

This year's theme is Growing Together.

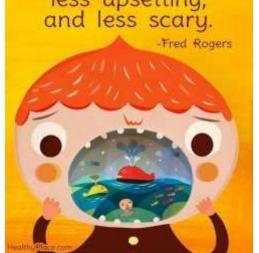
See website for ideas:

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

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

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.

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



"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

