

# Children's Mental Health Week 2025

Connect-Ed



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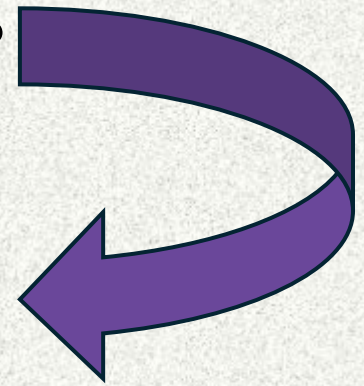
 **KNOW YOURSELF,  
GROW YOURSELF** 



# Check-in



What would you like more of today?





# Mental health and Wellbeing

What is Mental Health and Well Being?

Why do we dedicate a week to it?





# Understanding all about you

Plants and trees need water and sunshine, what do you need to grow?

- What do you like or enjoy doing?
- What do you enjoy learning about?
- Who are the people in your life who are important to you?
- What places do you enjoy going to?



# Group Agreement

- Look after yourself: expanding our understanding around mental health can sometimes bring up difficult feelings or memories
- Take a break if you need it
- Everyone is welcome to contribute
- Respect each other's opinions even / especially if you don't agree with them

Can you think of anything else?



# Tree of Growth

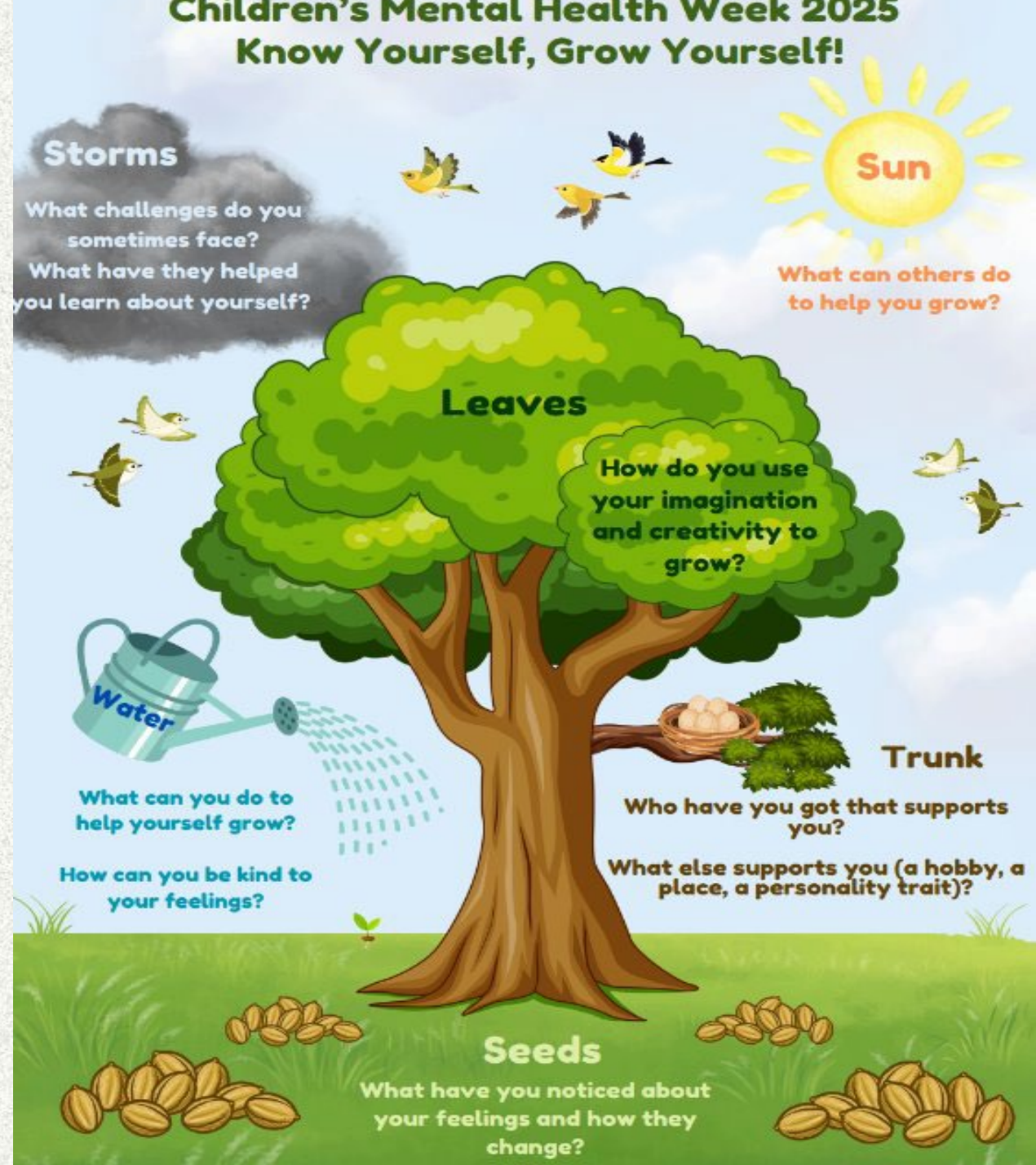
## Creative Activity !

