



St Barnabas

Monday 3rd February 2025

Church of England Primary Academy

A member of **C**DARI

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

KNOW YOURSELF,
GROW YOURSELF



Disney Pixar
**INSIDE
OUT 2**



DRESS TO

EXPRESS

THIS CHILDREN'S
MENTAL HEALTH WEEK







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'Achieving great things through learning and growing together in a love-filled Christian family'

'That they shall have life, life in all its fullness' John 10:10



Our **every** vision for **Child** Life in all its fullness;
Our prayer for every heart,
The **will** to make it **so.**

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" Sometimes your mind plays
tricks on you. It can tell you
you're no good, that it's all
hopeless. But remember this;
You are
loved,



and important, and you bring
to this world things no one
else can. So hold on "



"Have you met others
who have struggled?"

"I've never met anyone who
hasn't," said the horse.

"The truth is," said
the horse



"that no matter how it looks,
everyone has their struggles."

IT'S **OK** TO FEEL:

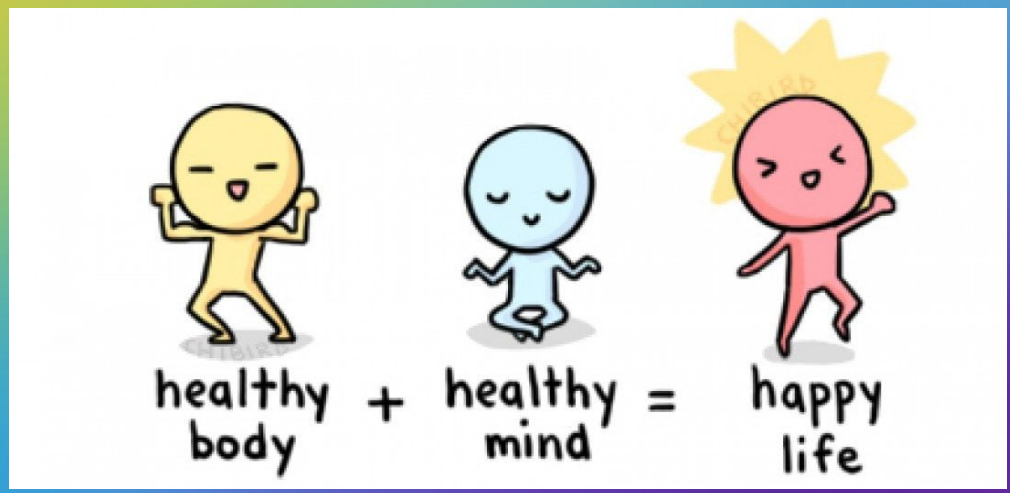
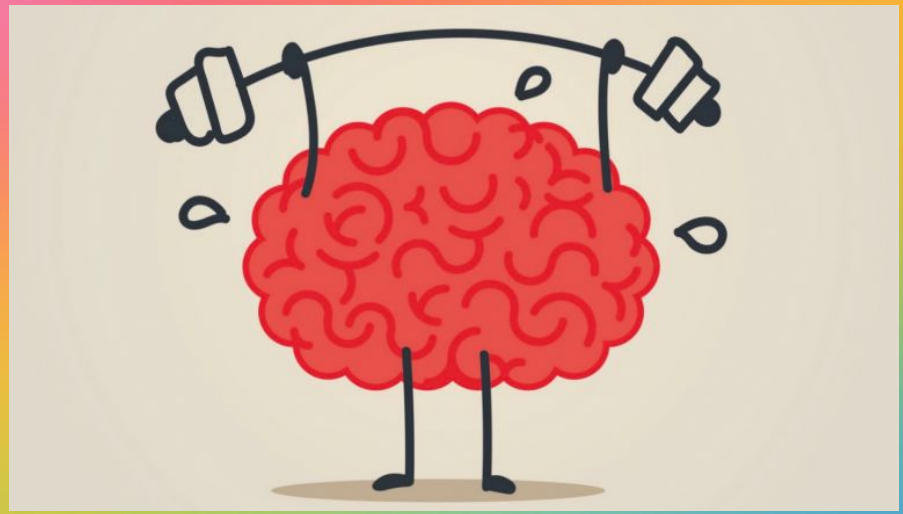


EVERYBODY FEELS THAT WAY SOMETIMES.
WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

HUMAN.

