



Children's Mental Health Week 2022:

Safety Net schools resource pack

Growing Together:

Children's Mental Health Week will take place between the 7th and 13th February 2022 with the theme being 'Growing Together'.

The aim is to encourage children, adults and school communities to explore how they have changed over time and how some things have stayed the same. This provides an opportunity to celebrate how we can grow together through difficult challenges with the right support.

One kind word calendar competition winner: Charlotte Smith, Year 4



Resources:

Safety Net have created this handy list consisting of our own and external resources that can be used virtually or in the classroom. You can also [check out our e-zines](#) for more fun activities and top tips. Our latest edition 'Paving the way for positivity' is out soon.

1 – Super Stories:

Create story boards about a skill or hobby that each child has developed over time. By telling a story about their own hobbies, children can celebrate their success as well as the skills and accomplishments of their peers over time.

[Storyboard template](#) & [Example story](#)

2 – Coping With Change:

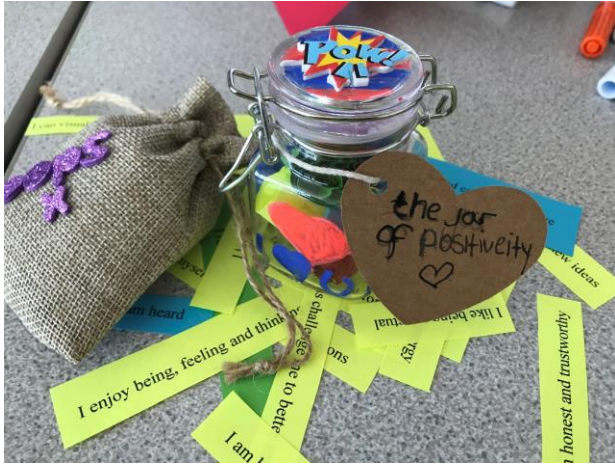
Sometimes unexpected changes can happen in our lives that can make us feel anxious or worried about the future. Safety Net has some excellent mindful moments that can allow for us to understand change and also look forward to the future.

[Mindful Moments](#)

3 – Helping Hands:

Support networks can help us grow and develop, even when times are tricky. Our Helping Hands activity is a great creative way for children to identify who can help them develop & and who can support them when they feel unsafe.

[Helping Hand template](#)



Signposting

- **General advice and support:**
 - YMCA Youth Advice Centre: Offers support and guidance to young people in Brighton & Hove: <https://www.ymcadlg.org>
 - Mind: Advice and support for anyone experiencing mental health problems: <https://www.mind.org.uk/>
- **LGBT+:**
 - Allsorts youth project: Supporting & connecting young people under 26 who are LGBT+ <https://www.allsortsyouth.org.uk/>
- **Covid-19 resources:**
 - Anna Freud National centre for children and families: <https://www.annafreud.org>
- **Family support:**
 - Front doors for families: Support for family when concern for young person arises: <https://www.brighton-hove.gov.uk/frontdoorforfamilies>

Dress to Express Day:

Dress to Express Day was created by Place2Be as a way to express how you are feeling through the colour you are wearing!

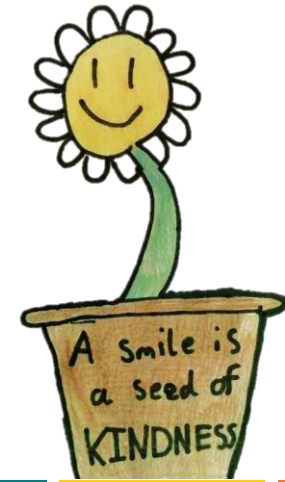
It will be held on the 11th of February 2022. The idea of the day is to help young people understand expression and how it can be shown in many forms. As well as how these emotions are always changing and developing.

Other ways to support Children's Mental Health Week:

- Check the [Place2Be website](#) for the 'growing together' virtual assembly; available from the 7th of Feb. As well as plenty of other tips and resources!
- Spread the word on social media using #ChildrensMentalHealthWeek



About Safety Net: We are a children's safeguarding charity that have been operating in the Brighton & Hove area for over 25 years. We work with children, families, schools and neighbourhoods to build communities where children know they have a right to feel safe and supported. [Read more on our website.](#) We also have our [children's website](#) with great advice for young people.



One kind word calendar competition entry

External resources:

1. Mentally Healthy Schools have created a toolkit focused around guides that can support children and young people in their development:

[Primary CMHW 2022 toolkit \(mentallyhealthyschools.org.uk\)](https://mentallyhealthyschools.org.uk)

2. The BBC have some excellent resources on promoting the importance of emotional health and mental wellbeing.

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week/zk37bdm>

3. The British Red Cross; have free and easy to use resources on their website that include great tips for managing stress and change

<https://www.redcross.org.uk/get-involved/teaching-resources/primary-teaching-resources>