



Children's Mental Health Awareness Week

6th – 12th February 2023

Theme: Let's Connect

Resource Pack for Primary Schools



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Healthy Schools Service Resources





Activity: Build a Bug Hotel

Brief description

Create a bug hotel to provide nooks and crannies, crevices, tunnels and cosy beds for all sorts of creatures. A well-built hotel can shelter anything from hedgehogs to toads, solitary bees to bumblebees, ladybirds, and woodlice.

Choose a suitable site on level, firm ground. Build a strong, stable framework (no more than 1m high). You could use bricks to provide sturdy corners and then add pallets or planks of wood to create layers. Fill the gaps with things like dry leaves, sticks, stones, and bark. When you think you're done, add a roof using old roof tiles or some planks with roofing felt. You might like to plant some wildflowers nearby and give the hotel a name!

Outcomes

Lots of opportunities for learning about the importance of caring for the environment and biodiversity. Connecting with each other and with nature along the way...



Ideas for smaller bug hotels, made from rolled-up newspaper tubes and plant pots or plastic bottles...



Resources

Choose from any of the following: Old wooden pallets, strips of wood, straw, moss, dry leaves, woodchips, old terracotta pots, old roofing tiles, bricks (preferably those with holes through them), old logs, bark, pinecones, sand, soil, hollow bamboo canes, dead hollow stems cut from shrubs and herbaceous plants, a sheet of roofing felt, planks of wood, whatever else you can find - preferably natural materials.

A more detailed guide can be found here: [How to build a bug mansion | The Wildlife Trusts](#)



Activity: Descriptive writing using the 5 senses

Brief description

Head out on a walk to experience the outdoors with all 5 senses: sight, touch, smell, sound, taste. Record everything about the environment you are in. This can be a completely self-led exercise where pupils write as they encounter, or it can be guided. Head back into the classroom and get to writing. Works can take the form of a simple account of the walk, incorporating the environment into the story of an established character, or even a poem.

Outcomes

Increased awareness of the natural world around us and how it makes us feel. Connecting with nature and connecting with ourselves.



Resources

Clip boards and warm clothing.

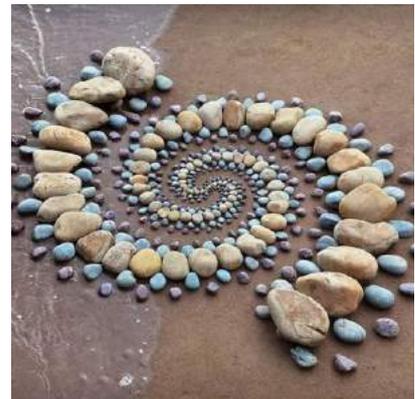


Title of activity **Outdoor Art**

Brief description Fresh air and Fun! Pupils can express themselves through art outdoors. After spending time noticing what nature has to offer, pupils can be inspired to use their chosen materials to design and create their masterpiece. From a picture on the ground to a fully standing sculpture, what will you create?

Outcome Pupils will enjoy time in nature expressing their creativity and developing a knowledge of how pattern, shape, size and texture can compliment their artwork.

Images



Resources

Everything and anything that you can find outside.



Title of activity: Nature's classroom

What could be a better way to celebrate the world around us than to bring it into our everyday tasks and indoor displays. Who needs counters and cubes when you have pebbles and pinecones at your fingertips to use instead. Use natural resources in your lessons, or even better, take your lessons outside. This can work particularly well for Maths, Science, Art, Geography and English.

Outcome: Provide pupils the opportunity to develop their sense of self and knowledge of the world around them by making links with their learning.

Images



Resources:

Stones	Acorns	Shells
Leaves	Conkers	Chalk
Pinecones	Feathers	Sand
Sticks	Flowers	Bark



Activity: Nature pictures

Brief description:

This activity can be as simple as using natural materials to create faces to something more complicated like a mixed media collage of a landscape.

Outcome: Here is a chance to get your pupils to connect with nature through art.

Images



Resources:

Any natural resources can be used for this activity, stones, branches, leaves and shrubbery, grass, pinecones and acorns to name just a few.

To create a mix media piece, you might invite students to add further elements using other chosen materials, such as, tissue paper, magazines, felt tips, paint, etc.

Scissors and glue may be required if you want to create fixed pieces.



Activity: Weaving

Brief description

Create a delightful piece of nature's artwork for your playground or to enjoy indoors. Start by making a weaving loom by securing sticks together to create the desired shape and size. Then tie your string/wool at equal intervals around the edges. Spend time together with friends finding natural objects that can be

Outcome

Experience nature with the senses and connect with the outside through smells, touch, patterns and shapes which can be seen, while collecting items which are perfect to weave. Weaving will help to improve pupils fine motor skills, patience and concentration.



Resources

Twigs and sticks

String or wool

Leaves

Flowers

Ribbons



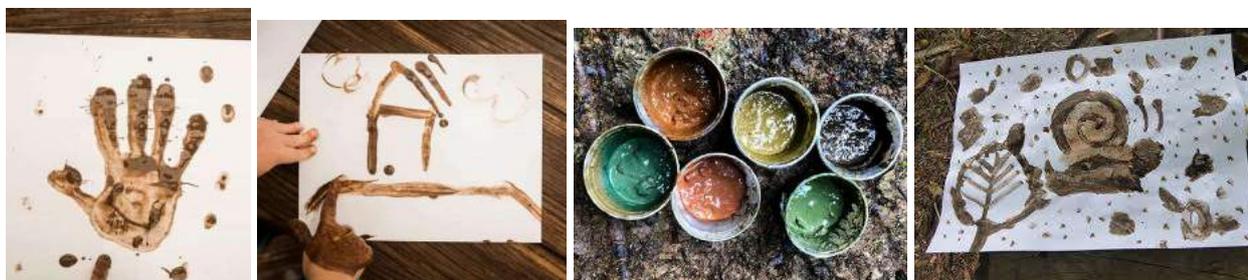
Activity: Mud painting

Brief description

A fun art project to do with mud is mud painting. This task involves encouraging pupils to use their fingers to paint with mud. Handprints are often a big hit too! Pupils could also paint pictures of people, houses, objects and animals.

Outcome

Mud play is a teaching tool that can help children boost creativity, imagination, independent learning, and teamwork.



Resources

- Mud
- Paper / light pavement / wall

Optional additions:

-If you want to get extra creative, try adding some powdered food colouring to your mud to create mud paint. Pupils could then use paintbrushes or sponges to paint with their coloured mud. Mud paints are a fun way to play in the mud and still be artsy and creative.



Activity: Mud sculptures

Brief description

We love this activity because it involves art, as well as science. Pupils will quickly learn that you must have a certain ratio of mud and water for their sculptures to stand. The sculptures can be anything from figures, shapes or mud animals. They could even build a mud house using mud bricks. Older pupils may be better at this activity, but it's simple enough for younger ones too. Some will just enjoy squishing the mud between their fingers.

Outcome

Pupils will develop basic modelling techniques and how they can be used to build their sculptures. Pupils will also explore the textures and sensations, involving more of their senses in the learning process.



Resources

-Mud

Optional additions:

-Sticks

-Leaves

-Flowers

If you have clay-heavy mud in your area, all the better for this one. You can also add some modelling clay to your mud to help with the consistency.



Activity: Nature photography

Brief description

Go on a mini excursion in nature and take photographs of things you find beautiful (for example: animals, plants, trees, clouds, scenery, rocks). Choose five+ of your favourite photos and present a showcase of them to others.

Outcomes

An opportunity to look more closely at the natural world around us, see things through a different lens and discuss how this makes us feel. Connecting with nature and connecting with others...



Resources

Devices for capturing digital images and for sharing favourite photos with each other. Images could be added to Power Point or a similar app to present a showcase.



Activity: Nature walk

Brief description

In this activity, children are encouraged to investigate the great outdoors and record what they can see, hear, smell, touch, and taste.

Outcome

Pupils will be given the opportunity to notice nature and increase observation skills.

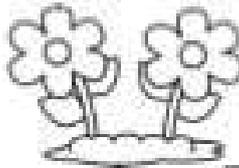
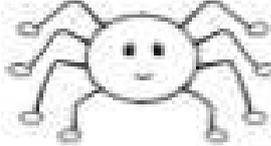
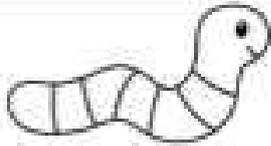
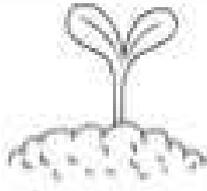


Resources

- outdoor space
- worksheets attached and pens (optional)



Tick off the items you see on your walk

 dirt <input type="checkbox"/>	 leaf <input type="checkbox"/>	 flower <input type="checkbox"/>
 spider <input type="checkbox"/>	 butterfly <input type="checkbox"/>	 mushroom <input type="checkbox"/>
 worm <input type="checkbox"/>	 bird <input type="checkbox"/>	 ant <input type="checkbox"/>
 bee <input type="checkbox"/>	 squirrel <input type="checkbox"/>	 sprout <input type="checkbox"/>
 tree <input type="checkbox"/>	 cloud <input type="checkbox"/>	 grass <input type="checkbox"/>



Sensory Nature Walk



The first step to learning about nature is observation. Next time you are exploring nature, pause from time to time to get in touch with your five senses.

What do you SEE with your EYES? What colors do you see?



Why is the sky blue? Why is a leaf green? Colors are produced by light waves from the sun. Each color has a unique wavelength. Pigments are materials in objects that absorb certain wavelengths and reflect others. Eyes are amazing instruments that enable us to see. Our eyes perceive only the colors that are reflected by an object. Did you know that some animals perceive color and sight differently than humans?

What do you HEAR with your EARS?

Examples of different sounds in nature include:

- wind blowing through tree leaves
- a trickling stream
- falling rain
- the roll of thunder
- a bird singing
- a coyote howling
- insects buzzing
- the rhythmic chirping of frogs



What other sounds do you hear in nature? We often hear wildlife before we have the opportunity to see or touch it. Animals use sounds to warn others of danger, to identify themselves, to keep others away from their territory, and to attract mates.

What do you SMELL with your NOSE?

