



Children's Mental Health Week

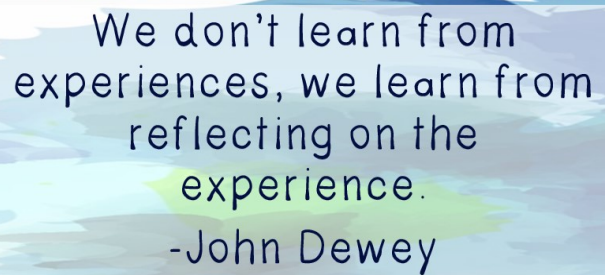
The theme for this year's Children's Mental Health Week is "Growing Together". We are always growing in one way or another, whether that's physically in height, learning to do new things, or growing emotionally as we go through difficult situations and learning ways to manage our feelings and emotions.

Growing together is all about the people around us that help us to grow by being supportive through difficult times, encouraging us to keep trying, or teaching us how to do new things. We can also help others to grow in the same way.



Reflection

Self-reflection means paying attention to your thoughts and feelings and thinking back over things that have happened, whether good or bad.



We don't learn from experiences, we learn from reflecting on the experience.
-John Dewey

Reflection can help you understand more about yourself and how you feel, and can build your emotional resilience which helps you to cope with life's challenges.



Reflecting on your growth

Reflect back over the years and think of all the ways that you have grown, you could write this in a letter to yourself, in a journal, make a poster or simply write a list.

Think about things that you have learnt to do, new friendships you have made, tricky times you have navigated, and the people that have helped you in your growth.



Continuing to grow

Think about ways you'd like to continue to grow. Are there new things you want to try or learn? Is there anything you can do to take care of your emotional wellbeing a little better? You may also like to start thinking about ways to implement these and who can help you.

You can add to these over time and look back over them to remind yourself of all the ways you have grown so far and the things you can continue to work on!