

## **Pupil Voice – Children’s Mental Health Week 2025**

### **Theme: Know Yourself, Grow Yourself**

During Children’s Mental Health Week 2025, pupils explored the national theme “Know Yourself, Grow Yourself”, learning that self-awareness helps us understand our emotions, strengths and needs. Through reflective tasks, creative activities and discussions, children were encouraged to notice what helps them flourish and how they can continue to grow.

Here is what the children told us...

#### **EYFS**

“I drew the things that make me feel happy.”

“I know myself because I know what I like doing.”

#### **Year 1**

“Knowing myself means knowing what helps me calm down.”

“I put pictures of things I’m good at on my flower.”

#### **Year 2**

“I grew myself by learning how to talk about my feelings.”

“Everyone’s strengths were different and that was good.”

#### **Year 3**

“We made ‘growth leaves’ with things we want to get better at.”

“When you know what you need, you can help yourself more.”

#### **Year 4**

“Understanding my emotions helps me grow as a person.”

“We talked about strengths we didn’t know we had.”

#### **Year 5**

“Self-awareness helps you understand why you react in certain ways.”

“Knowing myself helps me know how to improve.”

#### **Year 6**

“We thought about our identity and how life experiences help us grow.”

“Growth is not just about lessons - it’s emotional too.”

#### **Whole-School Reflections**

“Everyone can grow, no matter where they start.”

“Knowing yourself helps you be kinder to yourself and others.”

“We all have strengths that make us who we are.”

#### **Summary**

Children’s Mental Health Week 2025 helped pupils recognise their strengths, understand their emotions and celebrate their uniqueness - nurturing both confidence and wellbeing as they continue to Know Themselves and Grow Themselves.