

GROWING TOGETHER

Children's Mental Health Week
7 - 13 February 2022

**Assembly slides for secondary and high
school age children**

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK 2022**

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SWITCH OFF

Turn your phone off at bedtime

Set your phone aside when studying

Use apps that make you happy

Make an effort to connect face to face

LEARN SOMETHING NEW

Learn a new language

Make time for your interests and passions

Learn new skills from others

Commit to set amount of time every day/week

PRACTISE EMPATHY

Write short notes of gratitude

Treat everyone with respect

Think more, say less

Volunteer, or do community service

LOVE MORE

Share thoughts of appreciation and love

Make an effort to contact those you don't see often

Find people that lift you up

Forgive others

GIVE SELF CARE

Ask for help when you need it

Write a journal, or diary, every day

Share your feelings with a trusted friend or adult

Prioritise quality sleep

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Getting enough sleep helps us to...

- **Learn better** – if we don't get enough sleep, it is more difficult for us to process what we've learned during the day, and we have more trouble recalling what we have learnt it in the future.
- **Stay physically healthy** – sleep allows cells in our bodies to repair and regrow.
- **Stay mentally healthy** - during sleep, brain activity increases in areas that regulate our emotions. For example, the amygdala is the part of our brain in charge of the fear response and controls our reactions when we face a stressful situation, like a test or a performance. If we don't get enough sleep we can over-react more easily.

OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK



- 1 Hold a 'Dress to Express' day to raise vital funds for children's mental health
- 2 Tune in to our free 'Growing Together' virtual assembly with your class or during assembly [Available from Monday 7 Feb]
- 3 Watch our series of 'Growth stories' featuring some famous faces, and even be inspired to create your own [Available from January]
- 4 Spread the word by sharing how you plan to take part on social media! Don't forget to use #ChildrensMentalHealthWeek

childrensmentalhealthweek.org.uk

