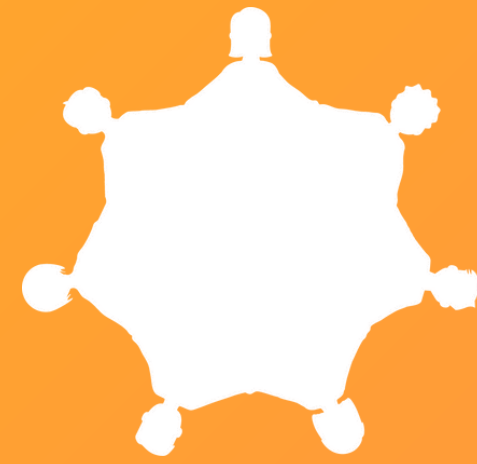


Key Stage 2

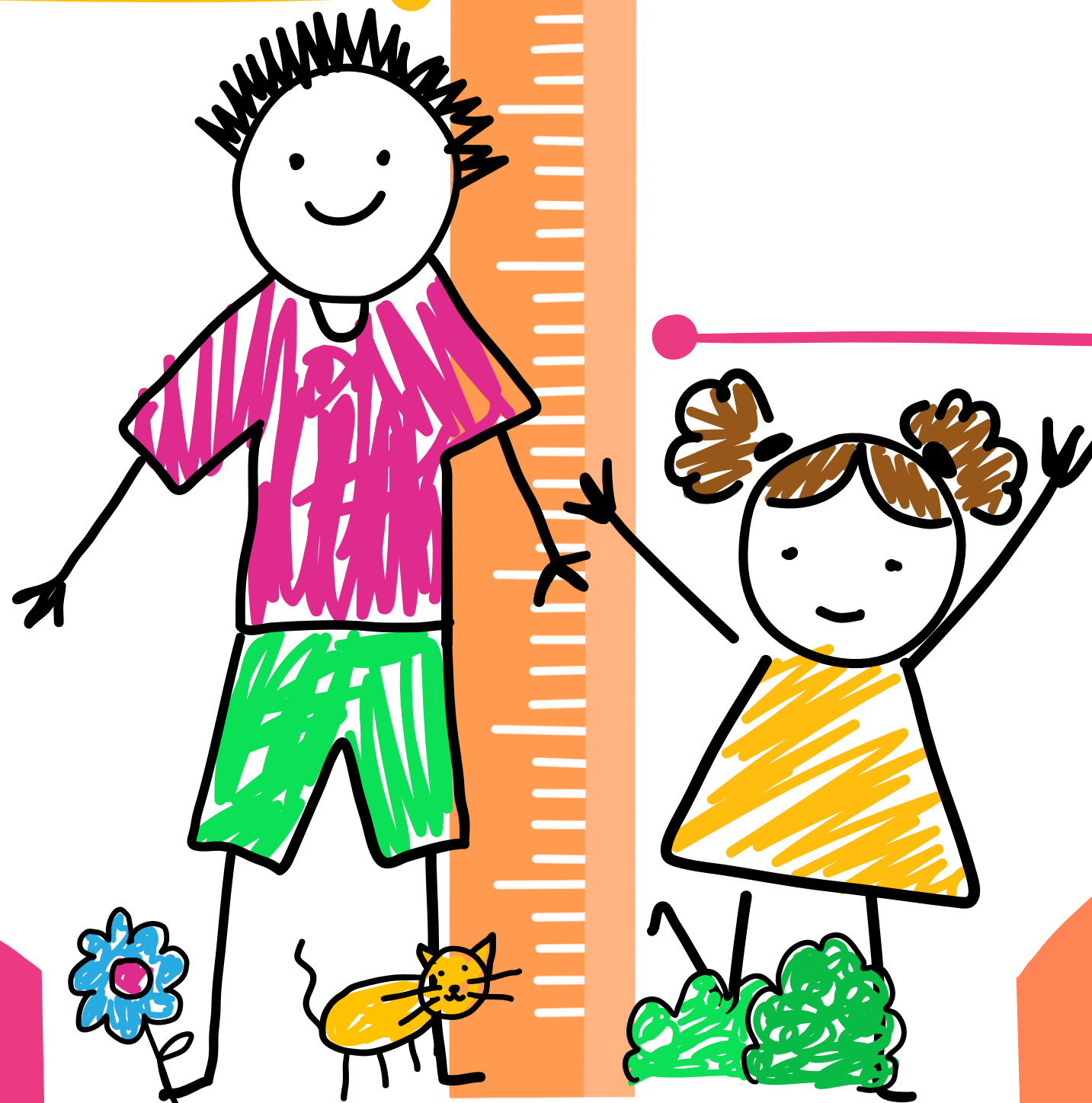
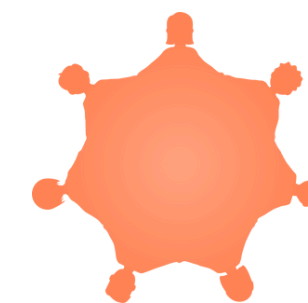
Children's Mental Health Week 2025



Heads Up
Kids



Know Yourself
Grow Yourself



My
Body

My
Feelings

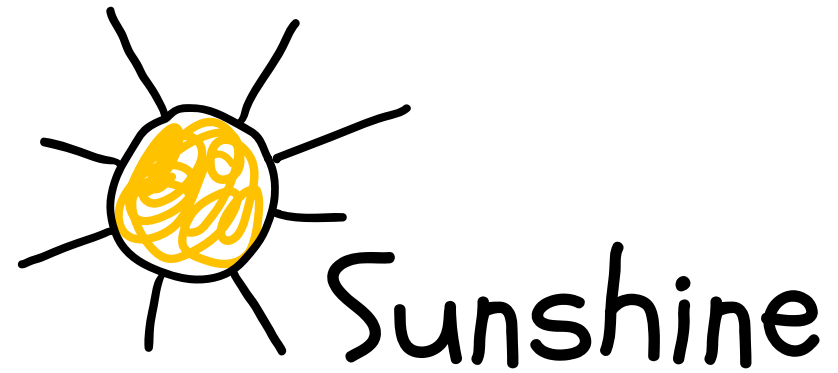
What are the things I
need to help me grow?