Today, you will be making your own Tree of Growth.

We will be thinking about what helps our minds and bodies to grow.

You will have 40 minutes to get creative...

Connect-Ed



# Seeds

**Seeds** – What do you notice about your feelings and how they change?

- Choose a seed that represents a feeling, try and draw the seed yourself and write a note to yourself on the back of the seed of a time when you felt this way.
- You will need an A4 sheet of paper, pencils and scissors



When you have finished, place the seed on your tree, beneath the roots





# Trunk

**Trunk** – Who and what supports you to grow?



We can find support in different places, through our relationships, places, people we know, and of course our treasured pets.

Write down (in the shout outs given) what sources of support you have and while you are at it, to add real interest decorate your shout out.

Next, place your shout out on your tree trunk.



# Leaves

Have a family, get a job, go to college, university, travel, volunteering, find a partner, make more friends, learn a new skill and anything else!

**Leaves** – How do you use your imagination and creativity to grow?

- Imagine you are on a tropical Island. There are many different exotic trees that have an abundance of beautiful flowers, fruits and leaves. As you walk on the beach, you imagine all the things that you would like to do that fulfil your hopes and dreams. You notice the leaves from the tropical trees on the sandy ground. Choose leaves that represent your hopes and dreams for the future.
- Discuss your choices with a partner and place the leaves on your tree.



# Storms

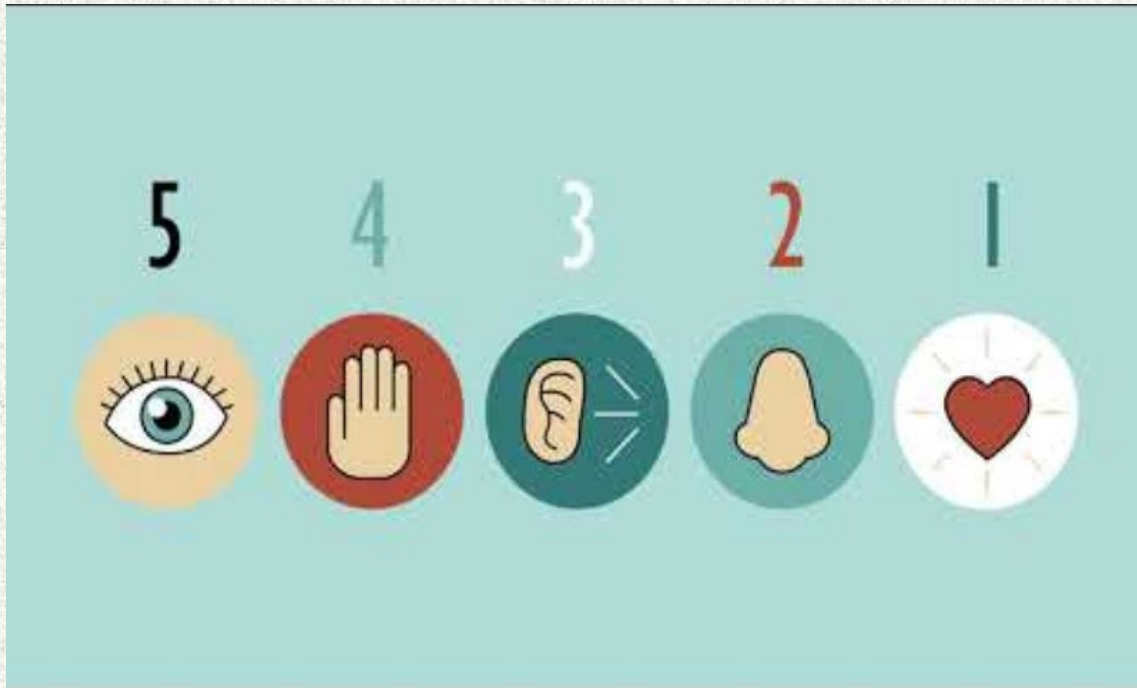
**Storms** – What challenges do you sometimes face?

- Think about a song or a piece of music that represent how you have overcome a challenge
- What words would you use to describe how the music makes you feel?
- Discuss with a partner.

Write the name of the song and your feelings on a cloud bubble and put on your tree.



# Watering can



**Sun & Water** – What can you do to help yourself grow?

We're going to use a mindfulness technique as a way of how we can look after ourselves.

There are different things that we can do to help ourselves, meditation is one way.

How else can we look after ourselves?  
What else do we need to do?

- Share your ideas with your partner.
- Share your ideas on your tree.
- Write your thoughts on the post it notes.

LINK: <https://youtu.be/30VMIEmA114>



# Your tree

Let's look at your tree!

Take your time to look what you have all produced.

Look at the different parts that help our mind and body grow.



# Check out



Has anything changed for you?

How will you get more of what you need?

