



St Barnabas

Friday 7th February 2025

Church of England Primary Academy

A member of **CDARI**







Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2023

KNOW YOURSELF,
GROW YOURSELF





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Church of England Primary Academy

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

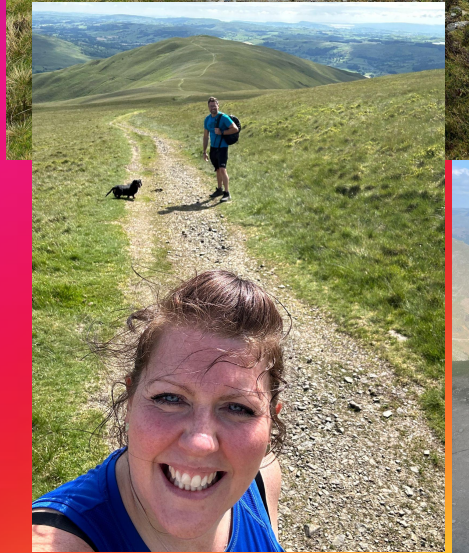
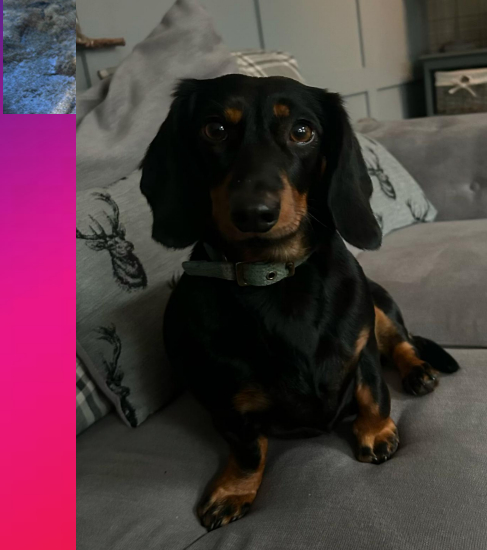
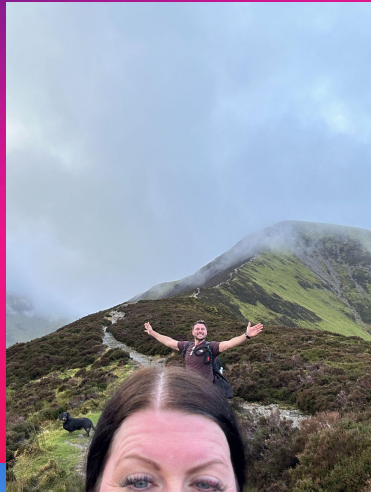
'That they shall have life, life in all its fullness' John 10:10



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



**How do
you like to
express
yourself?**





WHICH EMOTION ARE YOU?



DISGUST



SADNESS



JOY



FEAR



ANGER

IT'S **OK** TO FEEL:

