

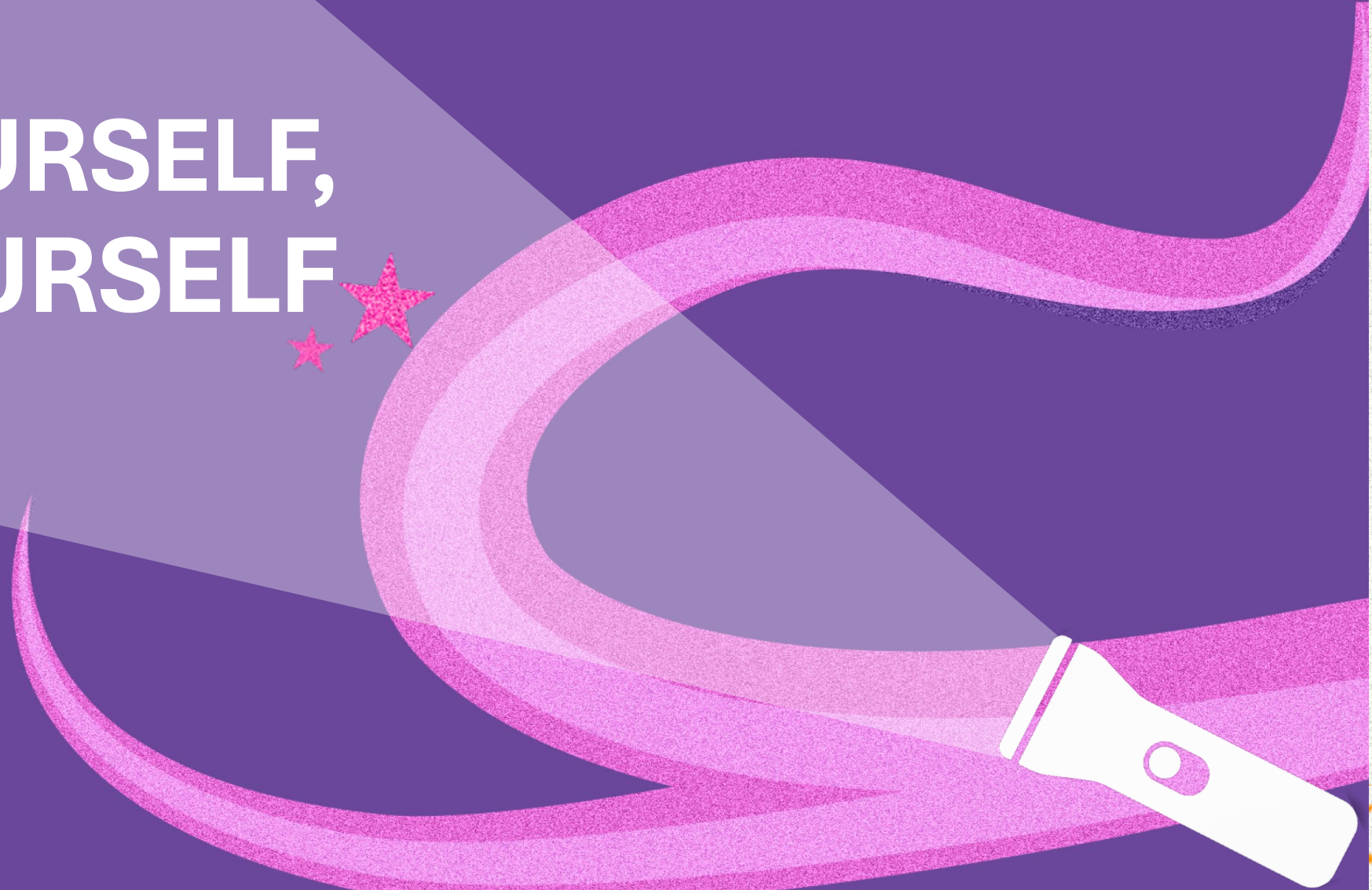
# Children's Mental Health Week 2025

**Connect-Ed**



Connect-Ed

 KNOW YOURSELF,  
GROW YOURSELF 



# Check-in Game

**How do you feel today? Share it with a sound.**

Everyone is invited to stand in a big circle.

