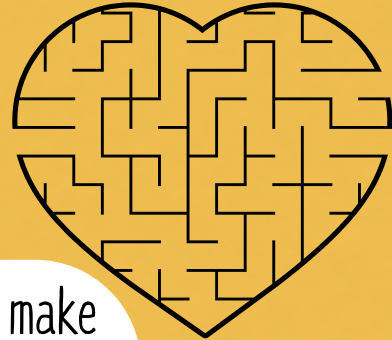


# CHILDREN'S MENTAL HEALTH WEEK

## 3rd - 9th February

This year, Children's Mental Health Week is focusing on  
**KNOW YOURSELF, GROW YOURSELF'**



Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

3-9  
FEB  
2025

When we take notice of ourselves and how we feel, we are able to make better choices and be more connected with our feelings and behaviours. Noticing these things can help us recognise when we need support.

### 10 things to do to boost your mental wellbeing

Try to get enough sleep



Relax and reduce stress levels



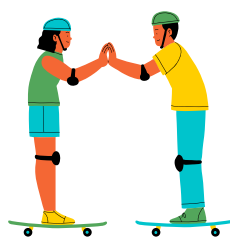
Do something kind



Spend time being creative



Learn a new skill



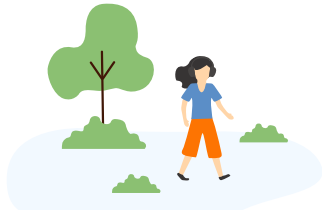
Talk about your feelings



Do something for yourself



Spend time outside in the fresh air



Be physically active



Connect with other people



### TOP TIP: BE KIND TO YOURSELF!

KINDNESS is a simple way to help EVERYONE. When we are KIND to each other, it helps us to feel connected, which means we forge new friendships or deepen existing ones. Choosing to approach your day with a mindset of KINDNESS is an incredibly powerful thing that can change lives and create a KINDER world.



### DID YOU KNOW?

Research has also shown that when we're KIND, when someone is KIND to us or even if we just witness KINDNESS, our bodies release feel-good hormones which lift our mood, giving us what's known as a 'Helper's High'. It's also been shown that people who are KIND have much lower stress levels, age more slowly and have healthier hearts. KINDNESS isn't just a nice thing to do, but can help us improve our own well-being, while helping others at the same time. And Children's Mental Health Week is a perfect time to start!

### FUN FACT! LAUGHTER IS THE BEST MEDICINE!

People have different types of laughs. You might have a loud belly laugh or a cheeky chuckle. Whatever type of laugh you have, laughing is good for you! Laughing makes you feel good, not just in that moment but in the long run too! When you laugh, your body sends out signals to different muscles and nerves to relax, calm down and ease pain.



JOKE!

Why did the children eat their homework?  
Because their teacher told them it was a piece of cake!

### FUN FACT!

Bananas are a happy fruit!



They help to improve your mood!