

Children's Mental Health Week 2025

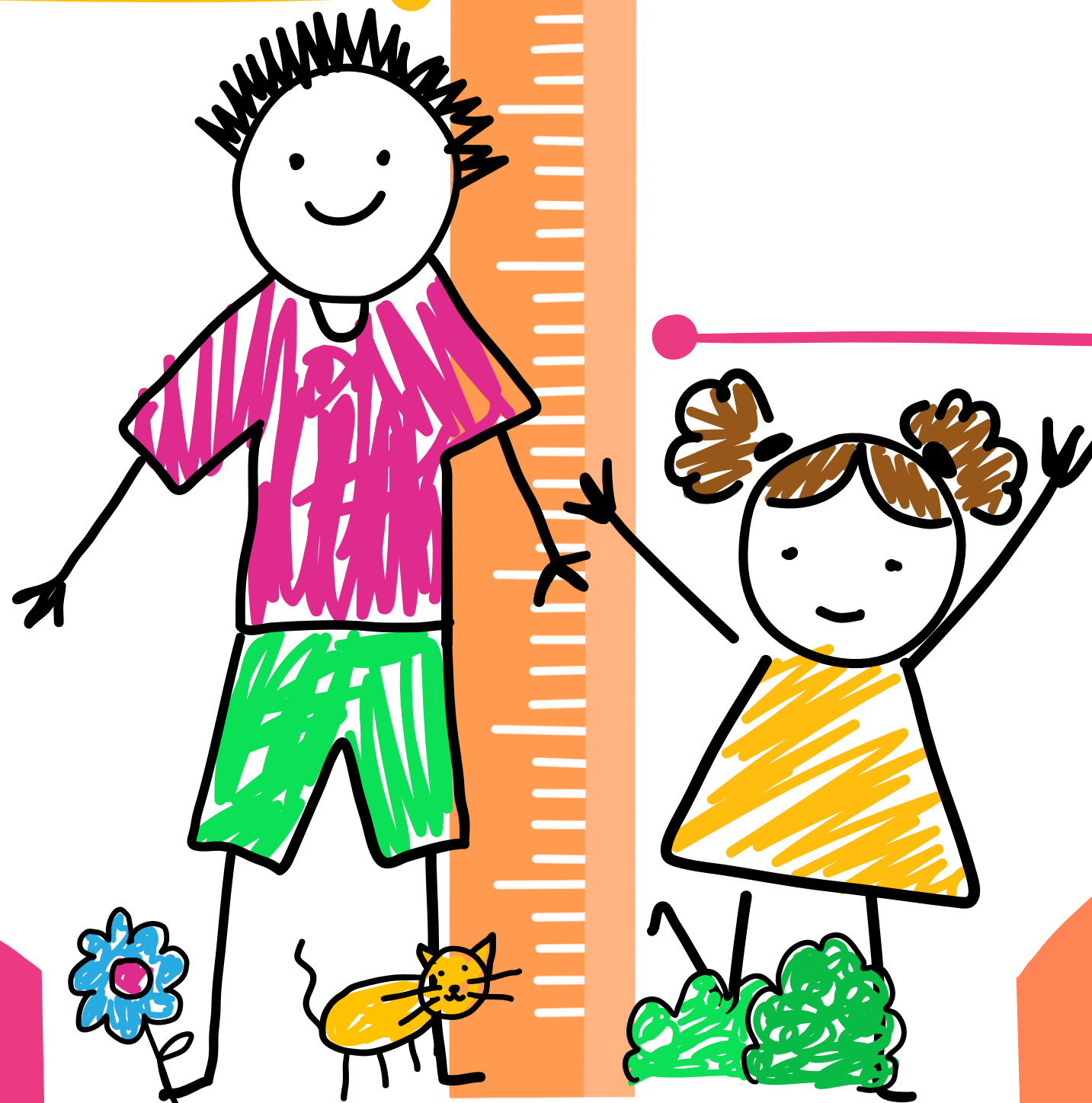
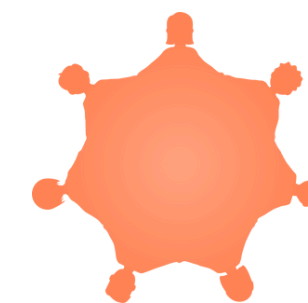


