

# Children's Mental Health Week 2020

- Children's Mental Health Week runs from 3<sup>rd</sup> to 9<sup>th</sup> February 2020.
- It is a time for children, young people and adults to celebrate their differences.
- It is a time to know that everyone has different qualities and strengths.

The theme for Children's Mental Health Week 2020 is 'Find your Brave'. Life can sometimes be challenging and scary. Being brave does not mean that you have to cope on your own or hold things in. Instead, bravery can be about sharing worries and asking for help. It can be trying something new or pushing yourself outside your comfort zone. Being brave means finding ways to overcome challenges.

## What is Mental Health?

Mental health concerns how people feel about things in their lives such as their relationships, health, work and how they feel about themselves. Mental health is important because it can affect how people deal with different situations each day.

## A Place2Be

- A school-based charity called Place2Be was founded in 1994.
- The charity has gone from supporting a few schools in London to supporting 294 schools nationwide.
- The charity helps children become more confident and positive through talk, creative work and play.
- They also provide school support and training to help children develop a positive self-image.
- Place2Be launched the first Children's Mental Health Week in 2015.

Place2Be want to help let people know that children's mental health is just as important as what they learn in class. Mental health improves if people have a positive view of themselves. The aim is to help children learn how to have good self-esteem and tackle life's challenges in the future.



## A Royal Patron

The Duchess of Cambridge has been a patron of Place2Be since 2013. She says that people who care for children must work together to help children be the best they can be.

## Helpful Tips

These tips are suggested to help young people to improve the way they see things and improve their emotional wellbeing.

- Get outside! A little time outdoors every day is great for the whole body, including the mind.
- Talk to an adult you trust if something is worrying or upsetting you. Even if you think it isn't worth bothering someone about, it often helps to share with someone.
- Try and focus on a positive thing that happens every day, even if it is something small.



# Questions

1. In which month will Children's Mental Health Week be celebrated? Tick **one**.

- January
- February
- March
- April

2. What will you overcome by being brave? Tick **one**.

- poverty
- fear
- challenges
- war

3. What is the theme for this year's Children's Mental Health Week?

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4. **Find** and **copy** one word which means **across the country**.

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5. What is the aim of Place2Be?

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6. Who is a patron of Place2Be? Tick **one**.

- The Duke of Cambridge
- The Queen
- The Duchess of Kent
- The Duchess of Cambridge

7. Tick **true** or **false** for each statement.

	True	False
If you need to talk about your mental health, you should talk to an adult whom you trust.		
Place2Be started Children's Mental Health Week in 2014.		
Children's Mental Health Week is a celebration of intelligence.		
Mental health means how people feel about different things in their life, such as relationships, health, work and themselves.		

# Answers

1. In which month will Children's Mental Health Week be celebrated? Tick **one**.

- January
- February**
- March
- April

2. What will you overcome by being brave? Tick **one**.

- poverty
- fear
- challenges**
- war

3. What is the theme for this year's Children's Mental Health Week?

**Find your Brave.**

4. **Find** and **copy** one word which means **across the country**.

**nationwide**

5. What is the aim of Place2Be?

**Place2Be aim for all children to learn how to have good self-esteem and tackle life's challenges in the future. They want all children to understand that mental health is just as important as what they learn in class.**

6. Who is a patron of Place2Be? Tick **one**.

- The Duke of Cambridge
- The Queen
- The Duchess of Kent
- The Duchess of Cambridge**

7. Tick **true** or **false** for each statement.

	True	False
If you need to talk about your mental health, you should talk to an adult whom you trust.	✓	
Place2Be started Children's Mental Health Week in 2014.		✓
Children's Mental Health Week is a celebration of intelligence.		✓
Mental health means how people feel about different things in their life, such as relationships, health, work and themselves.	✓	

# Children's Mental Health Week 2020

## A Celebration of You

Children's Mental Health Week runs from 3<sup>rd</sup> to 9<sup>th</sup> February 2020 and is a time for children, young people and adults to celebrate their differences. It is a chance to recognise that everyone has skills and strengths and that our differences should be celebrated.

