

# Children's Mental Health Week 2025

Connect-Ed





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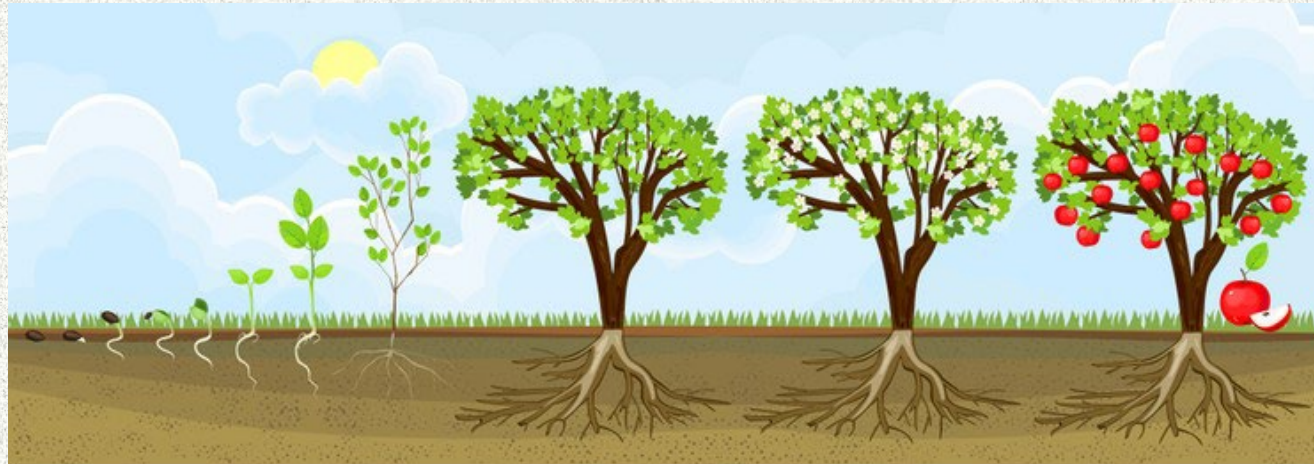
 KNOW YOURSELF,  
GROW YOURSELF 





# Check In - Seed to Tree picture

- In groups of 4, Child 1 starts by drawing a seed on a piece of paper, without saying anything
- The next person adds the next part of the tree
- And so on... building a picture of a tree collaboratively (together), it might be a palm tree or a fruit tree
- 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?