Examples of different smells in nature include:

- fresh flowers
- verdant grass
- musty soil
- a smoky campfire
- sweet blossoms
- a stinky skunk



What other scents can you smell in nature? We often smell something before we have the opportunity to see or touch it. Pleasant smells tend to attract us to things that are beneficial. Unpleasant smells often serve as a warning to avoid something dangerous, like rotting food that could make you sick.

What do you TASTE with your MOUTH?

Examples of different flavors from nature include -

- savory pecans
- sweet plums
- sour grapes
- earthy mushrooms



The senses of taste combine with smells to produce thousands of different flavors. There are many wild plants in Coppel Nature Park that produce edible fruits and nuts. Among these are pecan trees, Mexican plum trees, and grapevines. **Never taste something unless you know it is safe!** Bring your own healthy snacks outside with you to enjoy in the park!

What does something FEEL like when you TOUCH it with your HANDS?

Examples of different textures in nature include -

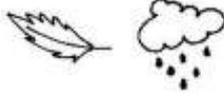
- soft feathers or fur
- rough or bumpy tree bark
- smooth rock
- cool water
- warm sun
- slimy algae



Never touch something unless you know it is safe! Poison ivy can cause an itchy rash. Use a probe instead of your hands to explore under logs, leaf litter, or burrows where biting animals like to hide.



MY nature walk

I saw 	<hr/> <hr/> <hr/>
I smelt 	<hr/> <hr/> <hr/>
I heard 	<hr/> <hr/> <hr/>
I touched 	<hr/> <hr/> <hr/>
I tasted 	<hr/> <hr/> <hr/>

[Five-Senses-Nature-Scavenger-Hunt-PDF \(coppelltx.gov\)](http://coppelltx.gov)



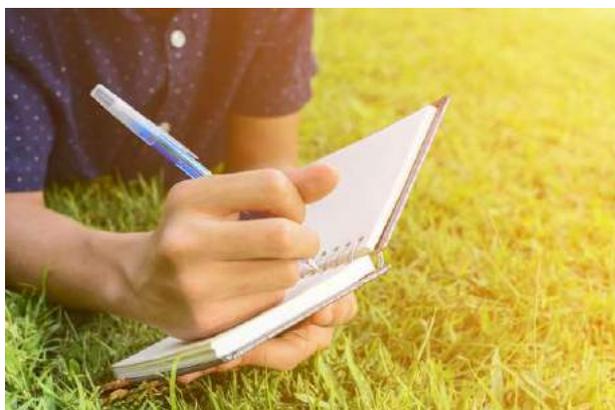
Activity: Nature writing

Brief description

This activity asks students to bring together their sensory observation skills and their figurative language tools (simile, metaphor, personification) to describe a setting. This activity allows pupils to practice the art of nature writing.

Outcome

Pupils will be given the opportunity to notice nature, increase observation skills and develop creative writing ability.



Resources

- outdoor space
- guidance attached for teacher (optional)



- Explain to students you want them to use their knowledge or figurative language (simile, metaphor, personification), sensory description and the writing process to begin creating a nature writing narrative.
- Provide students a setting to begin their writing (whether taking them outside or using a picture). Teachers can choose to have the whole class write about the same setting or different settings.
- Ask students to simply focus on writing about the setting for the time being.
- Encourage students to brainstorm how they want to describe their setting using writing diagrams (webbing) and jotting down notes.
- After fifteen minutes or so, encourage students to begin the writing process. Explain to students that this process does not need to be perfect; rather, the purpose of the exercise is for them to experiment with figurative language and description.
- Once students have had enough time to put together a few paragraphs explaining their setting, have them partner up and share their narrative.
- Partners should provide constructive feedback (what they liked, suggestions for improvement, etc.).
- Provide students additional time to make changes.
- Come back together as a large class and ask students about the writing process. a. What parts were frustrating? b. What parts were easy? c. How do they feel about this type of writing compared to expository writing?
- Optional: This process can be repeated providing students new settings, or if teachers choose, they can make this exercise a part of a larger writing activity, whereby students develop a complete story.



Title of activity: 3D stick lanterns

Brief description: An exciting project for these wintery days and nights. Use a sprinkle of creativity along with a strong structure to create your stick lanterns. These could be a simple cube or pyramid for younger children, or something more complicated for the older years. Make your lantern look extra special by adding a colourful design or by using other natural items, such as leaves or flowers, to decorated them.

Outcome: Pupils will measure, cut and secure their sticks into the desired shape. Then just add a tea light of small candle and place them outside. You could even host an event such as stargazing or a woodland wander and use the lanterns for light.

Images



Resources:

Twigs	Scissors
Sticks	Glue
Tissue paper	String
Leaves	



Activity: Pinecone Snowy Owls

Brief description

Pupils will turn a pinecone into an adorable snowy owl craft! This project is great because the process is a lot of fun and the final product is adorable!

Outcome

This activity aims to encourage self-expression. It will also enhance fine motor skills, patience and concentration.



Resources

- Pine cones – you'll want them to be a good size. Not huge, but not small either.
- Black, yellow, and white felt
- Googly eyes – large
- Sharpie marker
- Cotton balls – about 15 per owl
- Hot glue

Full details on how to make these adorable owls can be found here: [Pine cone snowy owl](#)



Activity: Upcycled bird feeders

Brief description

Birds will greatly benefit from these upcycled feeders. Pupils can make bird feeders out of most household products or found objects with a little creativity and some STEM skill practice. Bottles, saucers, coffee mugs, milk cartons...

Below are some images that prove the possibilities for making bird feeders out of recycled objects really are endless!

Outcome

This activity will enhance pupils' practical skills as well as allow lots of opportunities for learning about the importance of caring for the environment and biodiversity. Connecting with each other and with nature along the way!



Resources

- Various household objects
- String
- Birdseed
- Peanut butter (optional – for sticking)

More inspiration for other upcycled bird feeders can be found here [Bird feeder crafts](#)

<https://youtu.be/q6CFR9V2V3M>

[Make a Recycled Bird Feeder | Fun Activities for Kids - The RSPB](#)

Place2Be Resources

Visit Place2Be's webpage for all resources, including Power Point slides:

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



ACTIVITY 1

OUR IMPORTANT PEOPLE

This activity encourages pupils to consider who they are connected to, and how they feel about these people.

NB: Be particularly aware of care-experienced pupils, adopted pupils and those in kinship care during this activity, and pupils who may have limited contact with parents or other family members.

- Read the book 'The Invisible String' by Patrice Karst (or a book with a similar theme).
- Discuss with the pupils their invisible strings and who they are connected to – family, friends, pets, people who have died or they no longer have much contact with. Ask the pupils about their feelings – how do they feel when they are with people that they love? How do they feel when they are apart?
- Ask the pupils to draw a picture of themselves in the middle of a piece of paper.
- Draw string (or glue string on to the picture) to link the picture of themselves to pictures of people who are important to them. For some pupils, this may also include favourite characters from books, cartoons etc. or their pets or other animals.

This activity is designed for 4-7 year-olds, but could be used with other age groups too. To extend the content, refer to our other activity ideas.



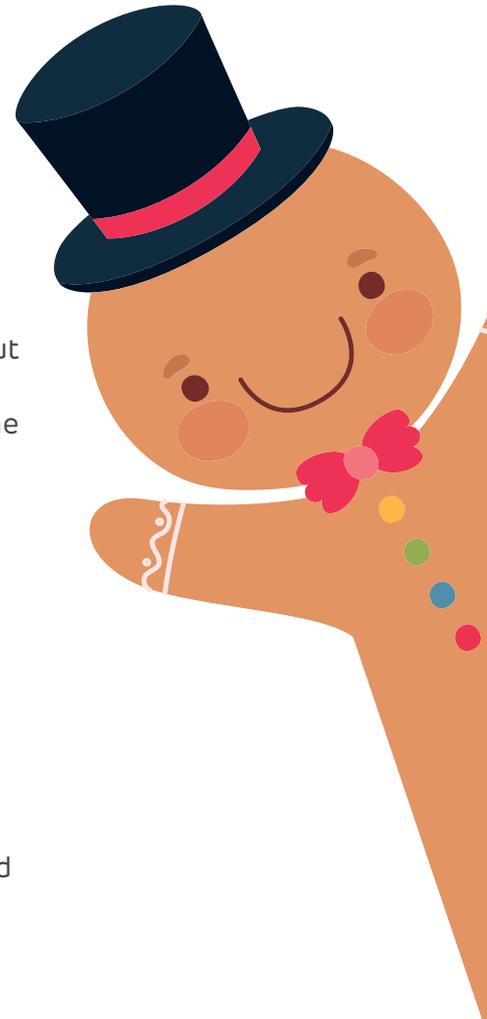
ACTIVITY 2

CLASS CONNECTIONS

This activity helps pupils to look at the different ways they are connected to their classmates.