The theme for Children's Mental Health Week 2020 is 'Find your Brave'. Life can sometimes be challenging and scary. However, being brave isn't about coping with these difficulties on your own or holding things in. Instead, bravery is about sharing your worries with others and asking for help. It is about trying something new or pushing yourself outside your comfort zone. Being brave means finding ways to overcome challenges by seeking help and experience from others when necessary.

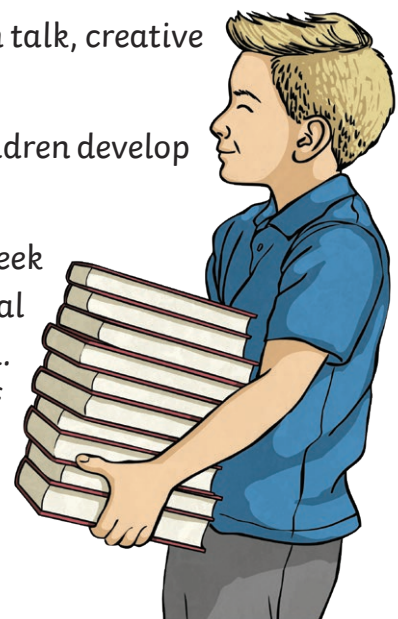
### What is Mental Health?

Mental health concerns how people feel about things in their lives such as their relationships, health, work and how they feel about themselves. Mental health is important because it can affect how people deal with different situations each day.

## A Place2Be

- A school-based charity called Place2Be was founded in 1994.
- The charity has gone from supporting five schools in London, to supporting 294 schools nationwide.
- Through their in-depth training, Place2Be have reached over 135,000 pupils.
- The charity helps children become more resilient through talk, creative work and play.
- They also provide school support and training to help children develop a positive self-image.

Place2Be launched the first Children's Mental Health Week in 2015 to help spread the word that children's mental health is just as important as their ability to learn. Mental health improves if people have a positive view of themselves. The charity aims to help children learn how to develop good self-esteem and tackle life's challenges in the future.



## A Royal Patron

The Duchess of Cambridge has been a patron of Place2Be since 2013. She says that people who are involved with the education and care of young people must "work together to ensure the children in our care have the chance to become the best version of themselves".

## Helpful Tips

These tips are suggested to help young people to improve the way they see things and improve their emotional wellbeing.

- Get outside! A little time outdoors every day is great for the whole body, including the mind.
- Talk to an adult you trust if something is worrying or upsetting you. Even if you think it isn't worth bothering someone about, it often helps to share with someone.
- Try to focus on a positive thing that happens every day, even if it is something small.
- Think of three things that you like about yourself.
- Next time you are with a group of people, think about how everyone in that group might be different.



# Questions

1. What is the purpose of Children's Mental Health Week? Tick **one**.

- to celebrate people's similarities and have fun
- to celebrate people's strengths
- to celebrate people's differences
- to celebrate people's birthdays

2. Write **one** thing that being brave involves.

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3. How successful do you think Place2Be has been? Give evidence to support your opinion.

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4. Look at the section called **A Place2Be**.

**Find** and **copy** one word which means **to be able to recover quickly from a difficult situation**.

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5. Match up the statements.

In 2015,	●		●	Place2Be was founded.
In 2013,	●		●	Place2Be started Children's Mental Health Week.
In 1994,	●		●	The Duchess of Cambridge became a patron of Place2be.

6. What might help to improve someone's mental health? Tick **one**.

- having a good time
- having lots of money
- having a positive self-image
- having a big house

7. What could people do to try and help their own mental health? Tick all the answers you think are correct.

talk to someone they trust	
sit on their own all the time	
think of three things they like about themselves	
be unkind to someone	

8. When the Duchess of Cambridge says that children should 'have the chance to become the best version of themselves,' what do you think she means?

