

Key Stage 1 Teacher Notes

The theme for Children's Mental Health Week 2025 is 'Know Yourself, Grow Yourself'.

Getting to know who we are and what makes us tick can help us build resilience, grow and develop (Place To Be CMHW 2025)

The Heads Up Kids interactive presentation will give you the opportunity to discuss the idea of 'What helps us grow?' with the children and help them to understand that, not only do we grow in height but also in lots of other ways!

After the slideshow, split the class into 4 groups and give each group a different arrow to fill in. The children can write or draw pictures.

These 4 arrows will then make up a wall display with the large height chart attached. The wall display can be decorated.

We would love to see pictures and hear feedback. Please post them on our social media or email us at info@headsupkids.org.uk

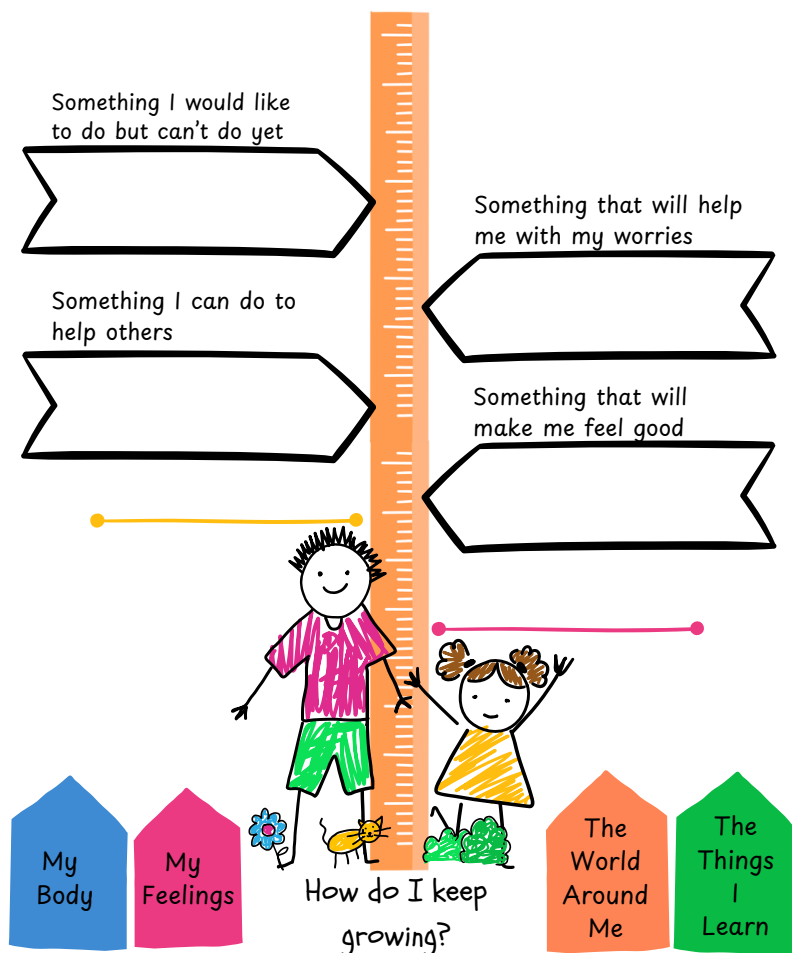
Find us at:

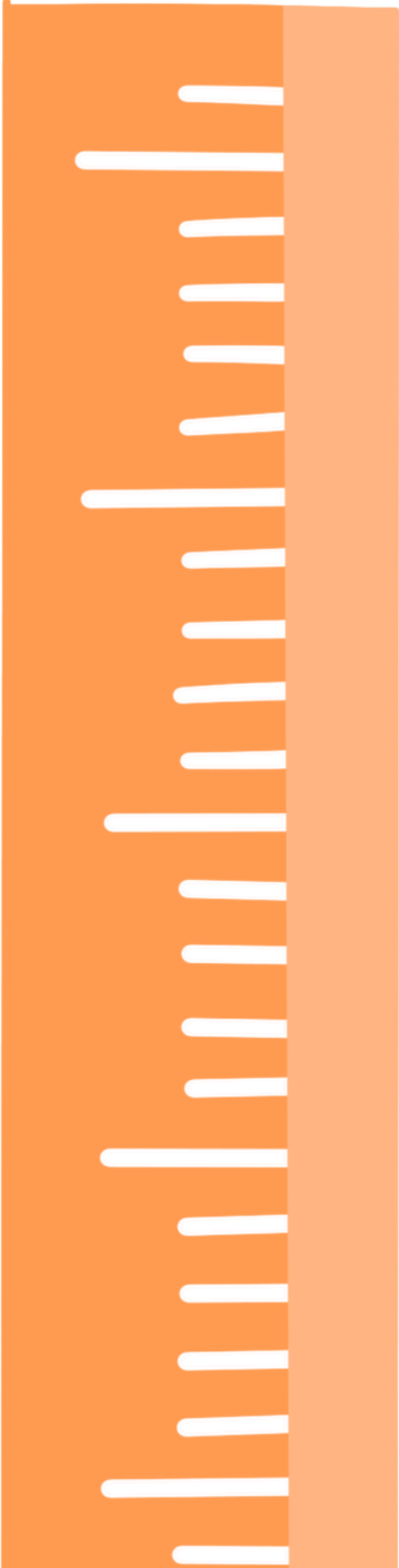
LinkedIn [@heads-up-kids](#)

