

Children's Mental Health Week



Children's Mental Health Week runs from 1st to 7th February 2021.

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



It is a time to know that everyone has different qualities and strengths.

The theme for Children's Mental Health Week 2021 is 'Express Yourself'. You can express yourself in lots of different ways, including:



speaking



art



music



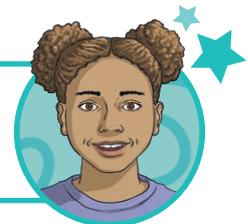
drama



photography

Finding creative, enjoyable ways to share our thoughts, feelings and ideas can help our mental health and make us feel good, especially when we face difficult times.

Remember it's OK to share your thoughts and it is OK for others to share theirs too.



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

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

The charity has gone from supporting a few schools in London to supporting over 600 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 want 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 feel able to share their thoughts and feelings. 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

These tips are suggested to help young people to **express themselves**:

Try lots of different ways to express yourself and think about which one you enjoy the most.

When you are feeling different emotions, you might like to express yourself in different ways.

Remember to make your own choices and express **yourself**. Try not to make choices because of your friends or other people.

Expressing yourself isn't about being the best at something, it's about doing something that makes you feel good.

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.

The first Children's mental health week took place.

Place2be was founded.

1994

2013

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 600
- 2015
- exactly 600

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

	True	False
Expressing yourself can help improve your mental health.		
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

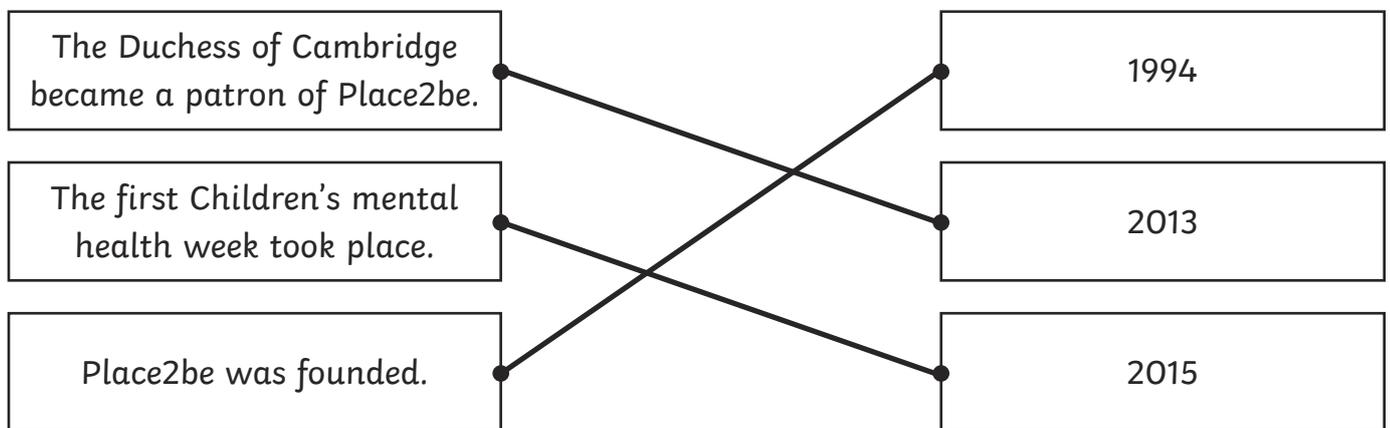
1. In which month will Children's Mental Health Week be celebrated? Tick one.

- January
 February
 March
 April

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

Express Yourself

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 expressing yourself not meaning being the best at something is the most helpful tip because someone might enjoy drawing but not be very good at it. This tells them that it's okay to use that to express themselves if they like it.

6. How many schools have Place2be supported? Tick one.

- 1994
- over 600**
- 2015
- exactly 600

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

	True	False
Expressing yourself can help improve your mental health.	✓	
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 1st to 7th February 2021 and is a time for children, young people and adults to celebrate their differences.



It is a chance to recognise that everyone has thoughts, ideas and feelings and that these should be celebrated.

The theme for Children's Mental Health Week 2021 is 'Express Yourself'. You can express yourself in lots of different ways, including:



speaking



art



music



drama



photography



Finding creative, enjoyable ways to share our thoughts, feelings and ideas can help our mental health and make us feel good, especially when we face difficult times.

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

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

The charity has gone from supporting five schools in London, to supporting over 600 schools nationwide.



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

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

They also provide 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 young people to **express themselves**:

Try lots of different ways to express yourself and think about which one you enjoy the most.

When you are feeling different emotions, you might like to express yourself in different ways.

Remember to make your own choices and express **yourself**. Try not to make choices because of your friends or other people.

Expressing yourself isn't about being the best at something, it's about doing something that makes you feel good.

Questions

1. What is the purpose 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 thing in people's lives which might affect their mental health.

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, ●

In 2013, ●

In 1994, ●

● Place2Be was founded.

● Place2Be started Children's Mental Health Week.

● 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 people do to express themselves?