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# Answers

1. What is the purpose of Children's Mental Health Week? Tick **one**.

- to celebrate people's similarities and have fun
- to celebrate people's strengths
- to celebrate people's differences**
- to celebrate people's birthdays

2. Write **one** thing in people's lives which might affect their mental health.

**Accept any of the following: Being brave involves sharing your worries with others/ asking for help/trying something new/pushing yourself outside your comfort zone/ finding ways to overcome challenges.**

3. How successful do you think Place2Be has been? Give evidence to support your opinion.

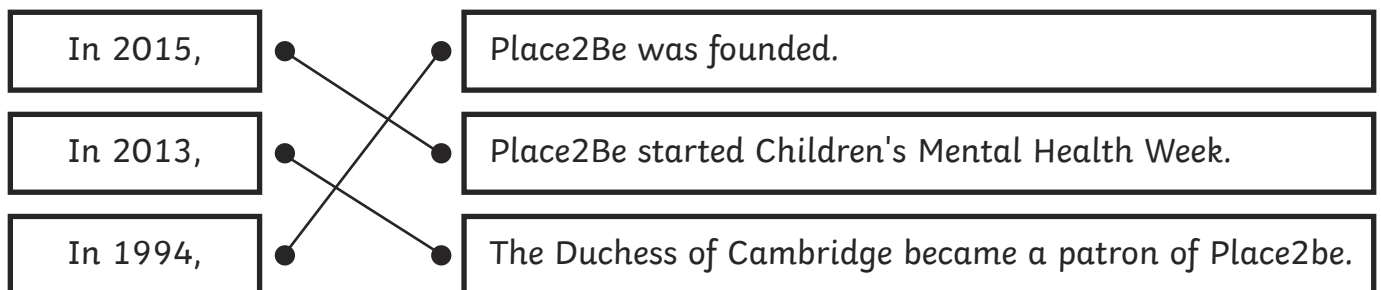
**Pupils' own responses, such as: I think Place2Be has been successful because they now support 294 schools instead of five and they have reached over 135,000 pupils.**

4. Look at the section called **A Place2Be**.

**Find and copy one word which means to be able to recover quickly from a difficult situation.**

**resilient**

5. Match up the statements.



6. What might help to improve someone's mental health? Tick **one**.

- having a good time
- having lots of money
- having a positive self-image**
- having a big house

7. What could people do to try and help their own mental health? Tick all the answers you think are correct.

talk to someone they trust	✓
sit on their own all the time	
think of three things they like about themselves	✓
be unkind to someone	

8. When the Duchess of Cambridge says that children should 'have the chance to become the best version of themselves,' what do you think she means?

**Pupils' own responses, such as: When the Duchess of Cambridge says that children should 'have the chance to become the best version of themselves,' I think she means children should be able to be the person they want to be and not be held back by having a poor view of themselves.**

# Children's Mental Health Week 2020

Children's Mental Health Week is a time for children, young people and adults to celebrate their uniqueness. It is a chance to recognise that everyone is different but that everyone has skills and strengths and that our differences should be celebrated.

In 2020, Children's Mental Health week runs from 3<sup>rd</sup> to 9<sup>th</sup> February. This time, the theme of the week is 'Finding your Brave'. The theme aims to highlight the fact that although life can sometimes be challenging, if we are brave, we can overcome these challenges. Being brave is not about trying to deal with problems on your own or holding things in. Instead, bravery is about finding positive ways to deal with things that might be difficult such as asking for help from others, trying something new or pushing yourself outside your comfort zone.

## What is Mental Health?

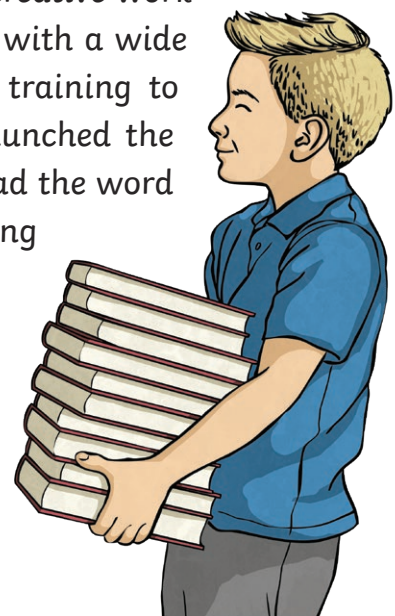
The term mental health refers to how people feel emotionally about different aspects of their lives such as their relationships, health, work and themselves. Being aware of our mental health is important because it can affect how we deal with stress, make decisions, how we behave and how we interact with other people.

## A Place2Be

A school-based charity called Place2Be was founded in 1994. Their vision is "a world where children have the opportunity to grow up with prospects rather than problems." They have gone from supporting five schools in London to working with 294 schools nationwide.

