

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK

5-11
FEB
2024

Children's Mental Health Week: Activity Pack

Your voice matters

Creating a class charter

It's important to be able to express what is important to you and how you would like to feel in your class.

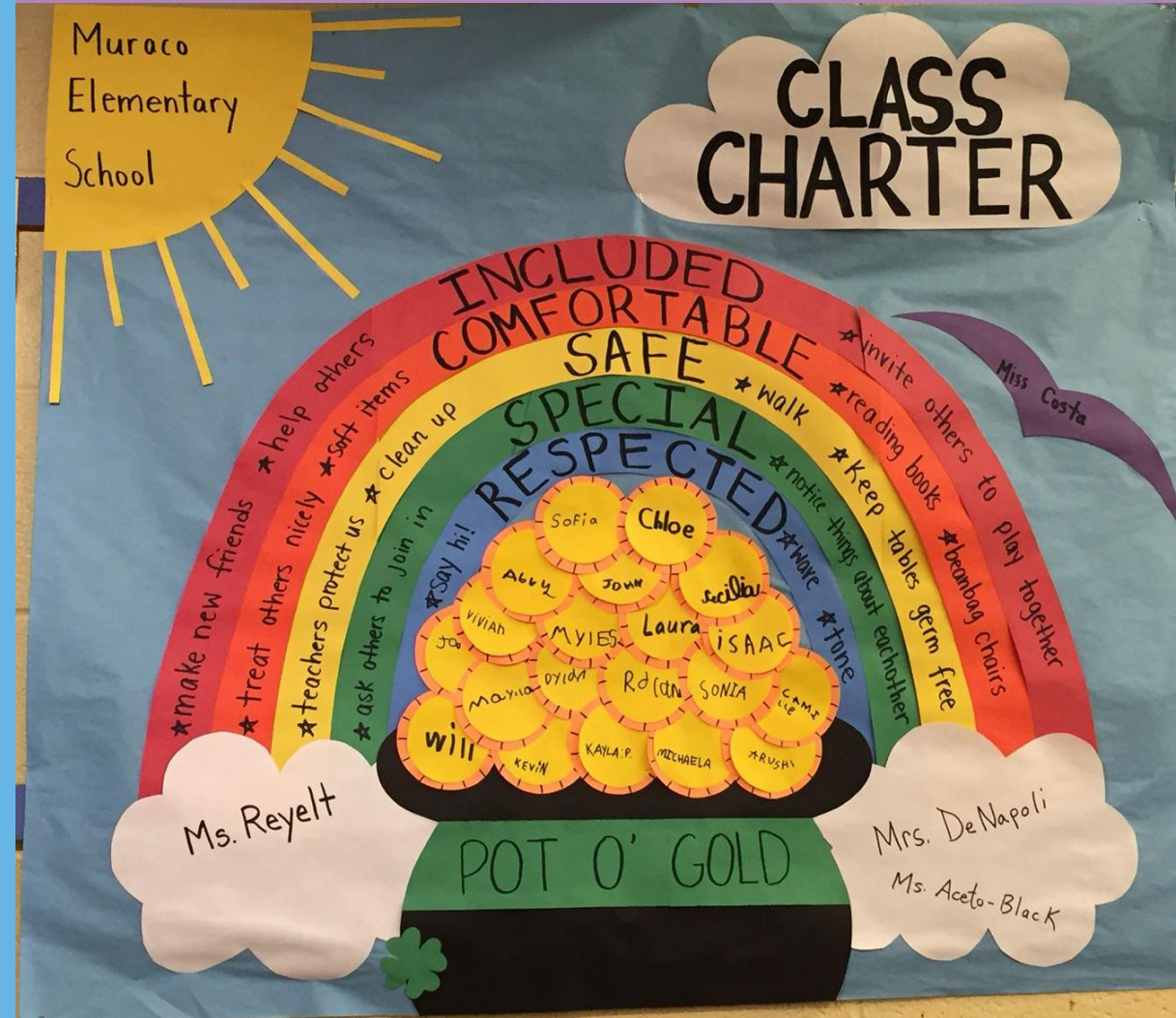
Have a go at discussing these three statements below as a group:

In our class...

We want to feel...

We will try our best to...

We will support each other by...



What matters to me

Fill in a 'what matters to me' sheet.

Explore your similarities and differences with others.

The worksheet is titled "What matters to me" in a purple, stylized font. It features several sections for personal reflection, each with a green border and a light green background. The sections are:

- My name:** A small rectangular box at the top right.
- Important people and pets in my life:** A rectangular box on the left side.
- Things that comfort me:** A rectangular box on the right side.
- My language, my country, my home:** A rectangular box on the far right.
- Things I need help with (including fears):** A rectangular box on the left side, below the first box.
- Other things that are important to me:** A rectangular box on the right side, below the first box.
- Personal beliefs, practices and values:** A rectangular box on the far right, below the second box.
- My favourite things (activities, food, movies, sports, games, books, music, tv etc.):** A large rectangular box at the bottom.

The worksheet also includes a logo for the Mental Health Support Team (MHST) in the top right corner, which consists of the letters M, H, S, and T in colored circles. There is also a small illustration of a sun with a face in the bottom left corner.