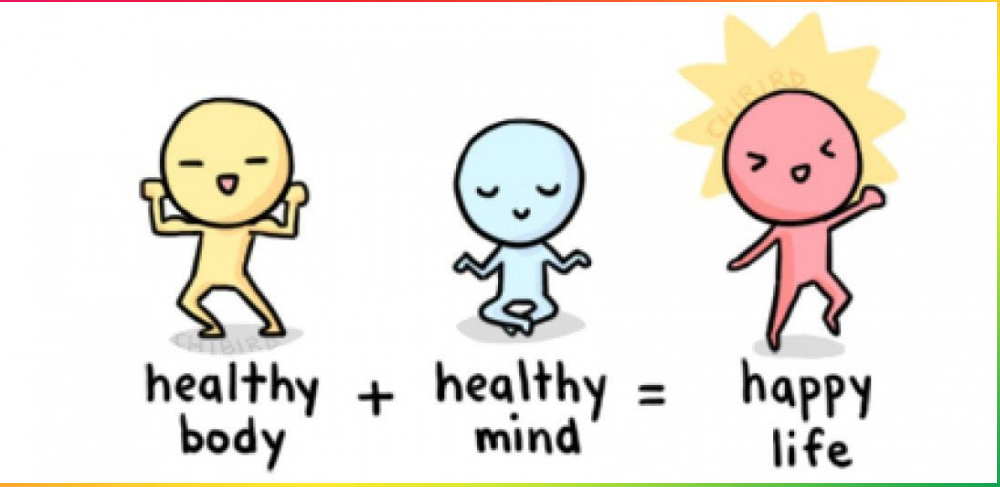
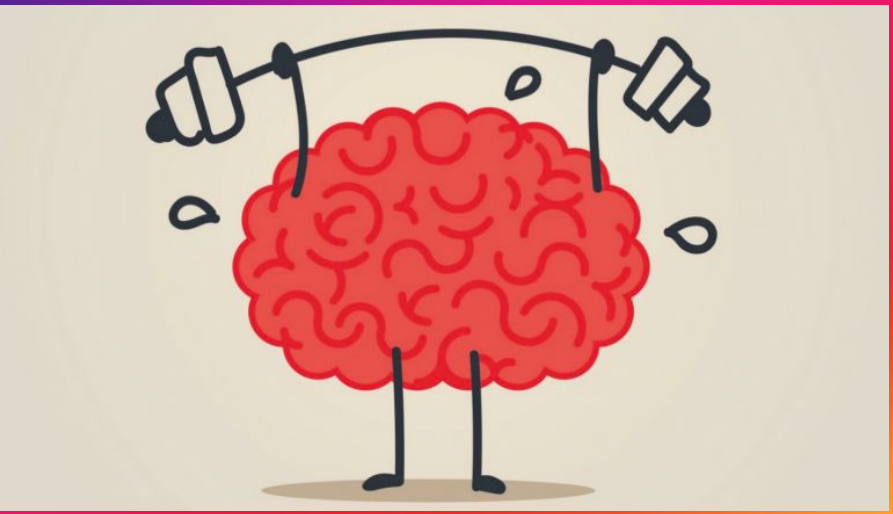


EVERYBODY FEELS THAT WAY SOMETIMES.
WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

HUMAN.

AND IT HELPS TO TALK ABOUT IT.

©elisegravel



5 WAYS TO WELLBEING



CONNECT

BE ACTIVE

GIVE

TAKE
NOTICE

KEEP
LEARNING

When we take notice of ourselves and how we feel, we are able to make better choices and be more connected with our feelings and behaviours.

Noticing these things can help us recognise when we need support.

What are some things we love doing, and what are others that fill us with fear or disgust?



How well do we really know ourselves?

Sometimes we can feel like we are in the middle of a tussle of emotions – feeling joy, then sad, angry and jealous, all at the same time!

In Inside Out, Sadness asks Joy if she can go down into the memory pool with her.

Joy takes Sadness hand into hers and says to her friend, "Of course! Remember Sadness, wherever I go, you go too."

These emotions help us to understand ourselves better – what we like and dislike, where we feel comfortable and where we are scared. Can you think of a time when you were happy and sad?





Children's Mental Health Week Activity

There are parts of ourselves that we may not see as easily. Sometimes we can learn more about ourselves with the help of family, friends, and teachers.

- What makes me feel sad and nervous?
- What makes me feel joyful or happy?
- What do I enjoy learning about?
- What am I good at?
- What makes me laugh?



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK



" 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."



**What have you
learnt from this
video?**

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!

IT IS OKAY TO

MAKE MISTAKES

NOT BE OKAY

HAVE HARD DAYS

BE YOURSELF

NOT KNOW IT ALL

ASK FOR HELP

START OVER

NEED MORE TIME

Dear God, thank you that you give everyone talents. I pray I use my talents to help others. May I keep on practising it. And Lord there are probably tonnes of new talents I haven't discovered yet. Help me to have more opportunities to have a go at new things. Whatever I do Lord, help me to do it with a loving, respectful and caring attitude. Amen



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



Let your light shine
for ALL the world to see!



Shine

by Nick Jackson