The charity builds children's resilience through talking, creative work and play, and helping them to develop the skills to cope with a wide range of issues. They also provide school support and training to help children develop a positive self-image. Place2Be launched the first Children's Mental Health Week in 2015 to help spread the word about the importance of children's mental health being considered, as well as their ability to learn.

It is known that mental health can improve if people have a positive view of themselves. This helps the development of good self-esteem which will enable people to cope with misfortunes and disappointments. It will also mean they have better relationships with people around them and improve their emotional wellbeing.



## A Royal Patron

Her Royal Highness the Duchess of Cambridge has been a patron of Place2Be since 2013. She says that "We can ensure that every child is given support to help them fulfil their true potential," and that people who are involved with the education and care of young people must "work together to ensure the children in our care have the chance to become the best version of themselves."

## Helpful Tips

These tips are suggested to help young people to improve the way they see things and improve their emotional wellbeing.

- Get outside! A little time outdoors every day is great for the whole body, including the mind.
- Talk to an adult you trust if something is worrying or upsetting you. Even if you think it isn't worth bothering someone about, it often helps to share with someone.
- Try to focus on a positive thing that happens every day, even if it is something small.
- Think of three things that you like about yourself.
- Next time you are with a group of people, think about how everyone in that group might be different.



# Questions

1. In your own words, explain the importance of Children's Mental Health Week.

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2. Which word is closest in meaning to **uniqueness**? Tick **one**.

- positivity
- individuality
- unusual
- equal to

3. Write two possible things that may be affected if we are not aware of our own mental health.

1. \_\_\_\_\_

2. \_\_\_\_\_

4. Explain the meaning of the word written in **bold** in the sentence below:

Their vision is "a world where children have the opportunity to grow up with **prospects** rather than problems."

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5. Fill in the missing words in this sentence.

Place2Be \_\_\_\_\_ the first Children's Mental Health Week 2015 to help \_\_\_\_\_  
 \_\_\_\_\_ about the \_\_\_\_\_ of children's mental health.

6. Tick the true statements about Place2Be.

The Duchess of Cornwall is a patron of Place2Be.	
Place2Be was founded in 1994.	
In 2016, Children's Mental Health Week began.	
This year, the theme is 'Find your Brave'.	
Place2Be use a range of different activities to help children develop skills in dealing with different issues.	

7. Name one thing that you could do to improve your mental health.

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8. What are your thoughts about Children's Mental Health Week? Give evidence to support your answer.

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# Answers

1. In your own words, explain the importance of Children's Mental Health Week.

**Pupils' own responses, such as 'Children's Mental Health Week is important because many people are not aware of the importance of mental health compared to physical health. It aims to raise awareness of the importance in the hope of improving mental health for children and young people'.**

2. Which word is closest in meaning to **uniqueness**? Tick **one**.

- positivity  
 **individuality**  
 unusual  
 equal to

3. Write two possible things that may be affected if we are not aware of our own mental health.

**Accept any two of the following: Two possible things that may be affected if we are not aware of our own mental health are that it could affect how we deal with stress, make decisions, behave and interact with other people.**

4. Explain the meaning of the word written in **bold** in the sentence below:

Their vision is "a world where children have the opportunity to grow up with **prospects** rather than problems."

**The word prospects means having positive options or a positive future, so Place2Be have a vision of children being able to have positive options instead of having a future filled with problems.**

5. Fill in the missing words in this sentence.

Place2Be **launched** the first Children's Mental Health Week 2015 to help **spread the word** about the **importance** of children's mental health.

6. Tick the true statements about Place2Be.

The Duchess of Cornwall is a patron of Place2Be.	
Place2Be was founded in 1994.	✓
In 2016, Children's Mental Health Week began.	
This year, the theme is 'Find your Brave'.	✓
Place2Be use a range of different activities to help children develop skills in dealing with different issues.	✓

7. Name one thing that you could do to improve your mental health.

**Accept any one of the following:**

**Go outside/exercise**

**Talk to an adult you trust**

**Focus on something positive each day**

**Think of three things you like about yourself**

**Think about how people are different**

8. What are your thoughts about Children's Mental Health Week? Give evidence to support your answer.

**Pupils' own responses, such as: I think Children's Mental Health Week is a good event because it can have a positive influence on the mental health and wellbeing of children, improving their self-esteem as well as their work.**