

Know Yourself, Grow Yourself

Children's Mental Health Week



Mental Health

When we talk about being healthy,
we often think about our bodies.

Can you think of ways to look after your
body?

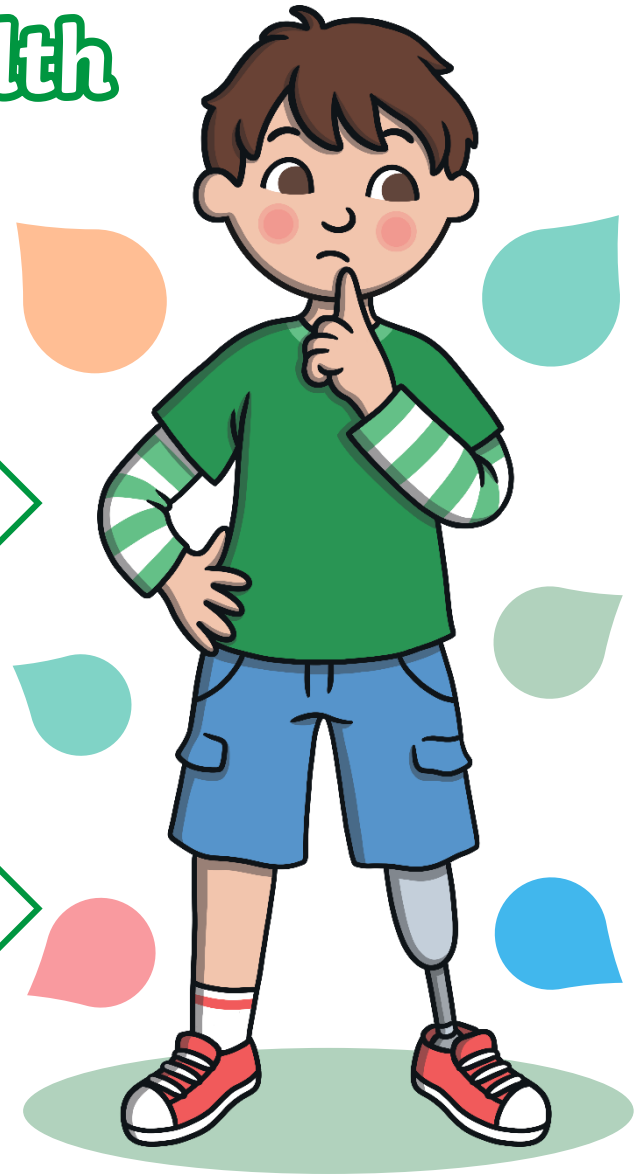


Mental Health

It is also important to look after our minds.

How we are feeling can affect the choices we make and how we behave.

When we are **happy** we make good choices but when we are **sad** or **angry** we can make the wrong choice.



Children's Mental Health Week

Children's Mental Health Week takes place in February every year.



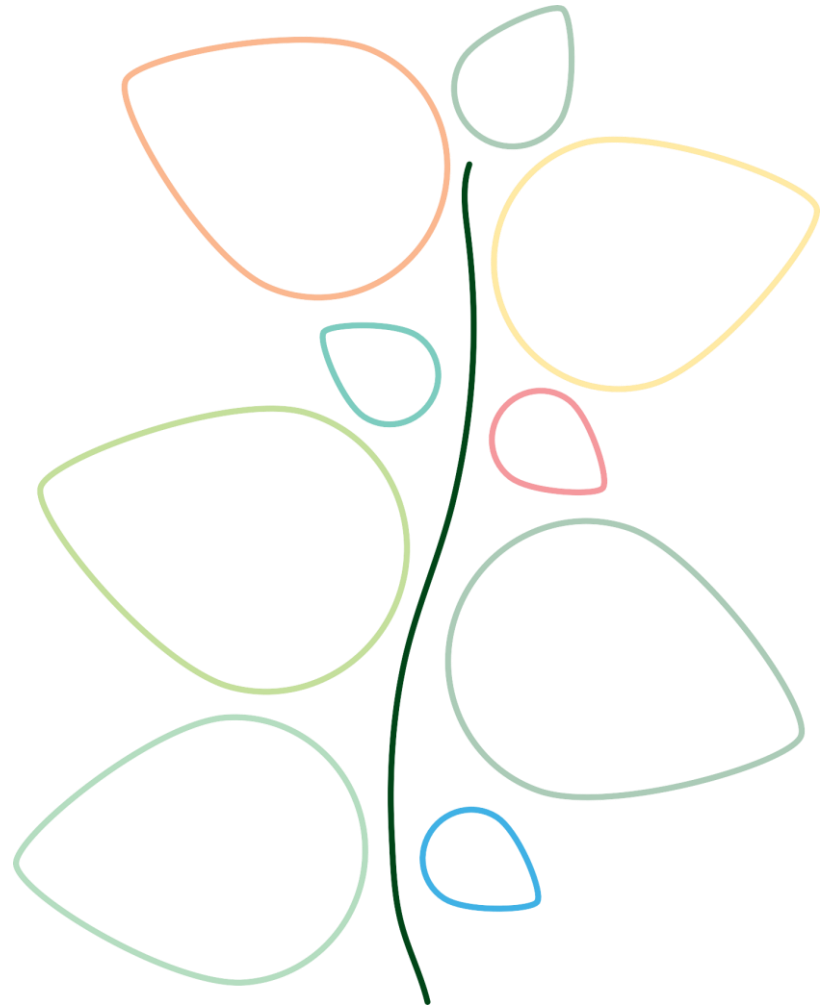
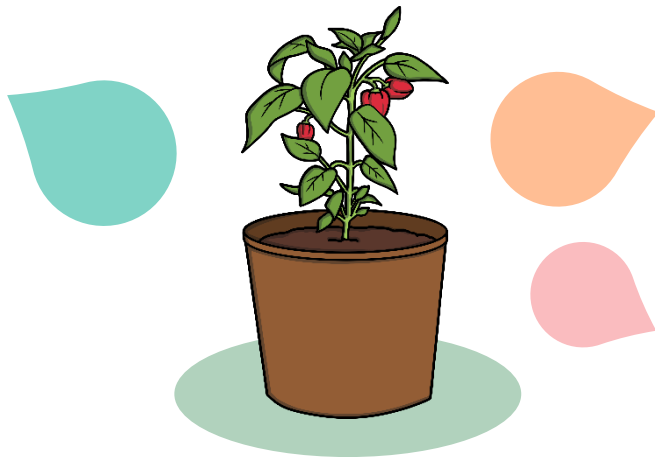
It helps children to learn all about mental health.

Children's Mental Health Week

Each year, a different topic is picked.

This year's theme is:

Know Yourself, Grow Yourself





Know Yourself, Grow Yourself



This year's theme is all about knowing ourselves.

Knowing ourselves can help us to understand our feelings.

Knowing ourselves helps us understand what makes us feel happy.

Knowing ourselves helps us to make choices.

Knowing ourselves helps us to know what we are good at.

Knowing ourselves can help us face challenges.

Knowing ourselves helps us to make friends.



Know Yourself, Grow Yourself

We all feel a big range of emotions every day. Every feeling is OK.

There will be some emotions that help us to feel good and some that we find uncomfortable.



Know Yourself, Grow Yourself

Knowing ourselves includes getting to know our feelings and emotions.



How can you help your mental health?

Take some time during Children's Mental Health Week to know yourself and grow yourself.

