

Children's Mental Health Week 2025 "Know Yourself, Grow Yourself"

This year our school took part in Children's Mental Health Week, exploring the national theme "Know Yourself, Grow Yourself". The theme aligned powerfully with our whole-school vision for wellbeing, identity and personal growth. Across the week, pupils took part in thoughtful activities to help them deepen their understanding of emotions, develop self-awareness, and learn how to build secure, healthy relationships with others.

Exploring Emotions Through 'Inside Out'

We used the film *Inside Out* as a stimulus to help children explore a range of emotions - joy, anger, sadness, disgust and fear. This familiar and engaging narrative helped pupils recognise that all emotions have a purpose and that feelings are *normal* and *healthy*.

Activities throughout the week encouraged children to:

- identify and label emotions
- reflect on times when different emotions arise
- understand that feelings can change, fluctuate, and coexist
- learn strategies for managing strong or difficult emotions

Across the school, children held open discussions, created emotion wheels, and used drama, drawing and storytelling to express themselves.

Developing Self-Awareness

A key aim of the week was to support pupils in understanding themselves more deeply. Staff guided children in recognising:

- what they enjoy and what they find challenging
- what sparks joy or sadness
- their personal strengths, talents and aspirations
- their worries, hopes and dreams
- what makes them unique

This learning provided a strong foundation for emotional regulation, resilience and confidence. Children said they enjoyed discovering "things about myself I didn't realise before" and found it empowering to understand why they feel the way they do.

Building Connections and Healthy Relationships

Another important focus was helping pupils understand how self-awareness supports them in forming strong, healthy relationships. When children understand their own emotions, they are better equipped to communicate, empathise, listen and respond sensitively to others.

This week helped pupils recognise that:

- every person has different feelings and experiences
- it is normal to think and respond differently
- friendships thrive through understanding, kindness and patience
- sharing emotions builds trust and connection

Staff noticed children using more inclusive language, showing greater patience with peers, and demonstrating confidence when talking about their feelings.

Wellbeing Beyond One Week

Our commitment to mental health extends well beyond this week.

Throughout the year we provide:

- regular PSHE sessions that explore emotions, relationships and personal growth
- Wellbeing Wednesday, encouraging staff and pupils to pause, check in and support one another
- weekly wellbeing calendar links in the school newsletter, signposting families to Action for Happiness and other supportive resources
- a school culture in which emotional literacy, kindness and connection are celebrated

This week reinforced our belief that emotional development is lifelong - and that helping children understand themselves now equips them to thrive well into the future.