Tick all the answers you think are correct.

go outside and take some interesting photos	
read in a quiet place	
talk to someone	
write a poem	

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 the purpose 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 thing in people's lives which might affect their mental health.

Accept any of the following: People's mental health might be affected by their relationships, health, work, how they feel about themselves.

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

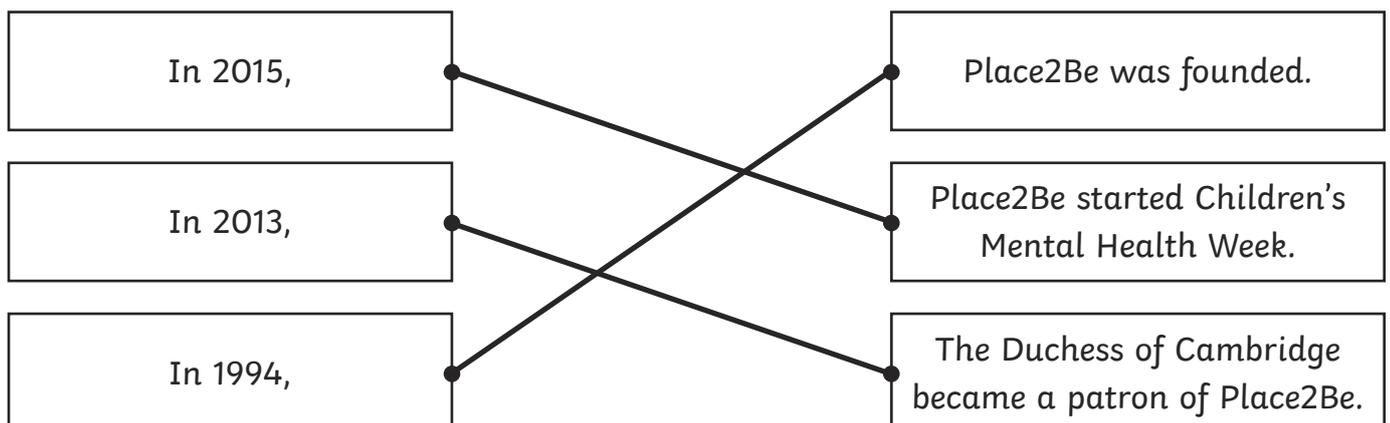
Pupils' own responses, such as: I think Place2Be has been successful because they now support 294 schools instead of five and they have reached over 135,000 pupils.

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 people do to express themselves?

Tick all the answers you think are correct.

go outside and take some interesting photos	✓
read in a quiet place	
talk to someone	✓
write a poem	✓

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 celebrate their uniqueness.



It is a chance to recognise that everyone is different but that everyone has ideas, thoughts and beliefs and that these should be celebrated.

In 2021, Children's Mental Health Week runs from 1st to 7th February. This time, the theme of the week is 'Express Yourself'. The theme aims to highlight the importance of self-expression for our mental health.

You can express yourself in lots of different ways, including:



art



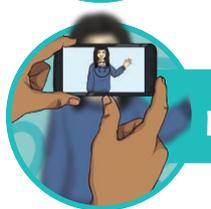
music



dance



drama



photography



writing

You can express yourself in the clothes you wear and the choices you make. Finding creative, enjoyable ways to share your thoughts, feelings and ideas can help your mental health and make you feel good, especially when facing difficult times.

Remember it's OK to share your thoughts and it is OK for others to share theirs too. Expressing yourself can help relieve stress and give you time to think about yourself.



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 600 schools nationwide.



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. 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.

The Vision of Place2Be

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

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.

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

These tips are suggested to help young people to **express themselves**:

Try lots of different ways to express yourself and think about which one you enjoy the most.

When you are feeling different emotions, you might like to express yourself in different ways.

Remember to make your own choices and express **yourself**. Try not to make choices because of your friends or other people.

Expressing yourself isn't about being the best at something, it's about doing something that makes you feel good.

Questions

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

2. Which word is closest in meaning to **uniqueness**? Tick one.

- positivity
- individuality
- unusual
- equal to

3. Write **two** possible things that may be affected if we are not aware of our own mental health.

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.

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

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 'Express Yourself'.	
Place2Be use 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 express yourself.

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 **uniqueness**? Tick one.

- positivity
 individuality
 unusual
 equal to

3. Write **two** possible things that may be affected if we are not aware of our own mental health.
Accept any two of the following:

- **how we deal with stress**
- **make decisions**
- **behave**
- **interact with others**

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 have 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.

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.

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 'Express Yourself'.	✓
Place2Be use 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 express yourself.

accept any one of the following:

- **art**
- **music**
- **dance**
- **drama**
- **photography**
- **writing**
- **clothes you wear**
- **choices you make**

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

Pupils' own responses, such as: I think the tip about expressing yourself and not making choices based on other people is the most important, because if you let yourself make choices based on other people, you're not expressing yourself at all and this might make you feel sad and give you low self-esteem.