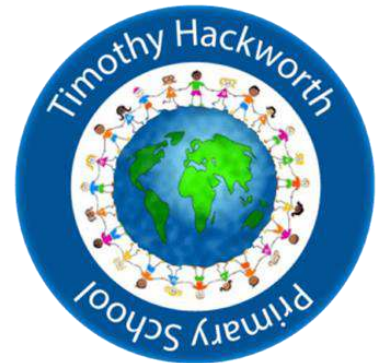


Friday 9th February 2024

Welcome to your Family Group 😊



Children's Mental Health Week 2024



LOs:

To understand what mental health is.

To know who I can connect to, when needed.

To understand my own feelings and emotions and how these affect my health.

To create a toolkit that might help our own mental health.

Linked with Global Goals number 3



This year, the theme for Children's Mental Health Week is:

My Voice Matters



- CRC Article 12: All children have the right to be heard and to say what they think. (express views)



- CRC Article 13: All children have the right to information.



- CRC Article 19: All children have the right to be safe.



- Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.

In school, what ways do we have for you to express your views, feelings and wishes?



- When we feel like we have been listened to, this has a positive impact on our mental health and wellbeing; it makes us feel happier and included in our community.

Watch this video to find out more:

- <http://bit.ly/45bNC4F>



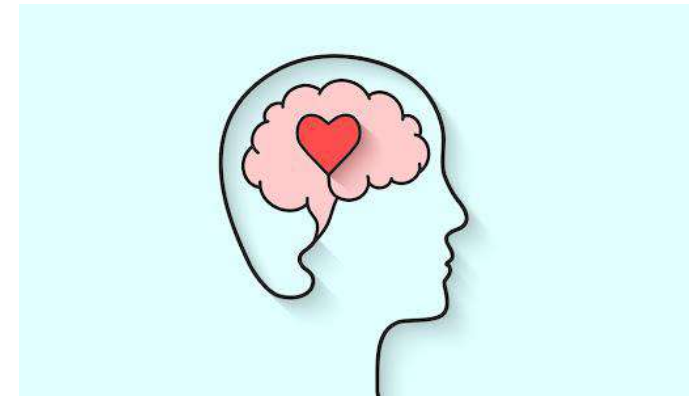
- Now we are going to play The Whispering Game to show why listening matters.
- Stand in a circle. I will whisper a message into the ear of the person next to me, then they whisper the message as they have heard it to the next person (and so on).
- You are not allowed to repeat the message once it has been said. The message gets passed around the circle from person to person until it gets back to me.

Discussion points:

- Did we end up with the same message as we started with?
- Why not?
- What do we need to do to listen to each other really well?



- Looking after our mental health is really important.



- Mental health is about what we think and feel and it is just as important as looking after our physical health.
- Good mental health helps you to think positively, feel confident and be calm.
- Poor mental health is when every day things become difficult to cope with. This is when we may need to do something to help.

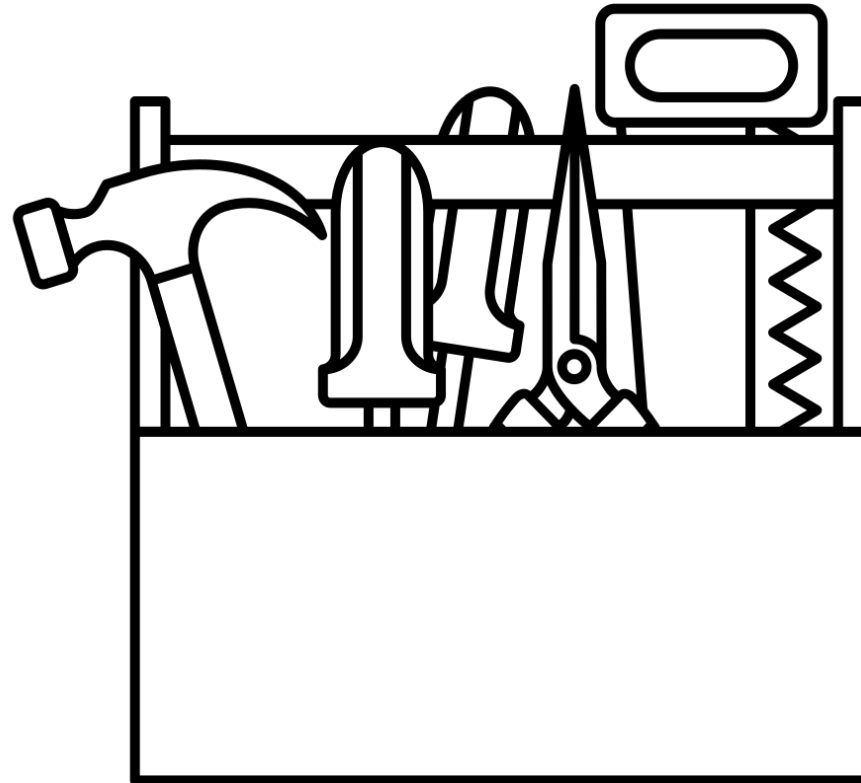


- There are lots of things you can do to help your mental health, for example, you could talk to a trusted person, do some exercise or a creative activity.

What other things could you do to help your mental health?







- Now, you are going to create your own mental health toolbox.
- In your toolbox you need to write all the things you think might help your mental health.



How do you feel

The **ZONES** of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>