The person who wants to start the game makes a sound and a movement, which the group reflects back to them.

Then, it's the turn of the person on their right to do a movement/sound, and so on, until each member has had a turn.

If you feel shy, it's alright! You could choose to do only a movement or participate in the way you feel comfortable to.



# Mental health and Wellbeing

## What is Mental Health?

- Mental health is about how we think, feel and act.
- Just like physical health, we all have it and
- we need to take care of it.



# Know yourself, Grow yourself

## Tree of Growth

Today, we will be making our own Tree of Growth. We will be thinking about what helps our minds and bodies to grow.

- **Seeds** – What do you notice about your feelings and how they change?
- **Trunk** – Who and what supports you to grow?
- **Leaves** – How do you use your imagination and creativity to grow?
- **Storms** – What challenges do you sometimes face?
- **Sun & Water** – What can you do to help yourself grow?

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# Seeds - Your feelings



## What feelings do you know?

Choose up to five colours, paint each one of your five fingers with one color and print your fingerprints on the base of the tree where the roots are.

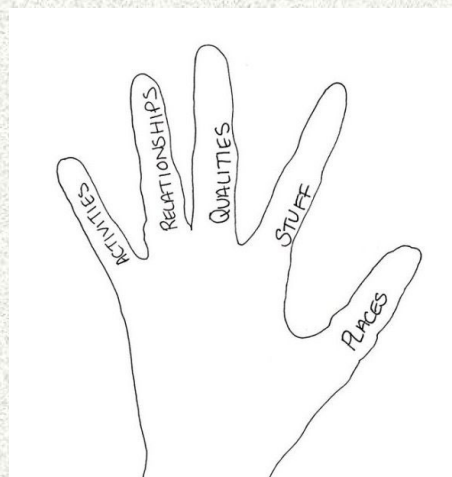
This will be our tree's seeds! Once it's dry, write your name down and draw an emoji on your fingerprint to represent your feelings on each colour.



# Trunk - Sources of Support

**What activities, things, places, people or parts of your self SUPPORT YOU?**

Think about them, grab a Jenga block and add it to the 'Jenga trunk'. If you want to, you can share it with the group when you add your block and write it down on the class tree.



# Leaves - Curiosity and Imagination

Take just a moment to close your eyes and imagine your happy place.

- How does it look like?
- How does it feel like to be in that place?
- What colours can you see?
- What smells can you notice?
- Is there anything you could taste?

Open your eyes and draw your happy place on your leaf





# Storms - Worries

Everyone has worries from time to time. These worries can sometimes make it hard for us to feel happy, enjoy learning, or have fun with our friends.

- Do you have worries? Are they big? Are they small? Could you show us with your hands the size of your worries?
- To keep our worries small and feel less heavy, it helps to share them with others. Remember, you are not alone!
- Choose a musical instrument or grab a class object that you can make a sound with and let's create our 'storm of worries'. Think about your worries and for one minute we will make sounds, words and movements to express them together.
- Ready, steady, go!



# Watering Can - Taking care of yourself

Just as plants need water to grow, we need to do certain things to take care of ourselves. **How can we take care of ourselves?** By doing things we enjoy, eating healthy, getting enough sleep, playing and moving our bodies!

Grab a colour scarf, move around following the music and enjoy!

Draw a drop or a sun in our class tree to represent your own ways of taking care of yourself.



# Class Tree

Now that we have our tree ready, let's read through and look at the different parts that help our minds and bodies to grow.



# Check-out

## How do you feel now?

Let's finish the way we started.

Everyone is invited to stand up in a big circle again to pass a sound.

The person that would like to start makes a sound and a movement and the group reflects it back. Then it's the person that is on their right's turn until each member has had a turn.

If you feel shy, it's alright! You can choose to only do a movement or participate in the way you feel comfortable to.

