



**Children's
Mental Health
Week 2018**
5-11 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Being Ourselves



Place2Be launched the first ever Children's Mental Health Week in 2015 to support children and young people's mental health and emotional wellbeing. Some children and young people can find it difficult to think positively about themselves. That's why this Children's Mental Health Week (5-11 February 2018) we're highlighting the importance of **'Being Ourselves'**. Water Leys is inviting everyone - children, young people and adults - to come together and celebrate the unique qualities and strengths in themselves and others. Let's celebrate **'Being Ourselves'** together.

Parents and carers have a very important role to play in helping children and young people learn the importance and value of **'Being Ourselves'**. Helping your child build self-esteem and recognise both their own unique strengths and qualities and those of the people around them will help them build self-awareness and make better connections with others.

Next week each class will be focusing (at an age appropriate level) on what mental health is, will be introduced to some ideas about how they can understand their feelings and learn how to begin to spend time looking after their wellbeing.

We want to reach as many children and young people as possible with the message that it's great **#BeingOurselves**. You can find out more at www.childrensmentalhealthweek.org.uk/