The
World
Around
Me

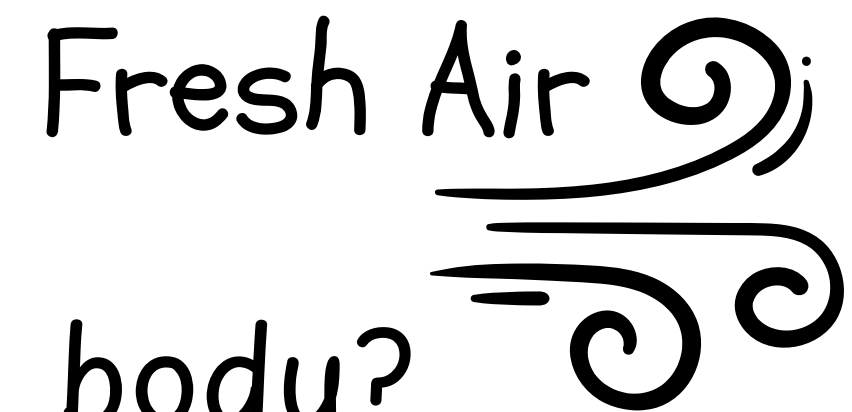
The
Things
I learn

My Body

How do I take care of my body?



My
Body

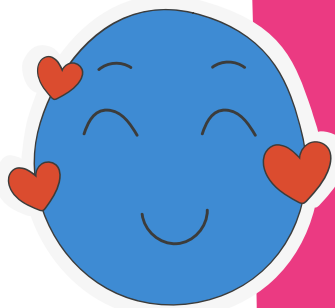


How do I take care of my body?

My Feelings

How do I take care of my feelings?

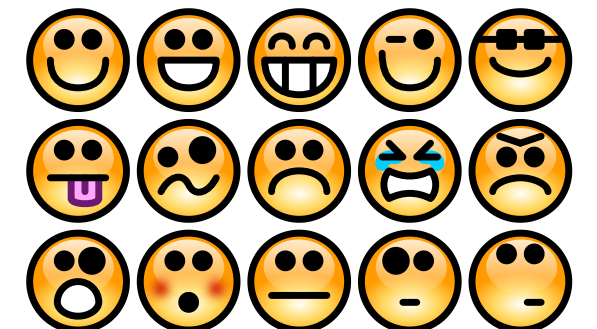
Asking for help 

Learning ways
to calm down 

Expressing
myself 

My Feelings

Telling someone
how I feel 

Understanding my
feelings 

How do I take care of my feelings?

The
world
around
me

What helps me grow in the world around me?



Good friendships



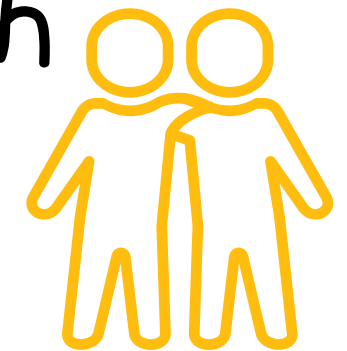
My school

My family



The
world
around
me

Getting on
well with
others



Feeling safe
and secure

What helps me grow in the world around me?

The Things I learn

How do I grow from the things I learn?

Challenging
myself



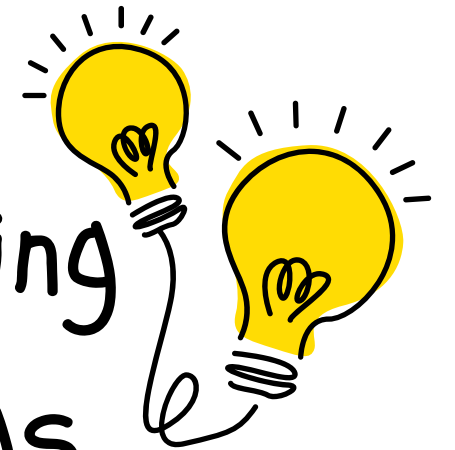
Trying again **KEEP
TRYING!**

Learning at
school and
at home



The Things I learn

Experiencing
new things



Learning
from my
mistakes



How do I grow from the things I learn?

Something I would like to do but can't do yet

A goal I'd like to achieve

Something that will help me with my worries

Something I can do to help others

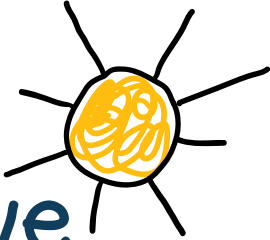
Something that will make me feel good



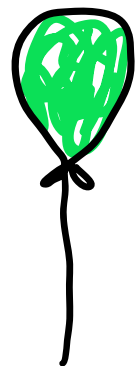
These things will help me to grow by making me feel...

These things will help me to grow by making me feel...


Resilient

Positive 


Connected to others



Motivated



That I can make
things better 



Proud



Happy to be me

Hopeful 