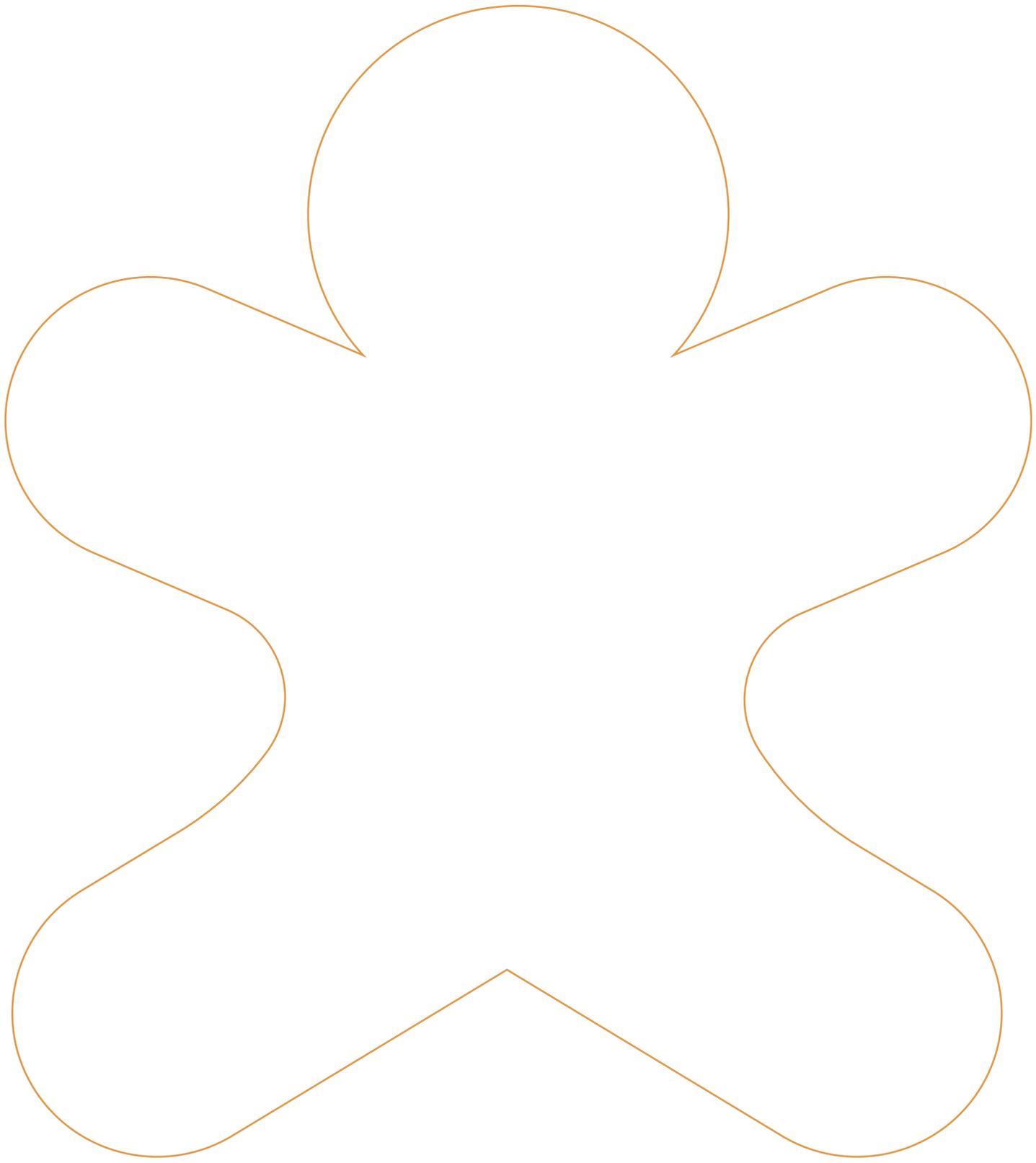
- Ask each pupil to draw around their hand on a piece of paper, cut it out and decorate it, writing their name, or a picture of themselves inside. Link the hands in a circle on a display, with the name of the class in the middle.
- Alternatively, use our template on the next page. Ask pupils to colour in and decorate them to represent themselves and display these connected, hand in hand.
- Once you've made your class display, encourage pupils to think about one thing that connects them to the pupil they're linked with on the display. For example, they could have the same hair or eye colour, the same favourite TV character, or like the same food. If they're struggling to find similarities, remind them that they're in the same class!
- You could also ask pupils to think of one difference between them and a classmate. Talk to the class about how everyone is different, and how we should celebrate those differences. Despite our differences, we are all connected.
- Once they've finished creating their pictures, talk to the pupils about how they are all connected as a class (including their teacher and any support staff) - even in the evenings, at the weekends and during the holidays.

This activity is designed for 4-7 year-olds, but could be used with other age groups too. To extend the content, refer to our other activity ideas.



LET'S CONNECT

ACTIVITIES FOR 4-7 YEAR-OLDS



ACTIVITY 3

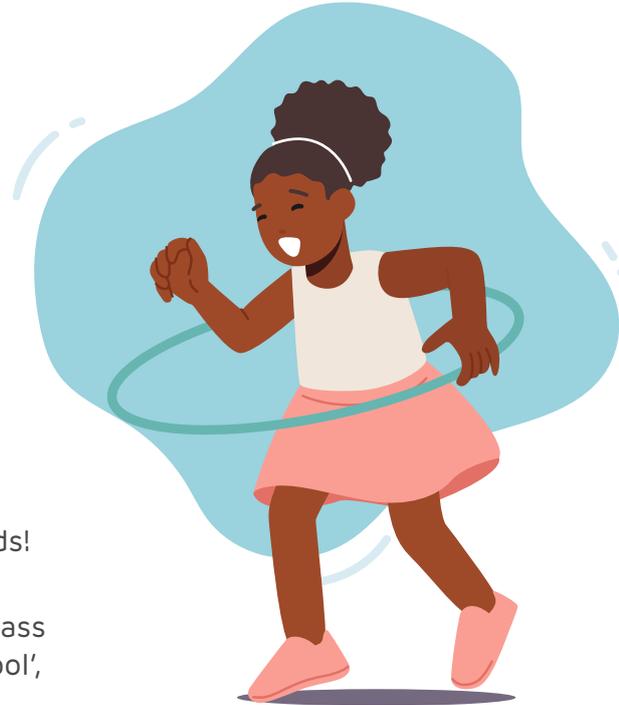
HULA HOOP CONNECTIONS

This activity could be used as an ice breaker, or at the end of the lesson, to encourage your class to connect.

NB: The activity can be done in groups of 8+ pupils, and can include the whole class if there is enough space.

- Ask pupils to stand up and form a circle.
- Place a hula hoop over the arm of one pupil and then ask everyone to hold hands. The aim is for the hula hoop to be passed around the circle while everyone is still holding hands!
- As pupils pass the hula hoop around, ask them to share something about themselves that connects them to their class (such as 'we live in the same town', 'we go to the same school', 'we wear the same uniform').
- This game is lots of fun, but the pupils also need to use problem-solving skills and collaboration to help them pass the hula hoop around the circle. The pupils also need to watch and listen to each other to find the best strategy for passing the hula hoop!
- To make the activity harder, two or three hoops can be added to the circle, or you could time how long it takes and try to beat your time (or that of another class). You could even try to do it without speaking and see how you can communicate without words.

This activity is designed for 4-7 year-olds, but could be used with other age groups too. To extend the content, refer to our other activity ideas.



ASSEMBLY OR CLASS SESSION FOR 4-7 YEAR OLDS

AIMS

- To introduce children to this year's Children's Mental Health Week theme: 'Let's Connect'
- To help children explore how they can come together to help each other

MATERIALS REQUIRED

- Tray of LEGO, Multi-link or unifix
- Picture of a simple model made from those materials
- Room on the Broom by Julia Donaldson (or book with a similar theme)

LET'S CONNECT TO HELP EACH OTHER!

 **Session length:** approximately 20 minutes

 Hello everyone. Welcome to our Place2Be Children's Mental Health Week Assembly. The theme this year is 'Let's Connect'. Can we think about connections and what they are?

For example, I have a tray of LEGO bricks/unifix/multi-link here.

Is just one of these by itself useful? What do I need to do to build something?

That's right, I need to connect pieces together. Who would like to help connect some pieces together?

Invite 2-4 children to the front to build a simple model or even the phrase 'Let's Connect'.

 So individual pieces of LEGO can connect together, and these children all connected together and helped each other to make something/the words 'Let's connect'.

We will now read a story that shows how wonderful things can happen when we connect together to help each other.



Read a book such as **Room on the Broom** by Julia Donaldson (or a book with a similar theme).



Discuss the story with the children, using the following questions as prompts if useful:

- Why did the witch let the animals on her broom? Would you have made room on the broom for the animals? Why?
- Would you consider the witch and the animals to be friends? Why?
- Why do you think the animals helped the witch find her things?
- Could the animals have saved the witch on their own?
- Does working together with other people make things easier? Why?
- What does it feel like when you connect or work with others to do something good?
- Are there times when you like to be on your own?
- Do you ever feel lonely? What do you do in those times?
- What can we do to make sure we include each other when we are feeling lonely?

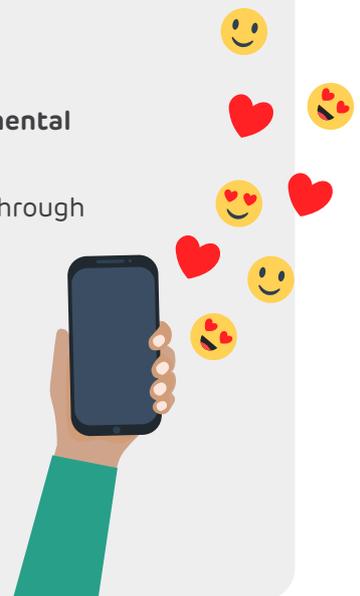


Finish with a song (e.g. 'We're All In This Together' from High School Musical)

OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK



- 1 Hold a 'Dress to Express' day to raise vital funds for children's mental health childrensmentalhealthweek.org.uk/fundraise
- 2 Watch our video activities, and explore the theme of connection through art and creativity childrensmentalhealthweek.org.uk/schools
- 3 Share our tips for parents and carers with your school community childrensmentalhealthweek.org.uk/families
- 4 Spread the word by sharing how you plan to take part on social media! Don't forget to use #ChildrensMentalHealthWeek childrensmentalhealthweek.org.uk/socialmedia
- 5 Add yourself to the Children's Mental Health Week map! childrensmentalhealthweek.org.uk/map



ACTIVITY 1

LET'S CONNECT BINGO

This activity helps pupils make new connections with their classmates.

- Make some 'bingo' cards divided into six squares (use our pre-filled template on the next page).
- In each square there is a challenge for the pupils to find another pupil who, for example, likes pizza; has a cat; enjoys swimming; can play a musical instrument, likes football etc.
- Let the pupils move around the room, talking to each other to find out whether they connect over things they have in common. When they find a pupil who also has a cat (for example) they write the name of the pupil in the box and then move on to talk to other pupils, to fill more of the squares with names. The activity ends when all the pupils have at least five of their boxes filled with the name of a classmate.
- Talk to the pupils about how they found the activity – was it fun? Awkward? What did they discover about themselves? What did they discover about their classmates? Did they realise they had connections with all their classmates and not just those they're friends with? Discuss with the group their similarities and differences – and how they can still connect, despite these.

OPTIONAL EXTENSION ACTIVITIES:

- Do the same activity with other classes – find new connections!
- Create a connections bingo game focused on qualities and values e.g. 'I like helping people', 'I like trying new things', 'I prefer to spend time with just one friend', 'I feel uncomfortable in big groups', 'I am a good listener', 'I sometimes feel lonely at school' etc. Use our blank template to create your own connections bingo game - or ask the children to make one up!

This activity is designed for 7-11 year-olds, but could be used with other age groups too. To extend the content, refer to our other activity ideas.



