



This year's theme is **Growing Together**.

See website for ideas:

<https://www.childrensmentalhealthweek.org.uk/>

Just like trees and plants need support to help them grow, we need support to help us grow emotionally. We need our parents and carers, our teachers, our friends. We often need others to help us to believe in ourselves, to keep going, and to try doing things a bit differently.



When we feel like things are not going right in our lives, we can continue to develop and grow - just like the tree can grow even when the conditions aren't quite right.



"Be like a tree. Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep growing." - Joanne Raptis

When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

-Fred Rogers



Your child's mental health is more important than their grades. 📚

Let them be little. 🧸

Let them be creative. 🦋

Let them play often. 🏠

In short,

let them be

children.