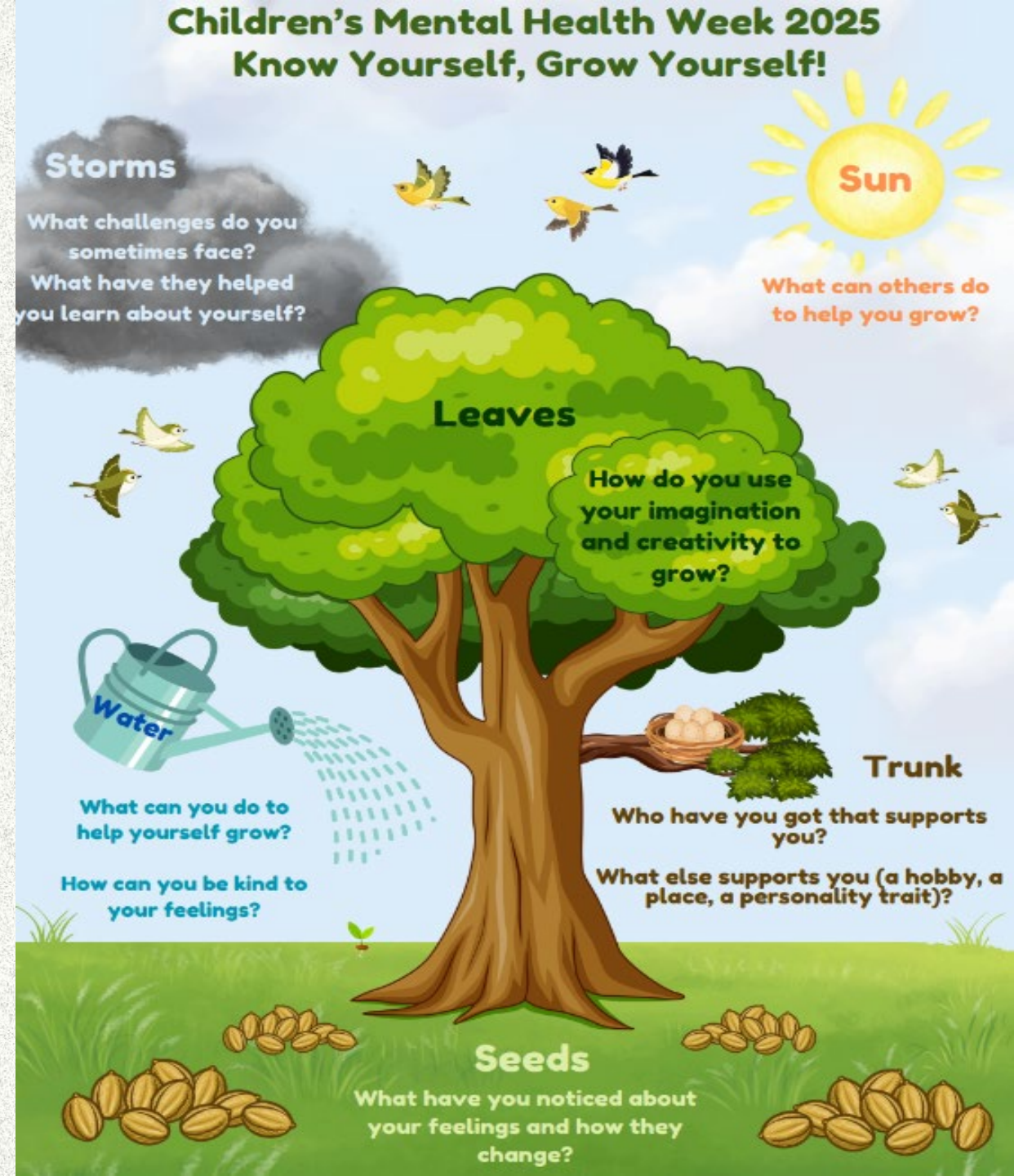


# Know yourself, Grow yourself!

## 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

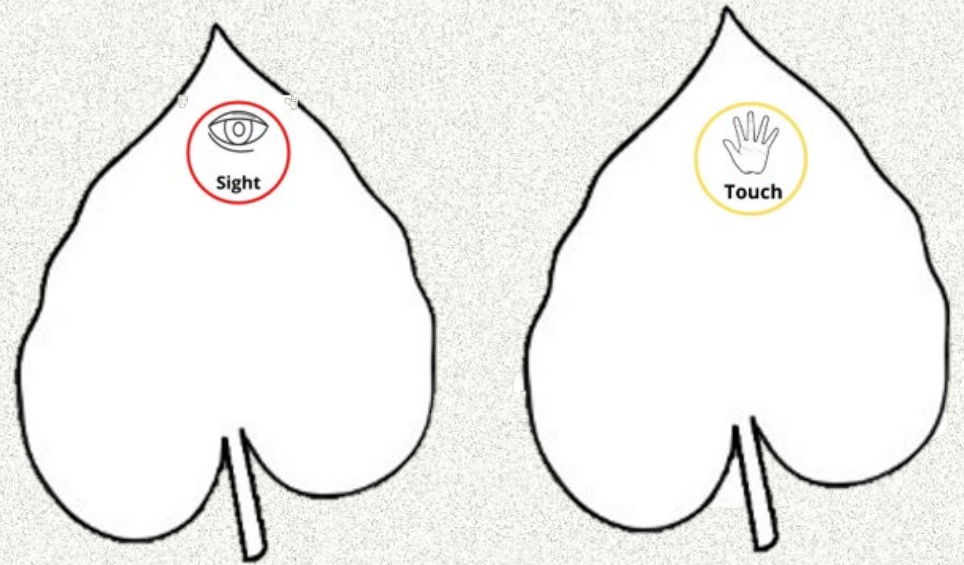
- We can find support in different places. It might be through people and relationships, or it might be through places we visit. Think with your partner about what sources of support you have.
- Would anyone like to share their sources of support and we'll add it to our class tree?





# 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?





# Watering Can - taking care of yourself

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

- What do you like or enjoy doing?
- What do you enjoy learning about?
- What places do you enjoy going to?
- Who are the people in your life who are important to you?
- Write some of these down on the pieces of paper, fold them and put them in the class watering can.

Each day, starting today, your teacher will ask one person to pick a paper out and discuss it as a class for 2 minutes.





# Sunshine - How can others help you grow?

Plants and trees also need sunshine to grow, how can others help you to grow?

