

This month's wellbeing edition is on 'Know Yourself, Grow Yourself: Time to Talk and Care in February Children's Mental Health Week'



Understanding ourselves is key to personal growth, and Children's Mental Health Week reminds us how vital this is for young minds. Encourage your child to explore their emotions through creative activities like drawing, journaling, or storytelling. Celebrate their unique traits and help them recognise their strengths.

Set aside time for meaningful conversations—ask open-ended questions and listen without judgment to show their feelings matter. Share your own experiences with emotions to normalise their struggles and inspire growth. By fostering a loving, understanding environment, we teach children that self-awareness and self-compassion are the foundations for lifelong confidence and mental wellbeing.

Creative Self-Discovery Adventure

This Children's Mental Health Week, encourage your child to explore and express their emotions through fun, imaginative activities. Set aside time each week for drawing, doodling comics, building with blocks, or creating short stories featuring favourite heroes.

Then, ask open-ended questions like, "Which feelings inspired this picture?" or "What challenges does your hero face?"

By celebrating their creations—whether it's a mini-build or a quick sketch—you'll boost their self-awareness and show that their thoughts and feelings matter. February is a great time to dive into creative self-discovery and strengthen the bond you share with your child.

"Useful Website!" Click here!!!

Children's Mental Health Week 2025
Children's Mental Health Week 2025 will
take place from 3-9 February 2025.

The theme for 2025 is focus is Know
Yourself, Grow Yourself, with the aim to
equip and empower children and young
people across the UK to embrace self-
awareness and explore what it means to
them. We want children and young people
to discover how getting to know who they
are can help them build resilience, grow
and develop.



"Book of the month!" Click here



A wonderfully creative
journal for self
reflection, creativity and
expression. Help your
child to express their
feelings and emotions in
a creative way.



Resources and
activities for
families - click here



"Knowing yourself is the beginning
of all wisdom." – Aristotle