LET'S CONNECT

ACTIVITIES FOR 7-11 YEAR-OLDS



LET'S CONNECT BINGO!

Can you find somebody who...

HAS A SISTER	ENJOYS READING	LIKES FOOTBALL
CAN PLAY A MUSICAL INSTRUMENT	LIKES PIZZA	HAS A PET

LET'S CONNECT BINGO!

Can you find somebody who...

HAS A SISTER	ENJOYS READING	LIKES FOOTBALL
CAN PLAY A MUSICAL INSTRUMENT	LIKES PIZZA	HAS A PET

LET'S CONNECT

ACTIVITIES FOR 7-11 YEAR-OLDS



**LET'S CONNECT
BINGO!**

Can you find somebody who...

**LET'S CONNECT
BINGO!**

Can you find somebody who...

ACTIVITY 2

CONNECTING THROUGH DANCE AND SONG

This activity shows pupils how they can connect non-verbally by joining in, having fun and doing things in unison.

- Invite the whole class or a group of pupils to learn a dance that they perform together.
- For inspiration see [We're All in This Together from High School Musical](#) or school pupils taking up the [Jerusalema Challenge](#)
- Perhaps they can perform for another class, in an assembly, or even organise a flash mob one playtime (all teachers need to be aware this will happen!) To surprise the pupils, the staff could even join in or do their own performance!
- Ensure you talk to the pupils about how to make this activity as inclusive as possible – remember this is about connecting, collaborating and joining in, and not about a 'perfect performance'.
- Discuss with the pupils how dancing and singing together made them feel.

OPTIONAL EXTENSION ACTIVITIES:

- With the appropriate permissions, film the song/dance/flashmob and consider using the words the pupils used to describe how connecting in this way made them feel to accompany the video.

This activity is designed for 7-11 year-olds, but could be used with other age groups too. To extend the content, refer to our other activity ideas.



LET'S CONNECT

ACTIVITIES FOR 7-11 YEAR-OLDS

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

6-12
FEBRUARY
2023

ACTIVITY 3

LET'S CONNECT PARTY

This activity shows pupils that we can all connect; whatever our age, stage of development, or life experiences, and that we all connect in different ways.

NB: Be particularly aware of care-experienced pupils, adopted pupils and those in kinship care during this activity, and pupils who may have limited contact with parents or other family members.

- Talk to the pupils about the ways in which they connect with friends and family on special occasions e.g. birthdays, Eid, Diwali etc. Invite the pupils to consider how they connect at such times (e.g. connecting through food, drink, games, rituals, songs, music etc.).
- Plan a party or an activity that will help them to connect to others in the community. Can the pupils think about who they may wish to include – for example, those who may not have as many opportunities to connect with others, such as care home residents.
- Use videos to explore how people of different ages and from different walks of life can connect. See our suggested videos below.

This activity is designed for 7-11 year-olds, but could be used with other age groups too. To differentiate or extend the content, refer to our other activity ideas.



VIDEO 1

OLD PEOPLE'S HOME FOR 4-YEAR-OLDS

[Click here to watch the video](#)

- Explain that this was a special project where people living in an old people's home connected with pupils who attended a nursery to see what they could learn from each other.
- We've suggested some clips from the video, and discussion points.

Victor and the dance teacher [0.31 – 1.37]

- What did you think when you first saw Victor on his own?
- What changed for Victor?
- How can you tell that Victor felt a connection?
- Why do you think the dance teacher approached Victor?
- What connection to his past was Victor experiencing?
- How did watching this video make you feel?

Choosing partners [5.34 – 6.41]

- How do you think the adults felt when they were chosen?
- This project was about connecting young and old – from this clip, what do you think the benefits of this connection have been for the old and young people?

A trip to the park [6.42 – 7.40]

- Why do you think Dot went back for Pat?
- How do you think Pat felt?
- This clip showed care and connection – can you see the different ways Dot and Pat connected?



VIDEO 2

KIDS AND SENIORS CELEBRATE 103RD BIRTHDAY

[Click here to watch the video](#)

- This is another clip from Old People's Home for 4-Year Olds. You could watch both, or one at a time as separate activities.
- Ask questions to explore theme of connection.

Fred's evacuation to America [0.25 – 2.19]

- How did Fred stay connected with his family?
- How do you think it must have felt to be so far away from home?
- How do we use technology now to stay connected? How is it the same and different from what Fred experienced?
- What questions would you ask Fred about his experiences?

Sylvia's 103rd Birthday Party [2.20 - end]

- What things did Sylvia and the pupils say or do to show their connection?
- How do you think Sylvia and the others in the video were feeling?
- What wish would you make?
- If you were to write something in Sylvia's birthday card, what would it be?

Assembly or class session

FOR 7-11 YEAR OLDS

AIM

- To introduce children to the idea of connection, and the different ways that we can connect.

MATERIALS REQUIRED

- Laptop / projector (if using slides).

STEP
1

TEACHING POINT:

Connection can mean different things to different people.

 Slide 1

Hello everyone. Welcome to our Place2Be Children's Mental Health Week Assembly. The theme this year is 'Let's Connect'.

 Slide 2

Ask the children what 'connecting with others' means to them.

STEP
2

TEACHING POINT:

We can connect with others in different ways.

 Slide 3

Ask the children who have they already connected with today? E.g. family, friends, classmates, teacher etc. How did they connect?

Emphasise here that connection is not just through words, it is also about eye contact, facial expressions, gestures, touch such as shaking hands, high five etc.

Invite staff and children to connect with someone else in the room without speaking.

Slide 4

Read the poem 'Together' by Matt Goodfellow (or a poem with a similar theme) – or watch this video of Matt reading the poem (youtu.be/bOsbofgusak )

Discuss the poem with the children, using the following questions as prompts if necessary:

- When we connect together, is it always to celebrate something?
- When else is it good to connect together?
- Do you agree with the poet when he says 'together we are one'? Why/why not?
- What happens when we feel alone and disconnected from others? How do we feel? Who might feel disconnected or on the outside? What can we do to include them better?

Ask the children to think of things they can do when they feel disconnected from others (e.g. tell a grown-up at school or home; contact the student council; sit on the buddy bench etc.).

STEP 3

TEACHING POINT:

By connecting with others we can do good, and even change the world.

Introduce the idea of people who have changed the world by thinking about others and connecting with others to do good. Can the children call out the names of people – maybe people they know or famous people, such as Marcus Rashford.

Slide 5

Ask the children whether it is always grown-ups who change the world? Show pictures of young people who have done amazing things for others – such as Malala Yousafzai, Jazz Jennings, Anne Frank, Greta Thunberg, Louis Braille. For inspiration you may want to visit the UNICEF website (unicef.org.au/blog/stories/five-child-activists )

Have a discussion about how we can all change the world by doing small, everyday things that help people feel valued and connected.

Gather ideas for how they can connect more to others – can they say hello to someone or talk to someone new today? Can they ask someone how they are feeling? Gather these ideas and display them. Ask children to commit to doing one thing that will help them connect with others – and ask the staff too (e.g. I will message my cousin in India who I've not spoken to in ages, I will wave at my neighbour, I will greet the bus driver etc.).

STEP
4

REFLECTION:

End with a moment of calm and connection

Invite the children and staff to listen as you read the following:

Close your eyes and picture the space you are in; can you see yourself sitting in this hall/classroom?

With your eyes still closed, can you imagine the other children and adults sitting around you? Your classmates, teachers (etc.). We are all connected.

Now picture the school building as you see it when you come into school. Imagine the building filled with our whole school – all the different children of different ages. That's a lot of people isn't it? So many children in **X** class and **X** class and **X** class and so on. Then there are all the grown-ups who help us to learn, think of your teachers or support assistants, then think about **X** who cook our meals, who take care of us at playtime, who run the office (etc.). We are all connected because we all belong to this school.

Now imagine the neighbourhood around our school, the people who you pass on your way to school. All the old people, the young people, the people in the shops, in the parks, walking on the street, driving their cars, the people on the bus (etc). We are all connected because we live in the same neighbourhood.

Depending on the needs of your children, you may wish to continue the visualisation (as below), or invite them to open their eyes and show some slides of a map of the UK, a map of Europe, a globe, photos of children in schools all over the world, view of Earth from space etc.

Now imagine the whole of the UK (or wherever you are!) and all the children in all the schools, all the grown-ups going about their busy lives...all the people of many different races, cultures and religions. We are all connected.

Imagine all the people who help us – many of whom we will never meet. The people who make the clothes we are wearing, the people who grow the food we eat, the people who write the books we read. We are all connected.

Finally picture all the people in all the different parts of the world. In places that are hot and sunny and places that are cold and snowy. We are all connected.

Whenever you feel lonely, you can remember that we are all connected. How do you cope when you feel lonely? Is being alone the same as being lonely? What do you do to help yourself when you feel lonely, and what can you do to help others?

(Step 4 continued)

OPTIONAL FOLLOW UP ACTIVITY:

Connecting with other young people all over the world

Invite the children and staff to listen as you read the following:

Discuss with the children whether friendships and connections must be with people who are the same as us? Is anyone exactly the same as us?

Talk to the children about making more connections with children in other schools – perhaps even in other countries.

Ask them about 'pen-pals' – have they ever had a pen pal? Have they ever sent a card or a letter to a family member or friend in a different country?

Look at the PenPal schools website (penpalschools.com) to see if there is a way you would like to connect with children in other schools – or, if you are 'twinned' with another town, contact a school there to let them know a bit about Children's Mental Health Week and the theme of 'Let's Connect'.

(NB talk to children about stranger danger)

OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK



- 1 Hold a 'Dress to Express' day to raise vital funds for children's mental health childrensmentalhealthweek.org.uk/fundraise
- 2 Watch our video activities, and explore the theme of connection through art and creativity childrensmentalhealthweek.org.uk/schools
- 3 Share our tips for parents and carers with your school community childrensmentalhealthweek.org.uk/families
- 4 Spread the word by sharing how you plan to take part on social media! Don't forget to use #ChildrensMentalHealthWeek childrensmentalhealthweek.org.uk/socialmedia
- 5 Add yourself to the Children's Mental Health Week map! childrensmentalhealthweek.org.uk/map



Assembly or class session (7-11) slides

Power Point slides can be downloaded from:

<https://www.childrensmentalhealthweek.org.uk/schools/primary-ageactivities/#resourcesb>

LET'S CONNECT



6-12
FEBRUARY
2023



LET'S
CONNECT



What does connecting with
others mean to you?