- Be kind to you
- Make you laugh
- Play with you
- Teach you
- Read with you
- Look after you

Write/draw down on the strips of paper so we can stick them on our Class Tree of Life.





# Storms - Challenges and worries

We all have challenges and worries; we can have big worries or small worries in life. Even adults have worries. One of the ways to help your worries is to share them, especially with a trusted adult.

Think about a big worry you might have and a small worry.

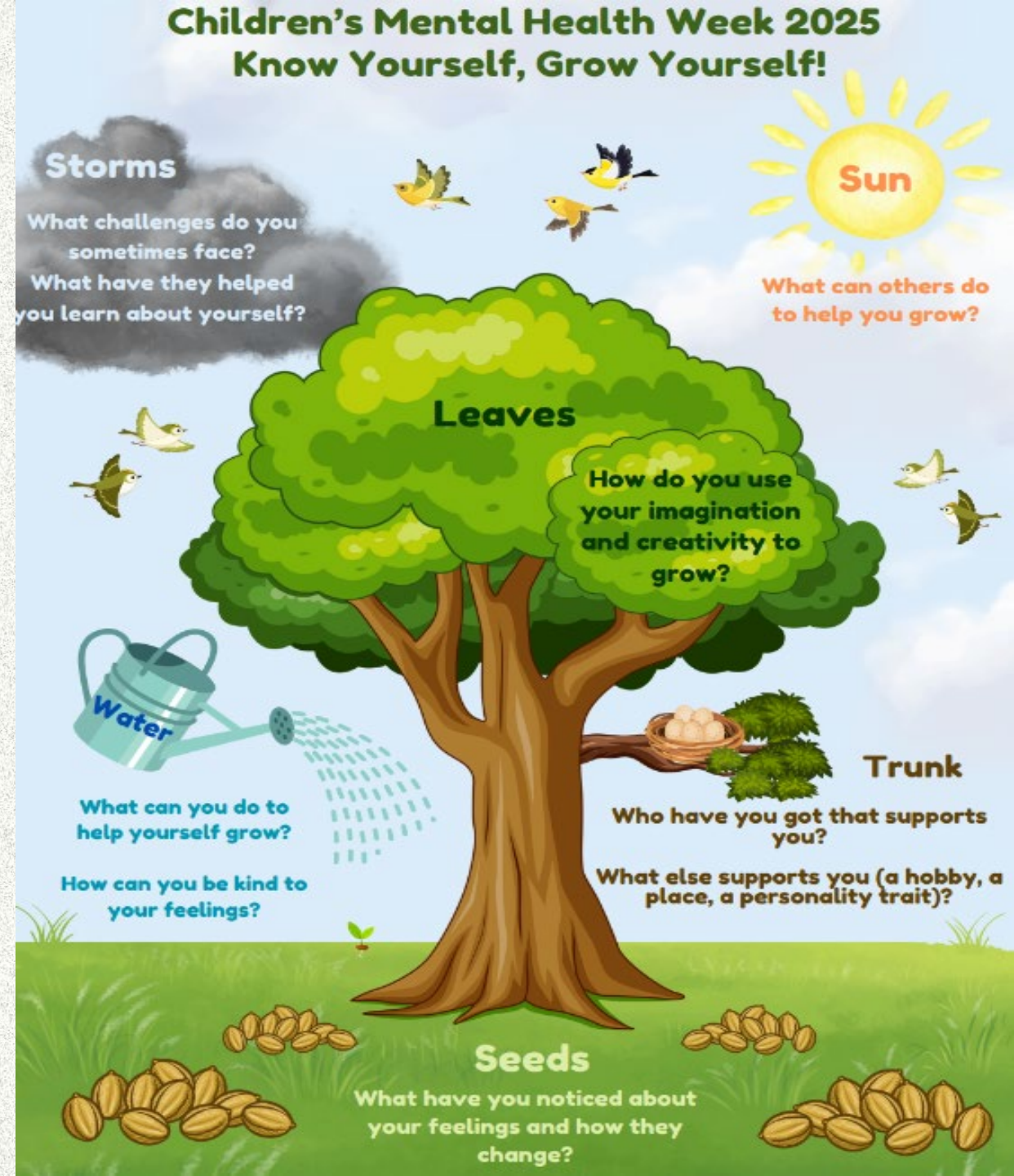
Who would like to share their worries? You can come and write them on our storm cloud on our class tree of life.





# 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 - Seed to tree mindfulness activity

Read the Seed to Tree: Dance and movement script  
(around 8-10 minutes)

Pick a paper from the watering can, read and discuss