Heads Up
Kids



Know Yourself
Grow Yourself

Key Stage 1



My
Body

My
Feelings

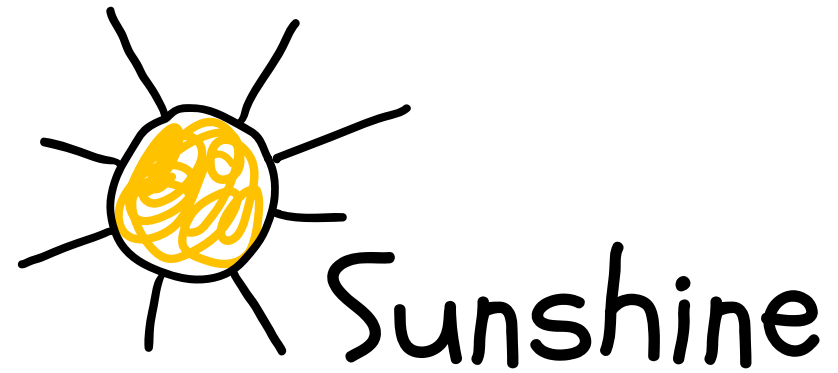
What are the things I
need to help me grow?

The
World
Around
Me

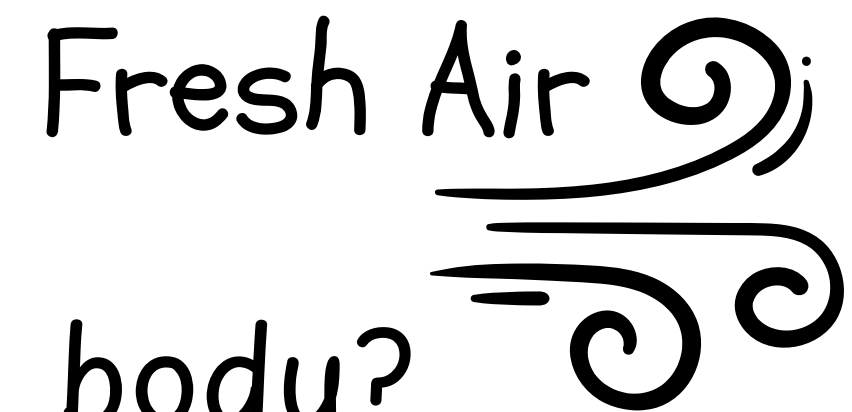
The
Things
I learn

My Body

How do I take care of my body?



My
Body

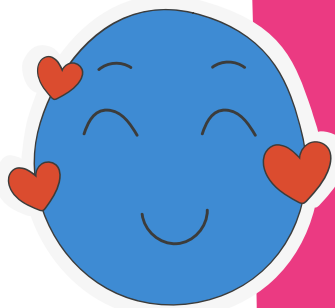


How do I take care of my body?

My Feelings

How do I take care of my feelings?

