

FIND YOUR BRAVE SHOW & TELL



DEAR PARENT/CARER,

SHOW & TELL FOR CHILDREN'S MENTAL HEALTH WEEK 2020

Place2Be is delighted to share some ideas for getting involved in **Children's Mental Health Week**. During this special week, thousands of children in schools across the UK will be taking part in **Show & Tells** by bringing something into school around the theme of bravery.

This year we want children, young people and adults to share, learn and help each other to **FIND THEIR BRAVE**. We all take brave steps in our everyday lives and when we do, we feel more positive and confident. By taking part we can support each other's wellbeing while also raising money to ensure that every child can access the mental health support they need.

HOW YOUR CHILD CAN TAKE PART IN THE SHOW & TELL

Bravery comes in all shapes and sizes and is different for everyone. We all have times when we need to **FIND OUR BRAVE**. Your child should bring in something themed around bravery – an object, photo, picture or story about them doing something where they **FOUND THEIR BRAVE**. Maybe they learnt a new skill, tried at something they find hard, asked for help or did something they were scared of.

YOUR DONATION TO CHARITY PLACE2BE

We are asking your child to complete the attached activity sheet to tell us about their **Show & Tell** and to take it into school with a suggested donation of **£1** for **Place2Be**.

ABOUT PLACE2BE

Place2Be is a children's mental health charity providing school-based support and in-depth training programmes to improve the emotional wellbeing of pupils, families, teachers and school staff.

HOW YOUR MONEY HELPS

Every school day, hundreds of children and parents tell us about the difficult challenges they face, from bereavement to bullying, from difficulties at home to friendship issues in the classroom. It's only with the generosity of people like you that we can continue providing our vital services to children in schools.

- **£7** could give a child emotional support through the Place2Talk lunchtime service
- **£19** could give a child one-to-one support with a counsellor
- **£22** could pay for a session for a parent, helping them to better support their child

Thank you so much for supporting Place2Be.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Nikki Twallin'.

Nikki Twallin
Community Fundraising Manager – **Place2Be**

P.S. Your money makes a difference.

Thank you from George, Aneena and their families whose stories you can read on the next page.

FIND YOUR BRAVE SHOW & TELL



FIND YOUR BRAVE

Bravery comes in all shapes and sizes and is different for everyone. We all have times when we need to **FIND OUR BRAVE**.

WHAT TO SHARE

You could bring in an object, photo, picture or story about you doing something brave – maybe you've learnt a new skill, really tried at something you find hard, asked for help or done something you were scared of.

Your name

.....

What are you going to share?

.....

Why did you choose this for your Show & Tell?

.....

.....

.....



P.S. Don't forget your £1 donation to Place2Be.

Thank you so much!

FIND YOUR BRAVE

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk



HOW YOUR MONEY MAKES A DIFFERENCE

GEORGE

George had to move to a new school and was feeling very sad. He didn't have any friends and was very quiet in the classroom, sometimes not remembering what the teacher had asked him to do.

George's teacher realised that George's mum was feeling very sad too. His dad had gone away, and she was looking after George all on her own. The teacher suggested that George and his mum both go and talk to someone from **Place2Be** to help them.

When George came to the **Place2Be** room each week it was very quiet and peaceful, and he could talk to someone all about the worries in his head. He could also draw pictures to explain how he was feeling. He especially liked drawing a picture of a dog that would always run away. George explained it was because his dad had also gone and he missed him a lot.

Talking about his feelings helped George. His teacher started to notice him playing with the other children in the playground, he even made a best friend. George even said that **Place2Be** was his favourite lesson in school. When his teacher asked why it was his favourite as it wasn't a real lesson, George said "Happiness, **Place2Be** teaches you how to be happy."

George was able to access the support he needed because people like you donate to Place2Be.

PLACE2TALK

Aneena visited Place2Talk because she struggled to make friends. She told the counsellor about how the children bullied her and called her names. With Aneena's permission, **Place2Be** spoke to her teacher and arranged a Place2Talk session to discuss how to best support her.

Place2Be met with Aneena for some more Place2Talk sessions and she disclosed a past bullying incident which wasn't resolved when she was at primary school. It was clear that this was still having an impact on her today and her ability to make trusting friendships.

Aneena used drawing and talking to explain the pain and emotional hurt she was feeling when she was in primary school. She said she felt much better for talking and was glad that she could keep coming back to talk whenever she needed. The teacher reported that Aneena is much more open, less resistant to play and more open to having friends. Her mother told the teacher that she is playing outside more and not burying herself in her computer games.

Aneena was able to access the support she needed because people like you donate to Place2Be.

Thank you on behalf of George, Aneena and their families.