

Safeguarding Snapshot - 07.02.25

Children's Mental Health Week

This week is **Children's Mental Health Week** (5th to 11th February) and this year's theme, "**Know Yourself, Grow Yourself**," focuses on helping children understand and express their emotions, while learning to build their confidence and resilience.

By encouraging self-awareness, we can help children navigate their feelings and recognise their strengths, which can contribute to their overall well-being. This week provides us with a valuable opportunity to focus on the tools and resources that can help children thrive mentally, socially, and emotionally.

Here are some ways we can work together to support our children during this week and beyond:

- **Encourage Self-Reflection:** Talk to your child about their feelings and help them identify their strengths. Promoting self-awareness can build confidence and emotional resilience.
- **Build Positive Routines:** Establishing healthy routines and regular check-ins can create a sense of security for your child and foster emotional well-being.
- **Model Healthy Emotional Expression:** Show your child that it's okay to talk about your own emotions and seek help when needed. This can encourage them to do the same.
- **Promote Positive Language:** Using positive language with children, as well as speaking positively about ourselves while we are around them, can greatly affect their development, confidence, and emotional well-being. Children mirror behaviours and the language that we use.

By fostering a great sense of self-awareness and resilience, we can help our children grow into confident individuals who are better equipped to manage life's challenges.

Attached you will find some strategies to use to support mental health within your home and a creating activity.

If you have any questions or would like additional resources on how to support your child's mental health, please email your child's Year Leader via office@vynersschool.org.uk.

Additional resources

- [Young Minds - Parents mental health support: Advice for your child.](#)
- [Place2Be - Supporting your child's mental health](#)
- [Mind - Supporting young people](#)

TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025



Art Activity: Know Yourself, Grow Yourself

Wellbeing activity for primary-aged children, from Place2Be's Art Room.

Introduction

To celebrate Place2Be's Children's Mental Health Week 2025, the Art Room is happy to share this short activity to explore this year's theme: Know Yourself, Grow Yourself!

This resource encourages children to learn more about themselves by imagining a plant in growth. It starts off by inviting children to reflect on the roots of their identity, what is important to them, and what helps them grow. They will then think about what is growing from these roots, as with greater understanding of oneself also comes an increased capacity for personal growth, resilience, and connection with others.

Activity Aims

- Embrace self-discovery and self-awareness
- Promote personal growth

Materials

- paper or card
- paint, crayons, coloured pens, or pencils

Optional

- recycled bits and bobs
- scissors
- string, glue, or tape

Activity

The activity has two parts, so make sure you separate your page into a bottom half for the roots and a top half for the plant.

Imagine that you are a plant that has just started growing...

Part 1: Know Yourself - Roots

1. Let's begin at the roots. What do they look like and where are they growing? Perhaps these roots are in a flowerpot, forest, or near a pond? Sometimes plants grow in the least expected places, like a crack in the pavement!

Fun fact: Did you know that roots can be twice (or more) as big as the plant itself?

Think of these roots as important parts of who you are, as well as the things that shape you and matter most to you. Everything grows from those roots!

2. Now it's time to make your art! Use your choice of art materials to create a picture of the roots you imagined. This can include drawing, painting, or even cutting/tearing and pasting recycled paper and materials. You can use words too.
3. You can also draw the areas surrounding the roots. What is helping them to grow? Are there any animals or insects underground where your roots are growing?

Part 2: Grow Yourself - Plant

1. Time to imagine the plant that would be growing from these roots. It could be anything from a type of flower; to a cactus; to a tree. It could even be completely imaginary! Perhaps your plant has something growing on it like fruit, or blossoms. Maybe there are animals or birds living in it.

Think of it as what you would look like if you were a plant! It represents the person you have grown into and would like to be. Consider what makes you similar and different from others.

2. Using your choice of art materials, now you can create the plant you imagined growing from the roots in your picture.

Reflection Questions:

Plants go through many changes and types of weather; adjusting to their environment as they grow.

1. What special features does your plant have so it can keep growing as things change, even in difficult times?
2. Is there anything else around your plant that is also helping it grow?



More resources from
Children's Mental Health Week:

Visit: childrensmentalhealthweek.org.uk
or scan the QR code.



This project includes a video by Place2Be Ambassador Ricky Martin, also known as CBBC's Art Ninja. [Watch our accompanying video before heading into the creative activity so Ricky can guide you through the project!](#)