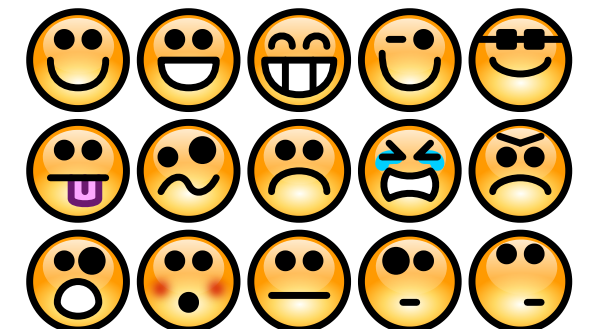
Asking for help 

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

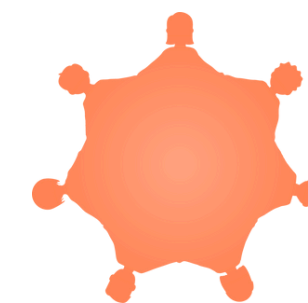


My school

My family



The
world
around
me



Heads Up
Kids

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



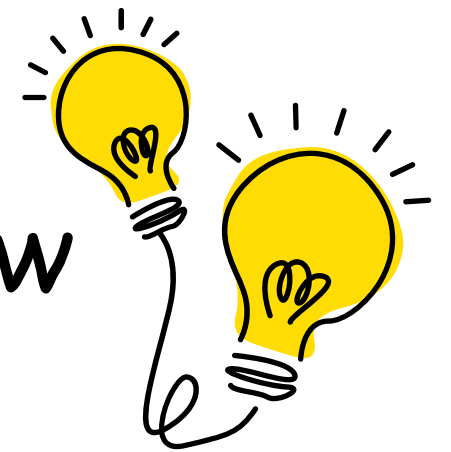
Trying again **KEEP
TRYING!**

Learning at
school and
at home



The
Things
I learn

Trying new
things

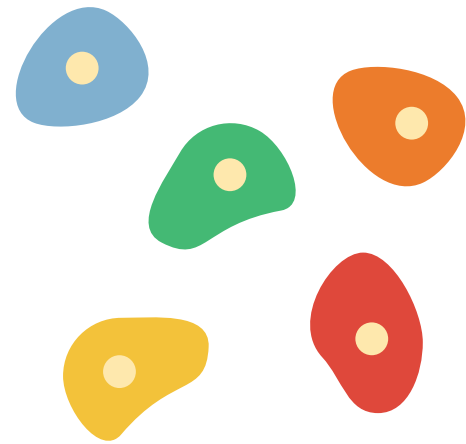


Learning
from my
mistakes

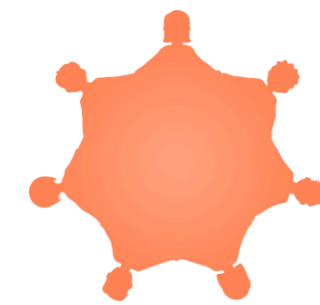


How do I grow from the things I learn?

