

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.

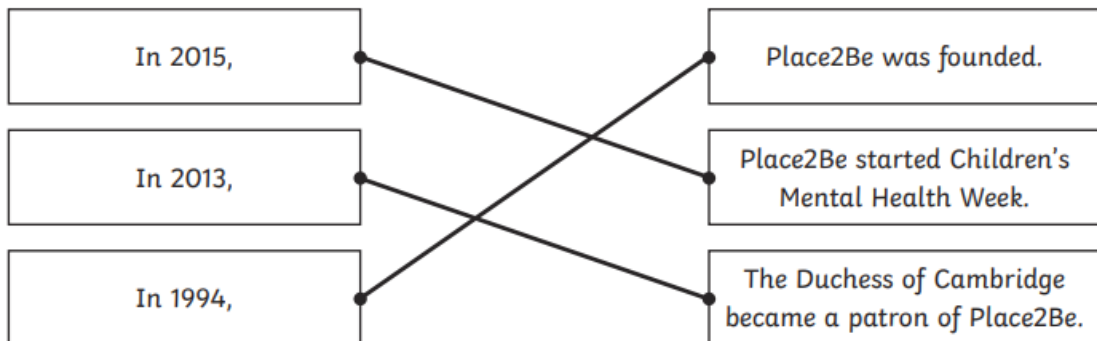
Pupils' own responses, such as: I think Place2Be has been successful because they now support 294 schools instead of five and they have reached over 135,000 pupils.

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.