

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,



Place2Be was founded.



In 2013,



Place2Be started Children's
Mental Health Week.



In 1994,



The Duchess of Cambridge
became a patron of Place2Be.



Children's Mental Health Week

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?