AND IT HELPS TO TALK ABOUT IT.

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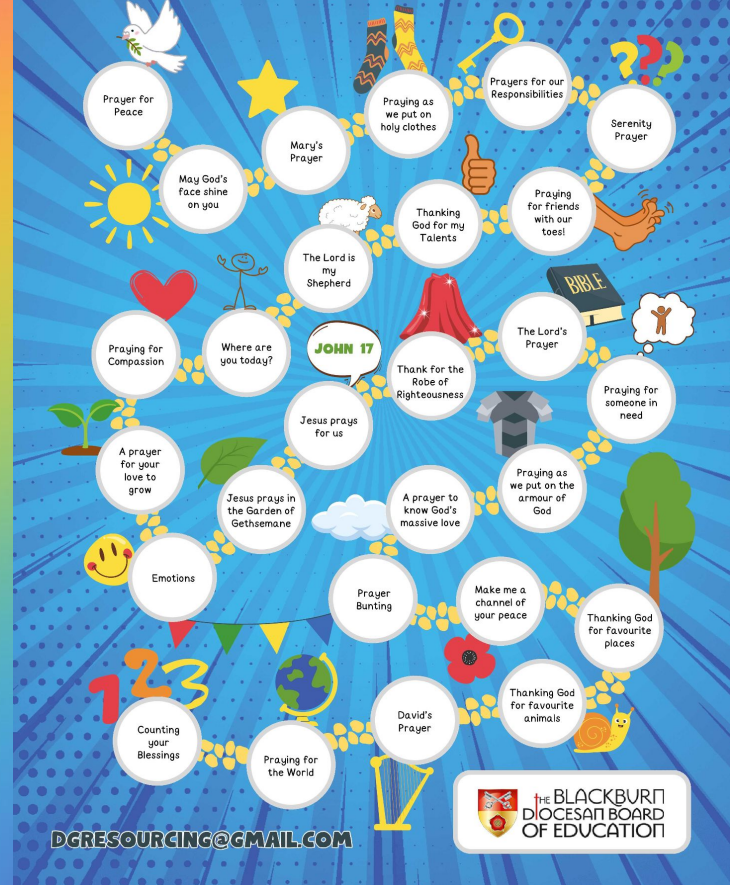



Prayer to thank God for our talents

Father,
I thank you for the gifts and talents
that you give me.
Help me to use them wisely
and for others,
for I serve in Your name.
Amen.




YEAR OF PRAYER



A close-up photograph of water cascading from a showerhead, creating a spray of white droplets against a blurred background of green foliage. The image is framed by a thin black border.

The potential
God put in you
is in seed form.
Grow and
develop it.

The Christian Journey
DRCYNTHIAJOHNSON.COM

A landscape photograph showing a dense green forest covering a mountain range. The sky is filled with soft, white clouds, and a layer of mist or fog hangs over the lower parts of the trees. The image is framed by a thin black border.

**POTENTIAL IS GOD'S
GIFT TO YOU,
WHAT YOU DO
WITH IT IS
YOUR GIFT
BACK TO GOD.
-MARK BATTERSON**



Let your light shine
for ALL the world to see!

Reflection

How have you grown emotionally?

How can you help yourself and others to grow emotionally together and 'achieve great things'?

How can you express yourself and show your God given talents?

Can you show respect to others expressing themselves?

If you have faith in yourself and God, you can do anything!



Dear God,

You created us and you love us.

**You care about how we are feeling
and love it when we tell you.**

**Thank you for the special people
in our lives who help us look after
our bodies and our minds.**

**Help us to find joy in expressing
ourselves creatively this week!**

Amen



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Shine

by Nick Jackson