

Emotional Wellbeing Newsletter

Children's Mental Health Week

Children's Mental Health Week 2025 took place in February. Each year group completed lots of different activities around this year's theme 'Know Yourself, Grow Yourself'. We talked about what mental health is and discussed how we can support our mental health.

10 things to boost your mental wellbeing



We also completed the class calendar to work towards knowing yourself and growing yourself:

Know Yourself, Grow Yourself

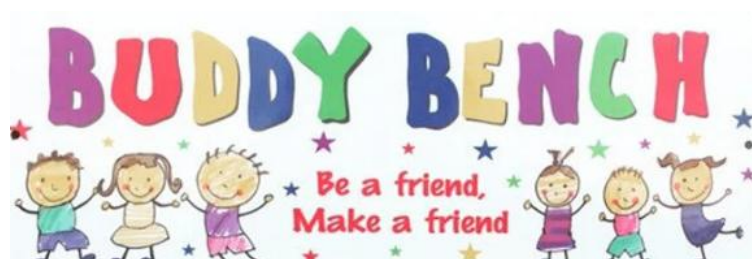
Each day, complete the challenge on the class calendar to work towards knowing yourself and growing yourself.

Monday	Tuesday	Wednesday	Thursday	Friday
Think about something you are good at.	Think about something you want to get better at.	Think about someone who is special to you.	Think about something that makes you smile.	Think about something that makes you special.
If you feel happy to do so, share your ideas.				



Wellbeing Warriors

We all enjoyed dressing up in clothes that made us feel happy! Thank you so much for all the donations. We were able to buy new buddy bench signs:



Things Wellbeing Warriors have been doing or saying:

- Asking if they are ok
- Offering to play with children
- Having a chat with children
- Giving children ideas of what to play
- Finding an adult who may be able to help
- Giving out a 'Kindness Certificate' each week

