

Children's Mental Health Week 2025

Connect-Ed



Connect-Ed

 KNOW YOURSELF,
GROW YOURSELF 



Check In – Squiggle game

- Child 1 starts by drawing a squiggle on a piece of paper, without saying anything
- The next person adds something- another squiggle, or an eye, or a line, etc.
- And so on... building a picture collaboratively
- The aim is not to talk – and let the picture unfold!





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?

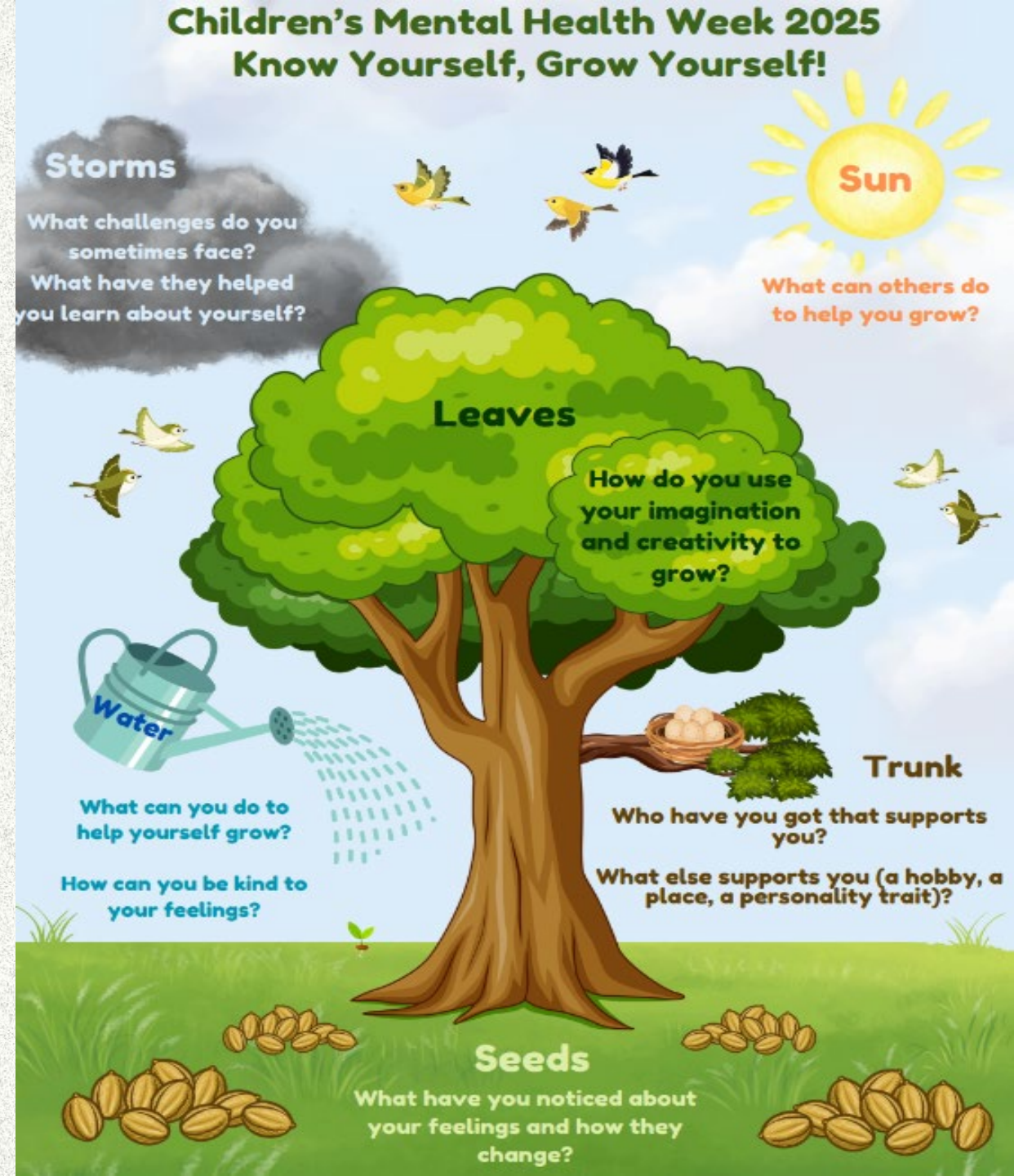


Know yourself, Grow yourself!

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?



Seeds - How are you feeling?



Calm

Scared

Angry

Happy

Sad

- Choose a feeling seed and think of a time you have felt that way. You can write or draw this on your seed. You can share with a friend.
- Would anybody like to share their seeds and add these to our class tree?

