



Children's Mental Health Week Activity Booklet

By the Mental Health Support Team



The theme for this year's Children's Mental Health Week is "Growing Together". In this booklet you will find lots of activities to help you learn about this theme and what it means to Grow Together.



How have you grown?



We grow in lots of different ways all the way through our lives! Use the activity below to explore some of the ways you have grown.

In the box below draw out some of the ways you have grown physically, this may be in height, hair length, how high you can jump, or things you can do now that you couldn't when you were younger!

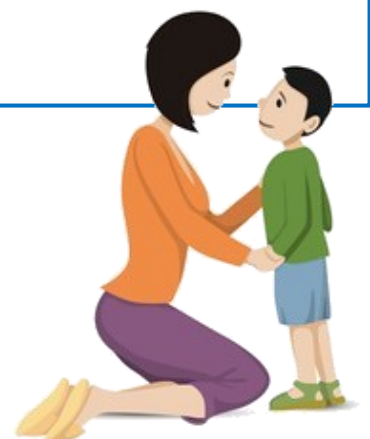
A large empty rectangular box with a blue border, intended for drawing.

How have you grown?



We also grow emotionally as we learn ways to manage with some of the trickier things that happen in life. We grow emotionally by noticing when we feel different emotions, such as happy, sad or worried. We also grow by learning what to do when we feel these emotions, such as asking for help or doing something you enjoy.

In the box below draw a picture of something that makes you feel better if you are having a tricky day.



A helping hand



There are lots of people all around us that help us to grow by supporting us when we have tricky times, teaching us ways to manage our feelings and emotions, and encouraging us to keep on trying!

Draw around your hand on a separate piece of paper or use the outline below. Then in each finger (and thumb!) write the name of a person that helps you to grow.



Ways to keep growing



There are certain things that flowers need in order to grow from a seed.

Can you write or draw around the plant pot the things that you think the seeds need to be able to grow?



Imagine that you were wanted to learn to ride a bike, but were feeling quite scared. What do you think you might need to help you grow and to be able to start learning to ride the bike?

This could be watching someone else first, asking for help or taking it slowly. Draw or write your ideas around the bike!

Can you think of a way you can continue to grow? This could be learning a new skill or hobby, or getting more confident in asking for help. Write your idea below!

Just like a plant, growing can happen very slowly. Sometimes we don't even notice it!



Ways to keep growing together

growing to-



We now know that growing together means that the people around us help and support us when we grow, and we can do the same for other people too.

Below are some ways that you can keep on growing and how you can help others around you to grow! On some spare paper you could write down if you've already done some of these and record any you do in the future!

Helping a friend or family when they feel scared or shy to do something

Coming up with a goal or dream of something you'd like to work towards

TRY
SOMETHING
NEW

Helping someone to work towards their goals

Speaking to someone when you feel worried or upset

don't
give
up