What matters to

My name:

Important people and pets in my life:

Things that comfort me:

My language, my country,
my home:

Things I need help with (including fears):

Other things that are important to me:

Personal beliefs, practices
and values:

My favourite things (activities, food, movies, sports, games, books, music, tv etc.):



If I could change one thing about the world, it would be



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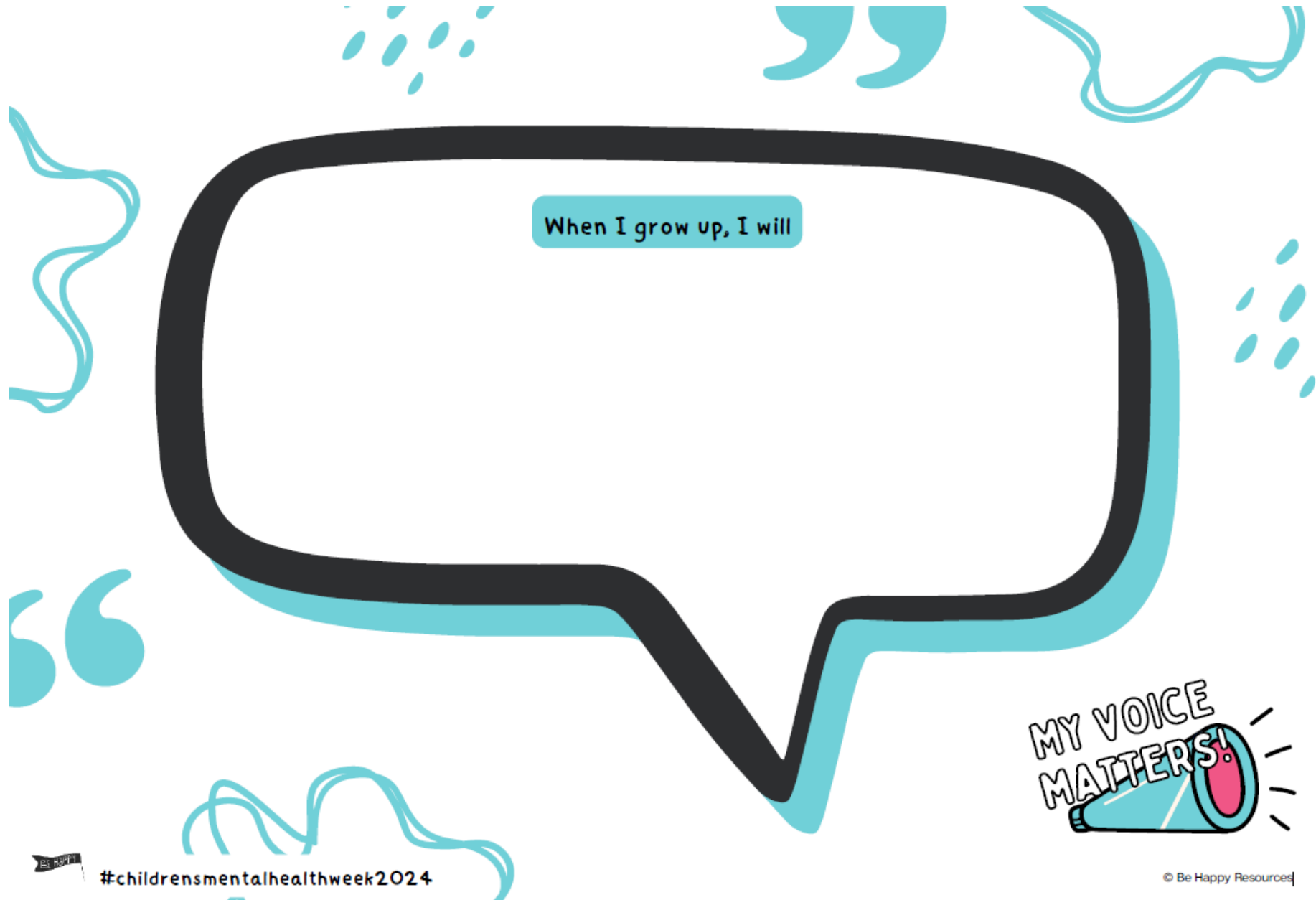
If I was headteacher for a day, I would



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Mental Health Support Team (MHST)
www.youngsomersex.org.uk/mhst

[Be Happy Resources](http://BeHappyResources.com)

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MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust

Expressing your feelings is an important step in understanding and managing your emotions.

Find the free printable from 'Elsa-support' below and fill in your own feelings worksheet.

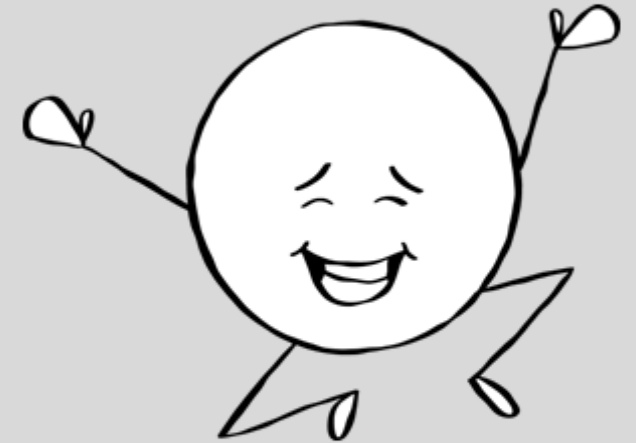
Express yourself FEELINGS
- Elsa Support (elsa-support.co.uk)

Mental Health Support Team (MHST)
www.youngsomerset.org.uk/mhst



EXPRESS YOUR FEELINGS

Children's Mental Health Week Resource



**FREE RESOURCE
FOR CHILDREN'S
MENTAL HEALTH WEEK**

Everyone experiences pleasant and not-so-pleasant emotions but we can try to improve our mental health if we know how to deal with difficult or unpleasant emotions.

Knowing what we can do when we are feeling 'down' is very useful for keeping our mind happy and healthy.

When I feel sad, I like to...



Share something you do when you feel sad. There are no right or wrong answers and different things work for different people. You do not have to share your ideas if you don't want to.