do it all the time and in many ways.

Emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit **'stuck'**. At these times, we are reminded of how much we need others in our lives to help us to keep growing.

In exclusive interviews with presenter and Place2Be Ambassador Josh Smith, familiar faces from the world of TV, music and sport have shared their stories of emotional growth.



I've found that
growing up means
being honest.
About what I want.
What I need. What
I feel. Who I am.
-Epiphany

WWW.LIVELIFEHAPPY.COM



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Select one to watch with your tutor, if you have time perhaps you can explore some more.

- **Dr Alex George**, presenter, author and UK Youth Mental Health Ambassador
 - <https://www.childrensmentalhealthweek.org.uk/dr-alex-george-s-growth-story/>
- **YolanDa Brown**, saxophonist, composer, broadcaster and Place2Be Champion
 - <https://www.childrensmentalhealthweek.org.uk/yolanda-brown-s-growth-story/>
- **Jacob Anderson**, actor, singer, songwriter and Place2Be Champion
 - <https://www.childrensmentalhealthweek.org.uk/jacob-anderson-s-growth-story/>
- **Mandip Gill**, actor
 - <https://www.childrensmentalhealthweek.org.uk/mandip-gill-s-growth-story/>
- **Andy Lewis MBE**, Paralympic gold medalist, and Place2Be Champion
 - <https://www.childrensmentalhealthweek.org.uk/andy-lewis-mbe-s-growth-story/>

Children's mental health

If you are having difficulties getting 'unstuck' try some of the links below. Please also do not forget that there are many people in school who you can speak to and will give their time willingly.

- <https://www.sjhs.org.uk/page/?title=Health+%26amp%3B+Wellbeing&pid=104>
 - <https://www.mind.org.uk/>
 - <https://www.youngminds.org.uk/>
 - <https://www.place2be.org.uk/about-us/where-we-work/child-mental-health-support-wales/>
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