Who have you already
connected with today?

How did you connect?

Together by Matt Goodfellow

LET'S
CONNECT

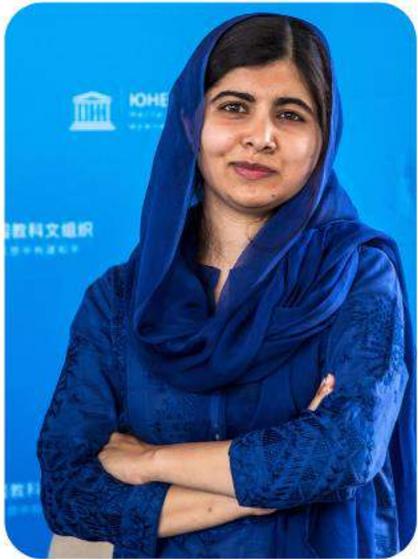


Watch this video:

<https://youtu.be/bOsbofgusak>.

Poet Matt Goodfellow reads his poem 'Together' as part of Children's Mental Health Week 2023. This poem is taken from the book 'The Same Inside', published by Macmillan.

LET'S CONNECT



Malala
Yousafzai



Anne
Frank



Greta
Thunberg



Louis
Braille

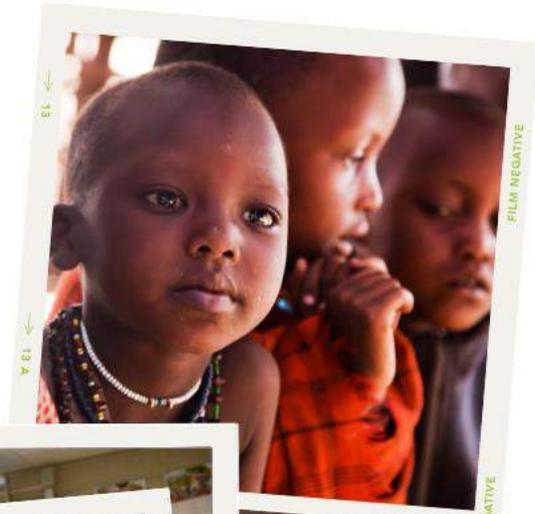


Jazz
Jennings

LET'S CONNECT



6-12
FEBRUARY
2023



TOP TIPS FOR USING OUR RESOURCES

Thank you so much for taking part in Children's Mental Health Week 2023. This year's theme is Let's Connect.

Human beings are intrinsically connected to each other, and human connection is vital for the wellbeing and survival of all individuals. Throughout life we rely on those around us to meet our physical and psychological needs, and we have a role in helping to meet the needs of others. People with positive connections to family, friends and others often experience better mental health than those who are less well connected. When our need for rewarding social connections is not met, or we don't feel understood or cared for by those around us, we can feel isolated and lonely. This is why it is so important for our mental health that we connect with others in healthy, rewarding and meaningful ways.

Our theme **Let's Connect** encourages an inclusive approach to making meaningful connections for all – during Children's Mental Health Week, and beyond.

As you explore this theme with children and young people, please be particularly aware of care-experienced children, adopted children those in kinship care, and children who may have limited contact with parents or other family members.

We've shared some tips below on how to make the most of our free resources this year.

- **Use the filters** on our website to find the right activities for the children and young people you work with. You can filter by:
 - Age (4-7, 7-11, 11-14, 14-18)
 - Resource type (PDF, Video, Powerpoint)
 - Audience (young people, schools)
- **Mix and match the activities** to develop lessons or sessions that work best for your class or group. If you're an art teacher, you may prefer to focus on the more creative activities, whereas an English teacher may prefer to focus on the activities which involve writing.
- **Differentiate or extend** by looking at activities from different age ranges. Our suggested ages are a guide, but you may find activities for other age groups work better for your class or for particular groups
- **Adapt the activities**, or assembly slides. You know what works best for your pupils, so don't feel you have to stick word by word to our suggestions.
- **Come up with your own ideas** around the theme. There are so many ways to explore connections; feel free to develop your own ideas or activities based on the theme. If you do this, we'd love to see them, so do share on social media and tag @Place2Be so we can see what you come up with!

LET'S CONNECT

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

6-12
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2023



TASKMASTER
EDUCATION

Take on the Taskmaster Education challenge

Taking elements from Channel 4's smash hit comedy show Taskmaster, Taskmaster Education aims to help children develop important life skills such as teamwork, problem solving, communication, lateral thinking and resilience. During Children's Mental Health Week, host Alex Horne will set tasks each day for children to join in with at school or at home.

For more information on how to get involved, visit taskmastereducation.com

More activities from Place2Be

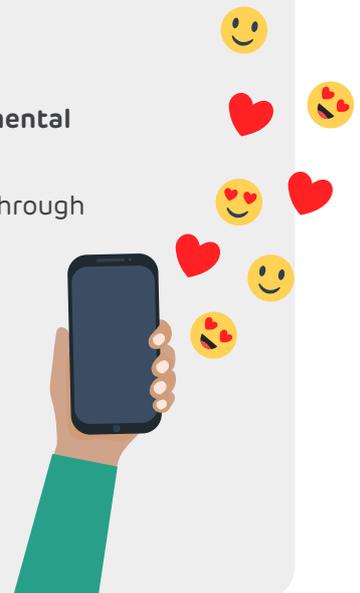
Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK

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- 5 Add yourself to the Children's Mental Health Week map! childrensmentalhealthweek.org.uk/map



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is **Children's Mental Health Week**. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is **Let's Connect**.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

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Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

DRESS TO EXPRESS

FUNDRAISING PACK

6-12 FEBRUARY 2023

FIND OUT MORE
ABOUT HOSTING YOUR
DRESS TO EXPRESS
FUNDRAISER INSIDE!



#ChildrensMentalHealthWeek

childrensmentalhealthweek.org.uk

6-12 FEBRUARY 2023

#ChildrensMentalHealthWeek



YOU'RE

AMAZING!

Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health.

By getting involved, you're raising important awareness and vital funds to help more children and young people get the emotional support they need. Every penny and pound you raise will contribute to a future where every child has easy access to mental health support.

Thank you for getting involved!

ABOUT

Place2Be



Sadly, not every childhood has happy memories.

But Place2Be believes every child should have easy access to mental health support whenever they need it. We do this through schools. We create a safe place where students can open up without pressure. We arm them with emotional skills, to help deal with everything life throws at them. Allowing our counsellors to respond to the tears they see and look out for those they don't. Our evidence shows when we do reach children, their school performance improves and so do their life chances, and that stays with them as they grow.

By supporting Place2Be this Children's Mental Health Week, you're helping to reach more children before it's too late.

6-12 FEBRUARY 2023

#ChildrensMentalHealthWeek



DRESS

TO EXPRESS!

Dress to Express this Children's Mental Health Week!

This Children's Mental Health Week, we're asking you to **Dress to Express** on **Friday 10 February 2023**. Use clothing to express yourself by organising a Dress to Express Day with your school, workplace or with friends and family, and donate £2 to Place2Be.

A Dress to Express Day is the perfect way to take part in Children's Mental Health Week.

You could wear your favourite colour or a unique outfit to express how you're feeling, it can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within your community.

We'd love to chat and help you plan your perfect Dress to Express fundraiser. Call us on 020 7923 5000 or email events@place2be.org.uk with any questions.



HOW YOU CAN GET INVOLVED

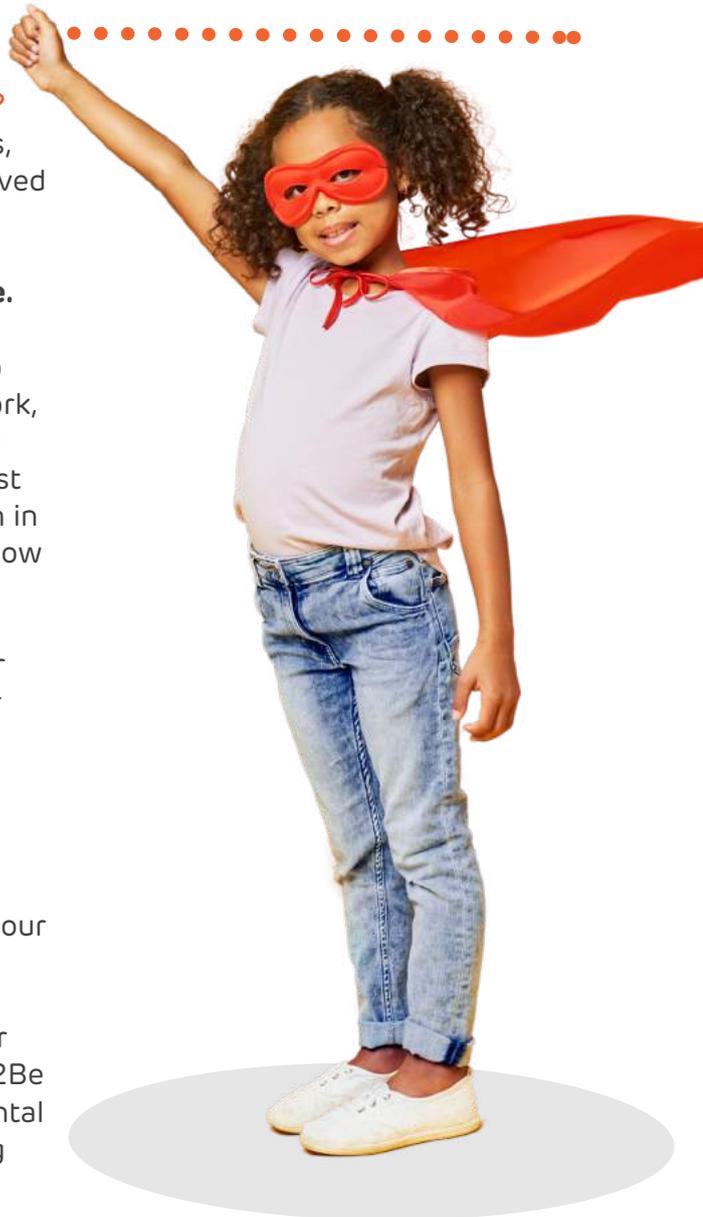
- **Save the date.** We recommend hosting your **Dress to Express Day** on Friday 10 February, so mark this date in your calendars! If this date doesn't suit, you could pick any day during the week to hold your fundraiser.
- **Download our free Parents & Carers resources** at bit.ly/3Wnp7Ow . Parents and carers play an important role in their child's mental health and our resources will help families get involved in the week.
- **Set up an online fundraising page** at bit.ly/3WhCEr0 . Encourage parents, staff, colleagues, friends and family to get involved in **Dress to Express** and donate £2. Check out page 7 in this pack for how to set up your fundraising page.
- **The important stuff.** Be sure to check out our Fundraising Resources at bit.ly/3BKyuix  to find out all the important regulations you'll need to be aware of when fundraising for Place2Be.
- **Set yourself a goal.** Choose a fundraising goal that your community can really get behind and use our fundraising tracker at bit.ly/3DVi0G8  to help reach your target!
- **Spread the word.** Use our social media toolkit to let your community know about your **Dress to Express** fundraiser! Find the toolkit at bit.ly/3T8N618 .
- **Organise wellbeing activities** throughout Children's Mental Health Week. Take your fundraiser one step further by incorporating wellbeing activities throughout the week. Our free resources are packed full of activities to help you mark the week. Visit our website at bit.ly/3WnoWTm  to download the resources.