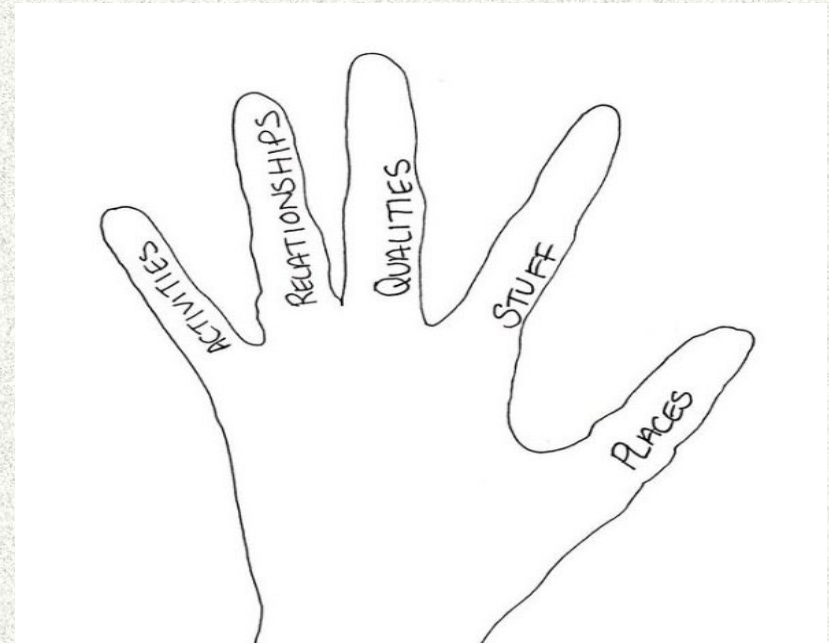


Trunk - Sources of Support

We can find support in different places. It might be through people and relationships, or it might be through places we visit.

Think with your partner about the hand outline and what sources of support you have.

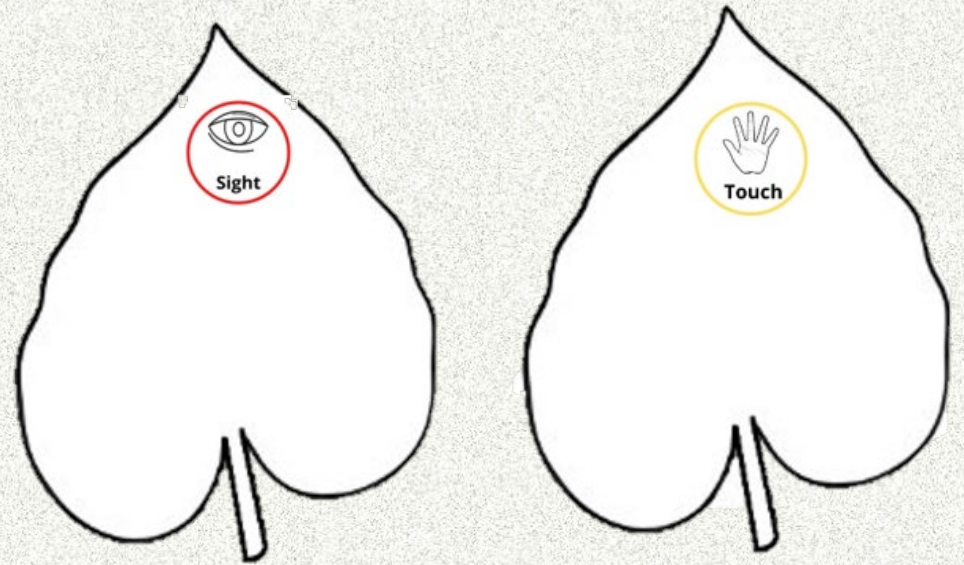
Would anyone like to share their sources of support and we'll add it to our class tree?



Leaves - Curiosity and Imagination

Imagine you are going to travel to your island of dreams. On this island is everything you could wish for. Use your senses to describe your wishes and write or draw them on the tree's leaves.

Would anybody like to share one of their dream leaves?



Storms - Worries

Follow the video to make it rain.

In the video we made big sounds and small sounds. Just like these sounds, we can have big worries or small worries in life. We are always going to have worries even as an adult. One of the best ways to help your worries is to share them.

Think about a big worry you might have and a small worry. You can draw or write them down. You can share with a friend.

Would anyone like to share their worry for our tree?



[Link: Let's Make It Rain! - Body Percussion - YouTube](#)





Watering Can - Taking care of yourself

We're going to use movement to think about how we can look after ourselves (Teacher refer to notes for script).

Movement is one way to take care of yourselves, just like we have done with our tree stretches.

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

Share your ideas with your partner.

Would anyone like to share their idea for our class tree?



Class Tree

Now we have added to our class tree, lets read through and look at the different parts that help our minds and bodies to grow.



Check out - What do you need?

