



Wellbeing Wednesday



ISSUE 17: Children's Mental Health Week

This year's theme is 'Let's Connect'

From 6-12 February 2023, schools, families and communities across the UK will take part in Children's Mental Health Week. This year's theme is Let's Connect. Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond. People thrive in communities, and this connection is vital for our wellbeing.

Things that can help children and young people's mental wellbeing include:

- Being in good physical health, eating a balanced diet and getting regular exercise
- Having time and the freedom to play, indoors and outdoors
- Being part of a family that gets along well most of the time
- Going to a school that looks after the wellbeing of all its pupils
- Taking part in local activities for young people.

Other factors are also important, including:

- Feeling loved, trusted, understood, valued and safe
- Being interested in life and having opportunities to enjoy themselves
- Being hopeful and optimistic
- Being able to learn and having opportunities to succeed
- Accepting who they are and recognising what they are good at
- Having a sense of belonging in their family, school and community
- Feeling they have some control over their own life