TOP TIPS FOR SCHOOLS



- **Download our school resources** at bit.ly/3TUv8Rn  Full of group activities, assembly guides, lesson plans, top tips and more to help your school really get involved in the week.
- **Take on the TASKMASTER Education challenge.** Taking elements from Channel 4's smash hit comedy show Taskmaster, Taskmaster Education aims to help children develop important life skills such as teamwork, problem solving, communication, lateral thinking and resilience. During Children's Mental Health Week, host Alex Horne will set tasks each day for children to join in with at school or at home. For more information on how to get involved, visit bit.ly/3zzmj7r .
- **Give families plenty of time to prepare.** Send a letter home to let your school community know about your Dress to Express fundraiser. Check out our letter template at bit.ly/3UerAcQ .
- **Include information about Children's Mental Health Week** in your next school newsletter. You could also include a link to your school's fundraising page. Find our social media toolkit at bit.ly/3T8N618 .
- **Choose Place2Be as your Charity of the Month.** Your school can go the extra mile and fundraise for Place2Be throughout February in celebration of Children's Mental Health Week! If you want to continue the fundraising fun throughout the spring and summer terms, get in touch by emailing events@place2be.org.uk.



TOP TIPS FOR WORKPLACES

- **Ask the boss to chip in.** Most organisations love to support their employees in raising funds for charity, so why not ask if your workplace has a match funding scheme? Check out our letter template at bit.ly/3NOXLgn 
- **Host a quiz!** Add an extra little something to your Dress to Express fundraiser by combining it with a quiz. This is a great way to get your colleagues together and have some fun while you're at it. You can use Place2Be's Quiz Pack at bit.ly/3DA7aVK 
- **Choose Place2Be as your Charity of the Month.** Choose to fundraise for Place2Be during February in celebration of Children's Mental Health Week!
- **CEO Challenge.** What better way to bring your workplace together than by challenging your CEO? Come up with a challenging task (this could be anything from coming to work in an outrageous outfit to shaving their head), set a fundraising goal and once that goal is reached, your CEO must complete the challenge.
- **Put your own spin on Dress to Express.** Give your colleagues a helping hand in deciding how to Dress to Express... you could choose a silly hat day, a competition for the most eye-catching shirt or encourage everyone to come dressed ready to support their favourite sports team.
- **Link up on LinkedIn.** Use our LinkedIn social assets at bit.ly/3T8N618  to show off that your workplace is supporting #ChildrensMentalHealthWeek.



SETTING UP YOUR FUNDRAISING PAGE

Scan this QR code with your phone camera to set up your Children's Mental Health Week fundraising page



The easiest way to collect donations is to set up a JustGiving fundraising page. Head to [justgiving.com/campaign/CMHW2023](https://www.justgiving.com/campaign/CMHW2023) (or scan the QR code) and select 'Start Fundraising'. Then follow our simple tips below to be on your way to fundraising success!



Did you know that by personalising your fundraising page, you can increase the amount of donations you receive by 28%?!



UPDATE YOUR PICTURES

Adding a profile picture and cover photo could boost your fundraising by 23%

TELL YOUR STORY

Let everyone know why you're taking part in Children's Mental Health Week.

