

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**:

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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.

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