

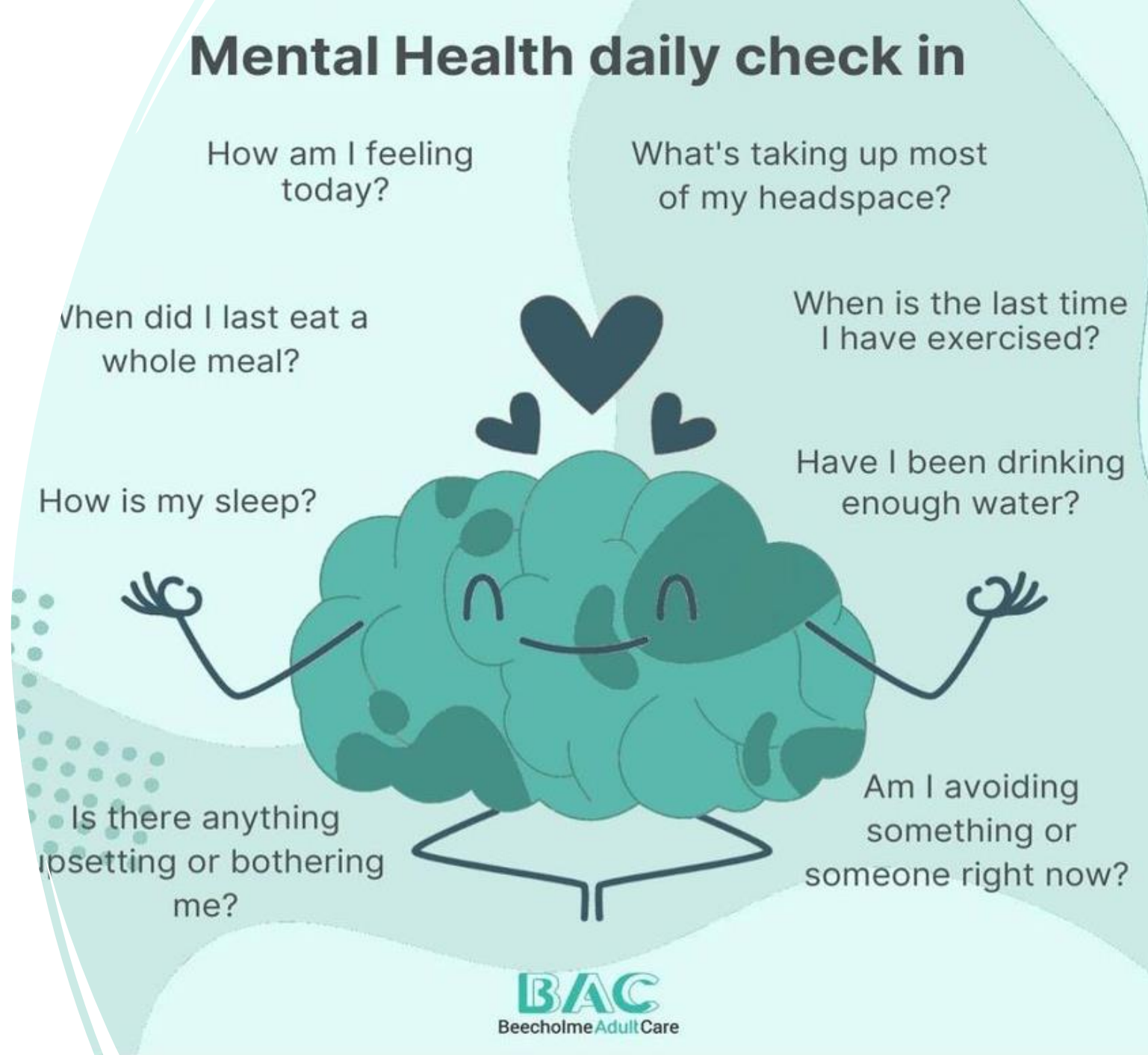
What  
does  
this  
image  
mean  
to you?



# How are you?

---

- What can you do if you're not okay?



# About Children's Mental Health Week



## What is Children's Mental Health Week?

Children's Mental Health Week is a mental health awareness week that launched by children's mental health charity, **Place2Be**. The week exists to empower, equip and give a voice to all children and young people in the UK.

## When is Children's Mental Health Week 2025?

Children's Mental Health Week 2025 will take place from 3-9 February 2025. The week launched a decade ago in 2015 and we celebrate it every February, with this year marking the 11th Children's Mental Health Week.

# This Year's Theme

## KNOW YOURSELF, GROW YOURSELF



**This year's Children's Mental Health Week theme is Know Yourself, Grow Yourself.**

**The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.**

Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel **JOY** and what may cause us **SADNESS**. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way. During Place2Be's Children's Mental Health Week 2025, please join us in some activities to help us explore our different emotions and grow ourselves. There is something for everyone, and we hope you enjoy this journey of self-discovery!

# How well do we really know ourselves?

Sometimes we can feel like we are in the middle of a tussle of emotions – feeling joy, then sad, angry and jealous, all at the same time!

In Inside Out, Sadness asks Joy if she can go down into the memory pool with her.

Joy takes Sadness hand into hers and says to her friend, "Of course! Remember Sadness, wherever I go, you go too."

These emotions help us to understand ourselves better – what we like and dislike, where we feel comfortable and where we are scared. Can you think of a time when you were happy and sad?

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK





# Getting to know yourself and each other is a wonderful way to grow, make connections and support others.



"The most important thing is to try to know yourself."  
— Socrates



"Promise me you'll always remember you're braver than you believe, and stronger than you seem, and smarter than you think."  
— *Christopher Robin*



"Every one of us needs to show how much we care for each other and, in the process, care for ourselves."  
— *Princess Diana*



# The science of kindness and the role kindness / self-kindness can play in improving our mental health.