Story

~~~~~  
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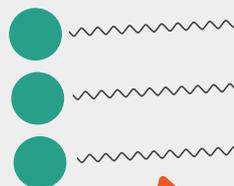
**£250**



### SET YOUR FUNDRAISING GOAL

Don't be afraid to go big!

### Supporters



### THANK YOUR DONORS

A simple thank you can go a long way, make sure you thank anyone who donates to your fundraiser!



# WHY WE NEED YOUR SUPPORT

We know that children and young people need our support now more than ever, with a record number of children being treated for mental health problems in 2022.

Last year, Place2Be supported more than 5,800 pupils through one-to-one counselling. Many of these children and young people face challenges which can make it hard for them to focus at school.

By helping to spread awareness and raise much-needed funds this Children's Mental Health Week, Place2Be can reach more children and young people and get closer to a future where every child has easy access to mental health support.

**50%**

of adults with lifelong mental health problems first experience symptoms by the age of 14.

**1 IN 10**

boys aged 5-19 with a mental health condition are excluded in some form from school

**1 IN 6**

children and young people have a diagnosable mental health condition. That's 5 children in every classroom.

**420,000**

In 2022, a record 420,000 children a month in England were treated for mental health problems.

A woman with dark hair, wearing a green polka-dot shirt and a light blue lanyard with yellow smiley face icons, is smiling and gesturing with her hands while talking to another woman with long red hair. The background is a blurred indoor setting with vertical blinds.

**"I remember being in a really dark place, and you making me promise you that I would keep myself safe until the next meeting. You actually saved my life."**

# HOW YOUR SUPPORT WILL HELP



**£16**

could pay for a child to **speak to a qualified counsellor** about their worries in a lunchtime session

**£54**

could pay for a child struggling with trauma to have a **50-minute one-to-one session** with a counsellor

**£252**

could pay for **4 specialised parent coaching sessions** for a parent and child to have together

**£500**

could allow over **31 children** to book their own appointment to **speak to a mental health professional** about issues like anxiety, low mood or self-harm

**£1080**

could help fund a full round of **one-to-one counselling sessions** for 2 vulnerable children



# HOW TO RETURN YOUR FUNDS



There are a number of ways you can return the money you raise this Children's Mental Health Week, and the sooner you pay in your fundraising, the sooner we can put it to work supporting children's mental health.

## USE YOUR ONLINE FUNDRAISING PAGE

Use your JustGiving fundraising page to collect donations and to pay in any cash donations you receive. Head to [justgiving.com/campaign/CMHW2023](https://www.justgiving.com/campaign/CMHW2023) to get started. All donations made to your fundraising page come straight to us making it super easy for you!

## DONATE ONLINE

Deposit the funds into your bank account and pay with your credit or debit card on the Children's Mental Health Week website at [bit.ly/3TPzvx9](https://bit.ly/3TPzvx9)

## AT THE BANK & BANK TRANSFER

Please get in touch with the Place2Be Fundraising Team at [friends@place2be.org.uk](mailto:friends@place2be.org.uk) if you would like to donate via BACS, Bank Transfer or by depositing your fundraising at a bank branch.

## BY POST

Cheque and CAF vouchers can be made payable to Place2Be and sent to the address below.

Children's Mental Health Week team  
Place2Be  
175 St John Street  
London  
EC1V 4LW

Please include a note with your cheque or CAF voucher letting us know your details and that you raised this money through Children's Mental Health Week fundraising.





Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK 2023

WE'D LOVE TO HEAR  
ABOUT YOUR PLANS!  
GET IN TOUCH.



## Contact the Place2Be Fundraising Team

events@place2be.org.uk  
020 7923 5000  
place2be.org.uk

## Share the love!

#ChildrensMentalHealthWeek  
@\_place2be @Place2Be  
@Place2BeCharity Place2Be



With thanks to the Beaverbrook  
Foundation for their support of Place2Be  
and Children's Mental Health Week.

[childrensmentalhealthweek.org.uk](https://childrensmentalhealthweek.org.uk)

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# LightBulb's Activities Programme



St Andrew's Mental Wellness Programme for Schools

[Light Bulb » St Andrew's Healthcare \(stah.org\)](http://stah.org)

## LightBulb Activities Programme for Children's Mental Health Week



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every morning: LightBulb school assembly, invite LightBulb in as part of our **free** 'Let's Connect' roadshow or dial in for a Zoom assembly. Limited availability so please contact us by email on [LightBulb@stah.org](mailto:LightBulb@stah.org)

10 - 2pm LightBulb **free** Mental Health Events on Zoom: LightBulb will be hosting 30 minute sessions on the theme of 'Let's Connect' for children, teachers, parents & carers. Contact [LightBulb@stah.org](mailto:LightBulb@stah.org) for the full list of events on subjects like loneliness, social anxiety, trauma informed yoga, healthy relationships, risk factors, internet safety and much more.

Every evening: 5 - 6pm LightBulb connects with parents & carers. We are offering hints and tips to parents/carers, invite LightBulb to hold a **free Wellness Café** at your school or join us on Zoom for advice. Email on [LightBulb@stah.org](mailto:LightBulb@stah.org)





St Andrew's Mental Wellness Programme for Schools

The LightBulb programme provides schools with an opportunity to build a whole school culture of mental health support for their students.

### What is the LightBulb programme?

LightBulb is a programme that provides a ready-made framework for schools so those that participate can demonstrate and showcase excellence regarding mental health practice.

#### What are the main aims of the programme?

- Create a positive mental health culture at your school
- Reduce the stigma of mental health
- Improve a whole school understanding of mental health
- encourage resilience, coping skills and self-help strategies

#### What do schools receive as part of the programme?

- 5 hours of mental health and wellbeing training and support
- 1 hour training and support session for parents
- 1 hour training or teaching for pupils
- Wellbeing resources and activities for all school staff
- Certification upon completion

*"This programme has changed lives"*

Lorna Beard

Head of Inclusion for the East Midlands Academy Trust (EMAT)

For more information about the LightBulb, St Andrew's Mental Wellness Programme for Schools, contact us on 01604 616797 or email [Lightbulb@stah.org](mailto:Lightbulb@stah.org)

*Shining a light on mental health*

# **Additional Support**

# Mental Health Wellbeing Resources

For Young People



## Espresso Yourself

Wellbeing cafe for young people and parents to go to have a drink and an informal chat with professionals who care. Book an appointment by calling the numbers below or drop in during opening hours.

**The lowdown**  
3 Kingswell Street  
Northampton NN1 1PP  
01604 634385  
info@thelowdownnorthampton.co.uk

### Youth Works Corby

18 Argyle St  
NN17 1RU  
01536518339  
www.youthworksnorthamptonshire.org.uk

**Youth Works**  
97 Rockingham Rd  
Kettering NN16 9HX  
01536518339

**Youth Work**  
97 Rockingham Rd  
Kettering NN16 9HX  
01536518339

## Helpful Apps

### Calm

Helps you live a better life by stressing less, sleeping more and improving your general outlook on life.

### Young Minds

Provides young people with tools to look after their mental health.

### Be Mindful

Offers a family friendly course designed to combat depression, stress and anxiety, offers clinical-grade Digital Therapy.

### Headspace

Helps you live a better life by stressing less, sleeping more and improving your general outlook on life.

### Stem4

Focuses on teenage mental health, provides a list of useful information and apps for young people and parents

### ThinkNinja

App for 10 -18year olds. Helps you learn to manage your mental health

### distract

Offers quick and discreet access to information about self-harm and suicidal thoughts

### Moodjuice

### Moodgym

### WorryTree

Helps you to notice, record and manage worries using behavioural therapy techniques

### Action for Happiness

## Helplines

Trained professionals who care and want to help anyone struggling with hard feelings.

### EMERGENCY SUPPORT

If someone has seriously harmed themselves or might act on suicidal thoughts, Seek emergency support. Call **999** or go to the nearest **A&E**

### SANE

Call 116123  
4.30pm - 10.30pm

### Shout

Text "Shout"  
to 85258  
24/7

### NHS 111

Call 111  
24/7

### Samaritans

03003047000  
24/7

### Papyrus

08000684141  
Text 07786209697  
Weekdays  
9am-10pm

### CAMHS Live

08001707055  
Weekdays  
9am-9pm  
www.nhft.nhs.uk  
/camhslive

### Switchboard

For **LGBT+**  
Call 03003300630

# MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.



## **Monday & Friday 4pm - 8pm**

the lowdown, 3 Kingswell Street,  
Northampton, NN1 1PP  
01604 634385

## **Tuesday 4pm - 8pm**

Youth Works at Corby Mind,  
18 Argyll St, Corby, NN17 1RU  
01536 518339

## **Wednesday 4pm - 8pm**

CHAT Youth Counselling,  
Souster Youth Building,  
30 Market Road, Thrapston,  
NN14 4JU  
01832 274422

## **Thursday 4pm - 8pm**

Youth Works, 97 Rockingham Rd,  
Kettering, NN16 9HX  
01536 518339

## **Saturday 10am - 2pm**

Service Six, 15 Sassoon Mews  
Wellingborough NN8 3LT  
01933 277520

## **Saturday 12pm - 4pm**

Time 2 Talk, The Abbey,  
Market Square, Daventry,  
NN11 4XG  
01327 706706



Northamptonshire Healthcare  
NHS Foundation Trust



Service Six

Changing Lives - Creating Futures



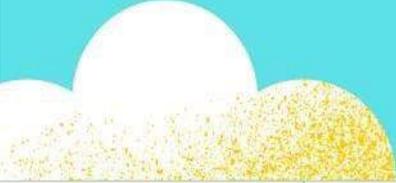


ACTION FOR HAPPINESS

# Happier Families

## PARENTS & CARERS

### DROP IN



Support

Tips

Learn skills

Boost wellbeing

Improve  
relationships

Every Friday

6pm - 8pm @ the lowdown

Drop-in to see us or call 01604 634385 to book an appointment.

Remote sessions via phone or video call are also available.

Weekly drop in sessions for parents and carers of 5-16 year olds to offload, explore strategies to improve relationships with their children and spend time with people in a similar situation.

the lowdown, 3 Kingswell Street, Northampton NN1 1PP

[www.thelowdown.info](http://www.thelowdown.info)



ACTION FOR HAPPINESS



**NEW**  
Starts 3rd November



# DAVENTRY OUT THERE GROUP

for LGBTQ+ young people aged 13 - 18

**WHEN** - Thursdays, starts 3rd November  
(term time only)

**WHERE** - The Mind Building, Old Gas Works Car Park,  
Brook Street, Daventry NN11 9YB

**TIME** - 6:30pm to 8pm

**CALL** - 07507 716106 for more info

**WANTED** - Staff and volunteers. Contact us for more info.

[www.thelowdown.info](http://www.thelowdown.info)



# ONLINE YOUTH GROUP

Is your life affected by another's drug or alcohol use and you are Aged between 10 and 17?

Join us for our weekly online youth group every Thursday 6-7pm on Zoom.

For more information contact our General Enquiries Line on 01933 224632 or email Regan on [Rmadden@family-supportlink.co.uk](mailto:Rmadden@family-supportlink.co.uk)



family support link

CHARITY NUMBER : 1196808

#



# Northamptonshire LGBTQ+ Services for Young People and their Parents & Carers

**YOUTH  
WORKS**

## MONDAYS - KETTERING

11-16 year olds Youth Group every Monday 4pm - 5:30pm  
For more info go to [www.youthworksnorthamptonshire.org.uk](http://www.youthworksnorthamptonshire.org.uk)  
or call 01536 518339



**YOUTH  
WORKS**

## TUESDAYS - CORBY

14-18 year olds Youth Group every Tuesday 6:30pm - 8pm  
For more info go to [www.youthworksnorthamptonshire.org.uk](http://www.youthworksnorthamptonshire.org.uk)  
or call 01536 518339



## WEDNESDAYS - WELLINGBOROUGH

Youth Group for up to 18 years, every Wednesday 6pm - 8pm  
For more info go to [www.servicesix.co.uk](http://www.servicesix.co.uk) or call 01933 277520



**OUT THERE**

## FRIDAYS - NORTHAMPTON

11 - 25year olds Youth Groups every Friday 5:30pm - 9pm  
For more info go to [www.thelowdown.info](http://www.thelowdown.info) or call 07585 737482



**OUT THERE**

## QUARTERLY - NORTHAMPTON

Gender Neutral Swim Sessions for LGBTQ+ young people and their families.  
For more info email [lgbtqsupport@thelowdownnorthampton.co.uk](mailto:lgbtqsupport@thelowdownnorthampton.co.uk)

**OUT THERE**

## NORTHAMPTONSHIRE - Parent and Carers Facebook Group:

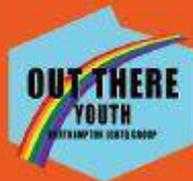
Follow> The Out There Group Parent and Carers Support Network  
Northamptonshire. Includes a Parents and Carers Social, 3rd Thursday of the  
month. For more info email [lgbtqsupport@thelowdownnorthampton.co.uk](mailto:lgbtqsupport@thelowdownnorthampton.co.uk)



**OUT THERE**  
LGBTQ+ Support  
Northamptonshire

# OUT THERE **LGBTQ+** SUPPORT SERVICES

WE UNDERSTAND THAT IT MAY SEEM DIFFICULT TO FIND SUPPORT.  
MANY YOUNG PEOPLE FEEL ISOLATED AND DISCONNECTED FROM SOCIAL CIRCLES  
OR EVEN FAMILIES AND WE WANT YOU TO KNOW THAT YOU ARE NOT ALONE.



Youth Group for School  
years 7, 8 & 9.  
Every Friday 5:30pm -  
7:30pm



