

World Mental Health Day 2025 – Supporting Mental Health in Times of Change

On Friday 10th October 2025, we marked World Mental Health Day, which this year focused on the theme “Access to Services: Mental Health in Catastrophes and Emergencies.” This theme highlights the importance of protecting mental health during times of crisis, uncertainty and challenge, and ensuring people are able to access support when life feels overwhelming.

At Aston Rowant School, this theme was carefully and thoughtfully adapted to ensure it was age-appropriate, reassuring and meaningful for children. Rather than focusing on global crises in a way that might cause anxiety, staff translated the theme into child-friendly concepts centred around feeling safe, coping with change and knowing who can help.

Making the Theme Child-Friendly

To ensure the theme was accessible for all pupils, learning focused on everyday situations that children can relate to, such as:

- Big changes (moving class, starting something new, changes at home)
- Unexpected events (feeling unwell, worries, disagreements)
- Moments when feelings feel *too big* or *too much*

Through discussion and activities, children explored the idea that everyone experiences difficult moments, and that it is important to know who helps us and how we can get support when that happens.

Key messages shared with pupils included:

- It is okay to feel worried or overwhelmed sometimes
- Help is always available
- Talking to someone can make difficult situations feel more manageable

“We talked about what helps us when things change and feel scary.”

“I learned that you don’t have to deal with big feelings on your own.”

Activities and Learning

As part of the day, children took part in gentle, supportive activities designed to develop emotional understanding and resilience, including:

- Who Helps Me? – identifying trusted adults in school, at home and in the wider community
- Calm in the Storm – learning simple breathing and grounding techniques for times of stress
- Plan for When I Feel Overwhelmed – discussing what helps them feel safe and calm
- Helping Others – thinking about how kindness and listening can support friends

These activities supported pupils in developing practical strategies that they can use independently when facing challenges.

“Breathing slowly helps me when my thoughts feel busy.”

“It helps to know there’s always someone I can talk to.”

Ongoing Support and Whole-School Approach

World Mental Health Day 2025 builds on Aston Rowant School’s wider approach to wellbeing, which is embedded throughout the year. Mental health is regularly explored through PSHE, reinforced through a strong Growth Mindset culture, and supported by opportunities for reflection during Wellbeing Wednesdays. We will revisit these themes again during Children’s Mental Health Week, ensuring learning is revisited and deepened over time.

Personal Development Alignment

This work provides clear evidence towards the Ofsted Personal Development judgement, demonstrating how the school:

- Teaches pupils how to recognise and manage emotions
- Helps pupils understand how to seek help and support
- Promotes resilience and coping strategies for times of challenge
- Creates a safe, supportive environment where children feel listened to
- Prepares pupils to manage change and uncertainty appropriately

Mental health education is carefully sequenced, inclusive and responsive to pupils’ needs, supporting children to feel confident, secure and ready for future transitions.

Personal Development Impact Summary

Intent:

To help pupils understand that support is available during times of difficulty and teach strategies for managing emotions during change or challenge.

Implementation:

- Child-friendly adaptation of a global mental health theme
- PSHE-based discussions and wellbeing activities
- Consistent messaging around support and help-seeking


Impact:


- Pupils can identify trusted adults and support networks
- Increased emotional awareness and confidence in managing feelings
- Strong pupil voice reflecting reassurance and emotional security
- A school culture where wellbeing is prioritised and openly discussed


My Trusted Adults

An adult you can trust is someone you feel safe with, who makes you feel comfortable, and who you can ask for help when you need it. A trusted adult will listen to you when you need help or support and they will respect your thoughts, feelings and body.

Think of two adults you trust and who you can turn to for help. Draw a picture of them in the boxes below. Write their name and why you trust them.







Name: _____

Name: _____

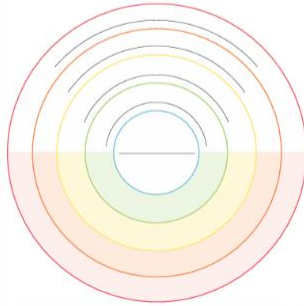
I trust them because... _____

I trust them because... _____

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My Circle of Trust


The circle of trust can help you to identify the people in your life who you can trust. Use the lines below to write down who you trust until you reach the person or people that you trust the most in the middle.



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Five People I Trust

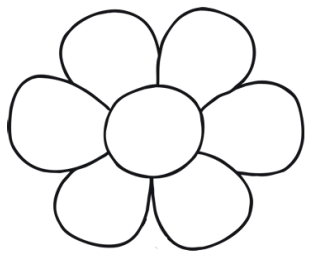
On the outline below, write the name of a person that you trust along each of the fingers. These can be people who listen to you, believe you and do things to help you. Then, draw a picture of them on the palm of the hand.



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My Trust Network

Write the names of your trust network members on the petals of the flower and colour it in.



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