

# Children's Mental Health Week

## Growing Together

### Share Kindness

We can grow together by being kind. As we grow, there will be times when we struggle or feel uncomfortable emotions. Being kind to ourselves can help us to feel good inside and keep trying when things are tricky. Being kind to others can help them to feel happy and positive. Who will you **share kindness** with today?



### Have a Go to Grow

Every day, we try new, exciting things that we might not have done before. It's OK to find things tricky. We all learn by making mistakes. Being brave and **having a go helps us to grow**. What are you going to try that's new today?

### Take Time to Grow

When we water a plant, we don't see it grow straight away. But taking time to give it special care helps it to blossom later. We are the same! Think about what you can do now that you couldn't when you were smaller. Giving ourselves time when we start doing something new helps us to build **confidence** and grow step by step. Think today about what you can do now that you couldn't before.



### Growing and Changing

As we grow, we change. Our bodies change as we grow older and our minds and feelings can change too. Sometimes, this happens over a long time and sometimes, things change from day to day. This is OK. Remember, if you're ever worried about something that has changed, **speak to an adult you trust** in school or at home.