Youth Group for  
School years 10, 11,  
12 & 13. Every Friday  
7pm - 9pm.



Plus Group for 18-  
25 year olds every  
Friday  
7pm - 9pm.



Support and social group  
for parents/carers of  
LGBTQ+ young people  
every 3rd Thursday.



Gender neutral swim  
sessions for young people  
and their families.

For full information on all our LGBTQ+ support services go to [www.thelowdown.info](http://www.thelowdown.info)  
or contact [lgbtqsupport@thelowdownnorthampton.co.uk](mailto:lgbtqsupport@thelowdownnorthampton.co.uk)

New times and  
locations starting  
January 2022



# Free and confidential counselling, wellbeing drop-ins, LGBTQ+ support, practical support and sexual health services for 11-25 year olds

## Our Mission

We offer a caring environment where young people are always supported on their journey towards positive emotional health and wellbeing.



## Our Services

the lowdown provides free and confidential counselling, wellbeing drop-ins, LGBTQ+ support, practical support and sexual health services for 11-25 year olds. There is no need for you to experience difficult situations alone. We can help.

## You're safe with us

Our fully trained team provides safe, friendly, confidential and non-judgemental services. You can choose how to get in touch and then we'll work out together how we can best support you.

## Counselling

Counselling can facilitate, support and empower you to make positive changes.

**Who can refer?** ANYONE, aged between 11-25 and living within the NN1-NN7 postcode area. The young person must always have consented to the referral.

**How do I refer?** Submit ONLINE direct from our website, or download and email to [referrals@thelowdown.info](mailto:referrals@thelowdown.info), or collect a form during our opening times. A support worker can assist with completion.

**What happens next?** After reviewal, you will be contacted within 2 weeks and offered a 1:1 assessment appointment with a qualified counsellor to discuss your needs and be added to our waiting list.

**How do sessions work?** Our initial offer is 6-8 sessions for 45 minutes with the same counsellor, at the same time each week. Sessions can be face-to-face or remote by video/phone call.

## Sexual Health

Our sexual health service will be re-launching in April 2022. Please look out for more information on days and times.

## LGBTQ+ Support Services

Our Lesbian, Gay, Bisexual, Transgender and Questioning services offer a safe and confidential space to socialise, meet like-minded people, discuss issues and take part in activities.



## Out There Youth Groups:

Every Friday

School Year 7, 8 & 9 : 5:30pm - 7:30pm

School Year 10, 11, 12 & 13 : 7pm - 9pm



## Out There Plus Group:

Every Friday

18 - 25 year olds : 7pm - 9pm



## Parents and Carers Social :

For parents and carers of young people who are in the LGBTQ+ community. It's a space to meet other parents/carers, gain support and ask questions about our support groups. You can also join the Facebook group by searching for 'Out There Group Parent and Carers Support Network Northamptonshire'.



For information on how to join any of our groups contact us on 07585 737482 or email [lgbtqsupport@thelowdownnorthampton.co.uk](mailto:lgbtqsupport@thelowdownnorthampton.co.uk)

For more information on all our LGBTQ+ services visit our website [www.thelowdown.info](http://www.thelowdown.info)

Registered Charity Number : 1197273

## Wellbeing/Drop-ins

If you need support with your mental health or wellbeing, our professional mental health workers are here to listen and help you in your time of need.



**Espresso Yourself Wellbeing Café** is open on Monday and Friday evenings 4pm-8pm. The café is for young people aged 11-18 years and their parents/carers.

**19-25 year olds Drop-in** is open every Monday evening 5:30pm-7:30pm. It's a safe place to gain advice, coping strategies and support.

**Happier Families Parents Drop-in** is open every Friday evening 6pm-8pm for parents and carers of 5-16 year olds to offload, explore strategies to improve relationships with their children and spend time with people in a similar situation.

For all the above services either drop-in to the lowdown during the opening times or call 01604 634385 to book an appointment.

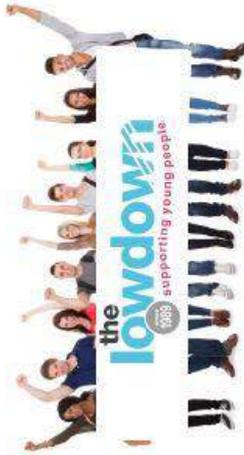
**We can help you with a wide range of issues including:**

**Abuse - Addiction - Anger  
Bereavement - Bullying - Depression  
Eating Disorders  
Family / Relationship Problems  
Gender Identity - Homelessness  
Personal Relationships - Pregnancy  
Sexuality - Self Esteem - Self-Harm  
Sexual Health**

**STIs (Sexually Transmitted Infections)  
Stress & Anxiety - Wellbeing  
Something Else? Just Ask**

All our contact details are on the back of this leaflet and our website provides lots more information about everything we do.

www.thelowdown.info



As a local charity, we rely heavily on donations and sponsorship as well as our fabulous team and volunteers.

**How you can support the lowdown**

Through one-off and monthly donations, sponsorship, fundraising events (organising your own or supporting ours), or volunteering.

**TOTAL GIVING PayPal**  
We'd like to take this opportunity to thank our supporters:



Printed March 2022

www.thelowdown.info

**Contact us for more information**

**Address** 3 Kingswell Street, off Gold Street, Northampton, NN1 1PP

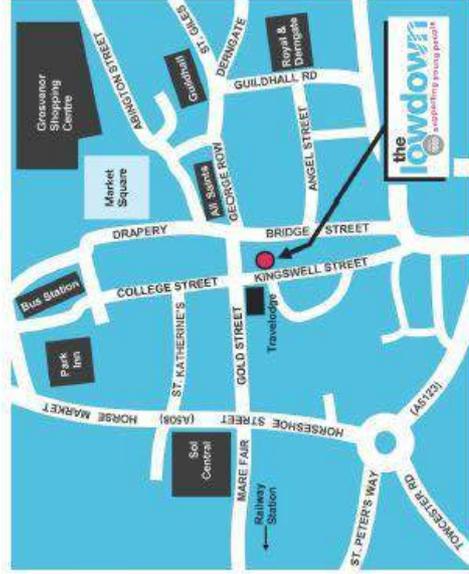
**Office** 01604 634385  
Mon to Fri 9am-5pm & Sat 10am-4pm

**LGBTQ** 07585 737482 & 07496 314703  
lgbtqsupport@thelowdownnorthampton.co.uk

**Email** info@thelowdownnorthampton.co.uk

**Website** www.thelowdown.info

**The Lowdown** thelowdownNN1  
thelowdownnn1



**Organisational Members of:**



Established July 1989

www.thelowdown.info

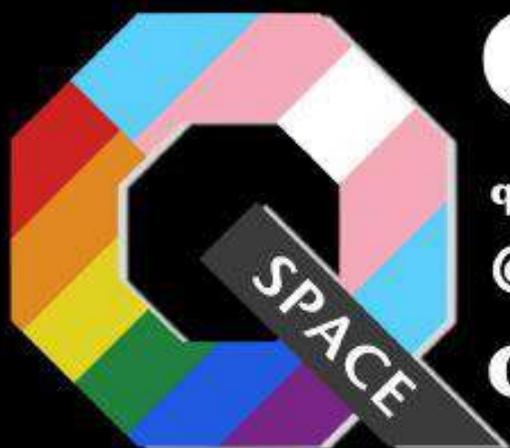
If you ever need somebody to talk to we are here to help



the lowdown since 1989 supporting young people

A mental health charity providing free and confidential support services for 1-25 year olds in Northamptonshire

Registered Charity No. 1197273



# Q Space

qspacenorthampton@gmail.com

@QSpaceNorthants

07504 508325

*"It's great to have a familiar place to go where I can trust people, where people have similar experiences to me."*

*"I know people here which makes me feel comfortable, it gives me somewhere to go."*

## LGBTQ+

### Youth Support Group

Thursdays, 6:30pm-8:30pm

For 12 - 17 year olds

Castle Hill URC

Doddridge Street

NN1 2RN

*Free Membership, Refreshments, & Activities.*

*"I feel comfortable at Q Space, it's a place I can be myself."*



Phone, text, email, or drop in on Thursdays

# RE:Start

Mind | Focus | Future

Helping 16-25 year olds move forward  
on their mental health journey.



Are you...

*Aged 16-25 and living in Northamptonshire?*

*Have you worked with CAMHS  
(Child and Adolescent Mental Health Services)?*

*Do you feel you need to get the right support  
with your mental health?*

*Do you need some practical support to help you to move forward?*

*If so, we may be able to help.*

*Please contact the RE:Start team on:*

 [www.youthworksnorthamptonshire.org.uk](http://www.youthworksnorthamptonshire.org.uk)

 [www.thelowdown.info](http://www.thelowdown.info)

 01536 518339

 01604 634385

 [restart@youthworksnorthamptonshire.org.uk](mailto:restart@youthworksnorthamptonshire.org.uk)



# What is self-harm?

Self-harm is defined as *when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences*” (Mind, 2020). People may self-harm for different reasons, for some it could be a way to cope, for others the reasons may be less clear. Some common reasons may include pressures at school, bullying, losing someone close to you, breakdown of a relationship, health problems and more. People of all ages and backgrounds can be affected by self-harm, and it can be hard to imagine that you could stop. But there are steps you can take to help you make other choices over time.

## 1. What can self-harm look like?

Some ways people may self-harm can include cutting yourself; poisoning yourself; over-eating or under-eating; exercising excessively; biting yourself; picking or scratching at your skin; burning your skin; inserting objects into your body; hitting yourself or walls; misusing alcohol, prescription, and recreational drugs; pulling your hair; having unsafe sex; getting into fights where you know you will get hurt.

## 2. Where can you get support?

| Service/Support     | Who Can Access                  | How to Access                                                                                                                                                                         |
|---------------------|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beat                | Everyone                        | Call 0808 801 0677 (over 18s), call 0808 801 0811 (students), call 0808 801 0711 (under 18s) open 365 days a year 12pm-8pm on weekdays and 4pm-8pm on weekends and bank holidays      |
| Childline           | 18 years and under              | Call 0800 1111 open 24/7, chat online 1-2-1 with a counsellor or send an email via <a href="#">Childline   Childline</a>                                                              |
| Doctors Surgery     | Any registered                  | Call your registered GP surgery for an appointment                                                                                                                                    |
| MIND                | Everyone                        | Call 0300 123 3393 open 9am-6pm Monday to Friday (except Bank Holidays)                                                                                                               |
| NHS 111             | Everyone                        | Call 111 open 24/7                                                                                                                                                                    |
| Papyrus Hopeline    | Up to 35 years                  | Call 0800 068 4141 open 9am to midnight everyday                                                                                                                                      |
| Samaritans          | Everyone                        | Call 116 123 open 24/7, or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>                                                                                             |
| Self-Injury Support | For women and girls             | Call 0808 800 8088 open Tuesday, Wednesday & Thursday 7pm-9.30pm, text 07537 432444 or email <a href="mailto:tessmail@selfinjurysupport.org.uk">tessmail@selfinjurysupport.org.uk</a> |
| SHOUT               | Everyone                        | Text SHOUT to 85258 open 24/7                                                                                                                                                         |
| Switchboard         | Everyone                        | Call 0300 330 0630 open 10am-10pm daily for lesbians, gay men, and bisexual and trans people                                                                                          |
| The Mix             | 25 years and under              | Call 0808 808 4994 pen 4pm-11pm 7 days a week                                                                                                                                         |
| Young Minds         | Young people and parents/carers | Parent/carer helpline call 0808 802 5544 open 9.30am-4pm Monday to Friday or visit <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>                                   |

## 3. Where can you find resources?

| Resource                   | Who Can Access             | Link                                                                                                   |
|----------------------------|----------------------------|--------------------------------------------------------------------------------------------------------|
| Battle Scars               | Anyone linked to self-harm | <a href="http://battle-scars-self-harm.org.uk">Battle Scars - Home (battle-scars-self-harm.org.uk)</a> |
| distract App               | Everyone                   | Download via App Store                                                                                 |
| Healthy for Teens Website  | Teenagers                  | <a href="#">Health For Teens   Everything you wanted to know about health</a>                          |
| Life SIGNS Website         | Everyone                   | <a href="#">LifeSIGNS – the user-led self-harm small charity</a>                                       |
| Mind Self-Harm Information | Everyone                   | <a href="#">self-harm-2020.pdf (mind.org.uk)</a>                                                       |

## 4. You can access the Directory of Mental Health Services using these links:

<https://www.westnorthants.gov.uk/mental-health-and-wellbeing>

<https://www.northnorthants.gov.uk/mental-health-and-wellbeing>

## **Contact details:**

Talk Out Loud/Healthy Schools

### **West Northants:**

[healthyschools@westnorthants.gov.uk](mailto:healthyschools@westnorthants.gov.uk)

### **North Northants:**

[healthyschools@northnorthants.gov.uk](mailto:healthyschools@northnorthants.gov.uk)

