

Children's Mental Health Week 2025

Know Yourself, Grow Yourself

During Children's Mental Health Week, we have been learning about the Five Ways To Well-Being. We have been learning why they are important and having a go at some mindful activities to help support positive mental health.

Monday - Connect

Today we learned how making connections with people is an excellent way to understand each other and look out for each other. We discussed how people's feelings can affect their behaviours and how we could help to regulate ourselves and others. We made a human chain around our class rooms to show how well we are connected as friends.



Tuesday - Be Active

This is a very important way to well-being. Not only does being active help our physical health, it can be used to help our mental health too. We learnt about how getting active can make us feel good and how we can use exercise as a way to help clear and refocus our minds. We felt our hearts beating and then did some exercise. After five minutes, we felt our heart beat again. We noticed it was pounding! We then sat very still and had a go at some mindful breathing exercises to help us to feel relaxed and calm. Finally, we listened to our heart rate again and realised it had slowed right down. We learnt that we could use the mindful breathing to help us to calm down if we feel angry, worried or upset. KS2 children took part in a live assembly from Picture News to discuss how to keep our minds healthy and KS1 children had questions in class to think about and discuss as a group.



Wednesday - Keep Learning

To keep learning is to keep growing as a person and this links nicely to our theme for this week. We talked about listening to our feelings, recognising what we were feeling and why and how we can express them. Our task was to draw a picture on a leaf that showed something we knew about ourselves. People drew what they were good at, what they enjoyed doing and the people who they loved. We will use the leaves to make a whole school display to show what we know about ourselves.



Thursday - Take Notice

Sometimes, we move through life quickly and don't stop to appreciate what is around us. We learnt how important it is to stop once in a while and take notice of where we are and what is around us. We practised some meditation by closing our eyes and focusing our minds on what we could hear and feel. We also spent time observing our area and appreciating all of the beautiful things in nature.



Friday - Give

Today was our special non-uniform day. Children came to school dressed in something that makes them happy. We had a wonderful selection of outfits from pyjamas to princess dresses and football strips to alien costumes. Staff also got involved and Mrs. Parlett came to school in her wedding dress! Our class task was to give up our time to get to know our friends. We were each given a bingo card and had to fill the card with the names of people who matched to description. It prompted us to ask questions such as if the person liked dogs or if they were left handed. We enjoyed filling in our cards and finding out new information about our friends.

We have had a lovely week in school. We have enjoyed lots of activities, done a lot of learning around mental health awareness and had fun dressing up. Hopefully, children have been able to take away some skills and techniques to help them to promote positive mental health in themselves and others.