reach the
top of the
climbing wall



do a cartwheel



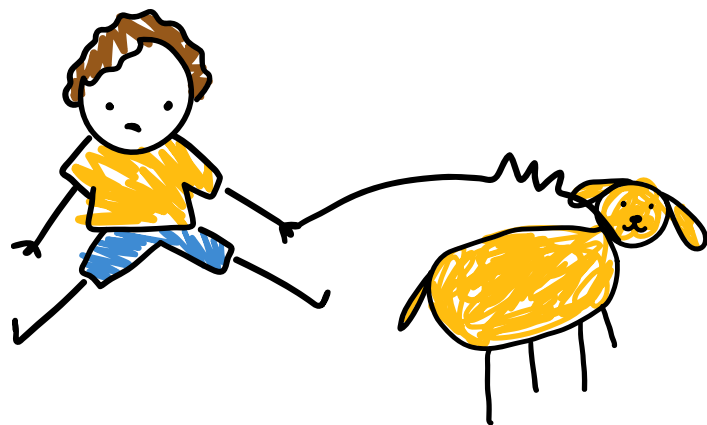
Heads Up
Kids

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

dive



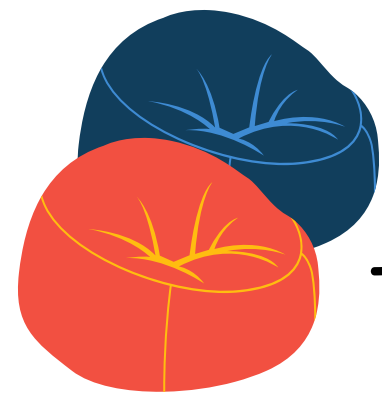
walk the dog by
myself



act on stage

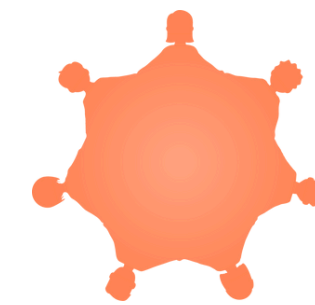
play the piano





find a quiet place

get a hug



Heads Up
Kids

Something that will help me with my worries

tell someone
how I feel



be with family or
friends



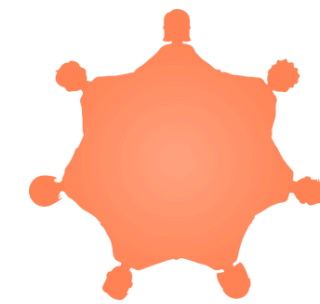
take deep
breaths





be friendly

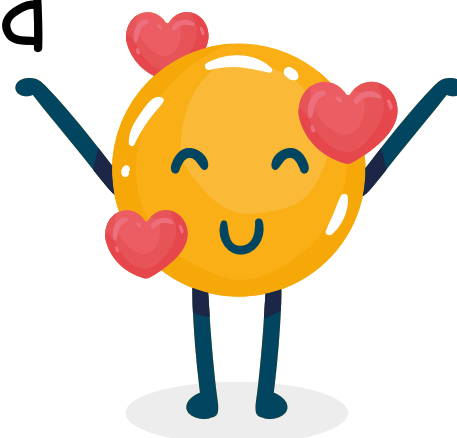
let people join in



Heads Up
Kids

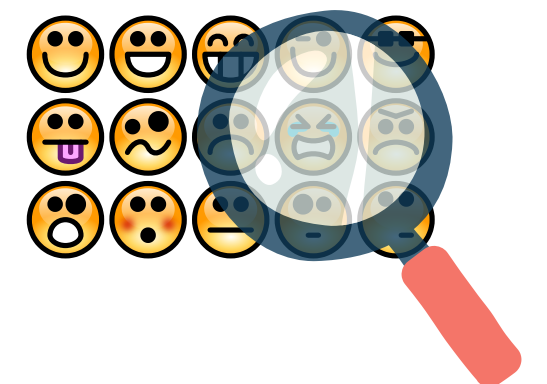
Something I can do to help others

be kind

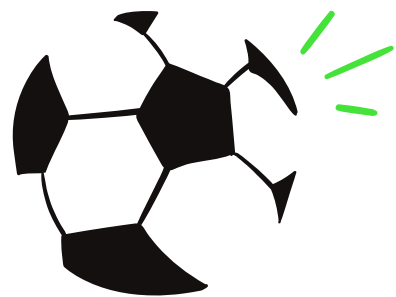


lend a hand

notice how other people
are feeling



football



dancing



my family



Heads Up
Kids

Something that will make me feel good

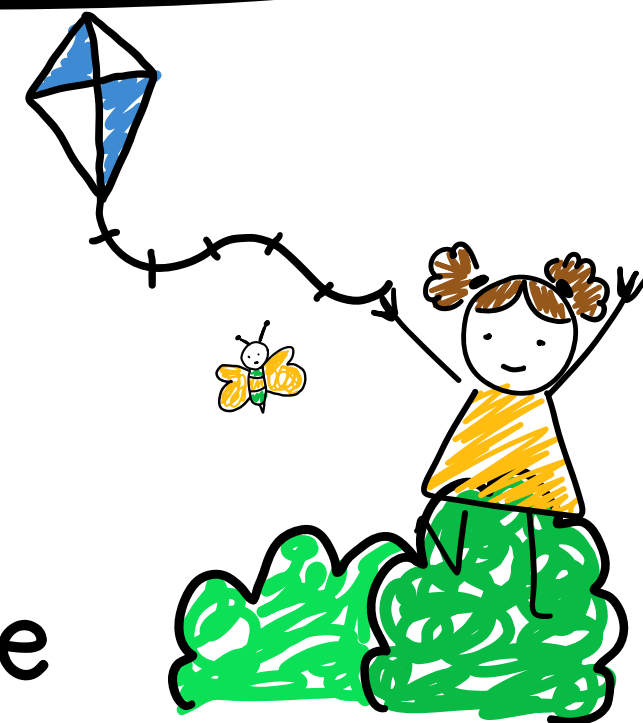


my friends

drawing



playing outside

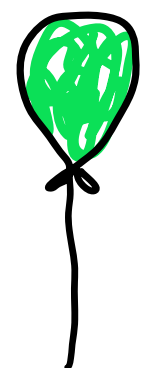




These things will help me to grow by making me feel...

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

I can keep trying

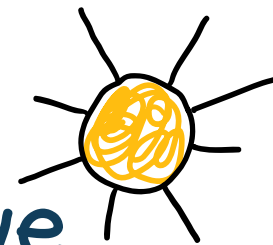


Happy to try
new things



Happy to be me

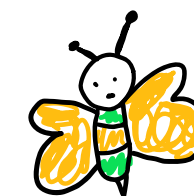
Positive



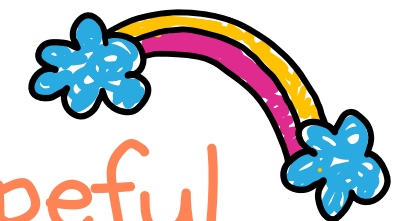
Connected to others



I can make things
better



Proud



Hopeful