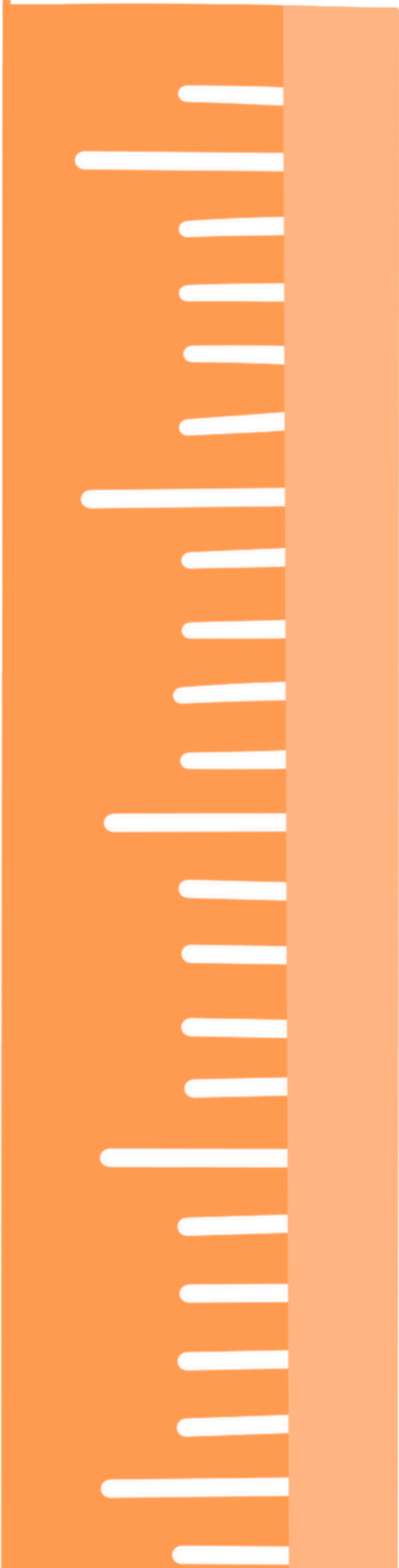
Facebook [@HeadsUpKidsTeam](#)

Instagram [@headsupkids1](#)

Youtube [@headsupkids1287](#)



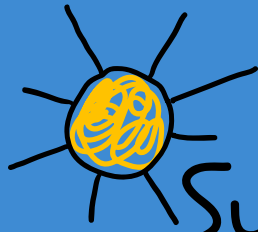




keep growing?

How do I





Sunshine



Exercise

My

Body

Enough Sleep



Healthy

Food



Downtime



Fresh Air



Asking
for help

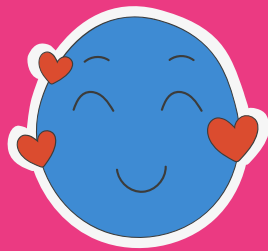


Telling someone
how I feel

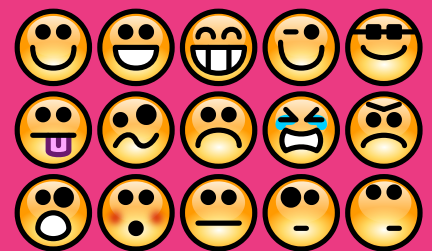


My Feelings

Learning
ways to
calm down



Understanding
my feelings



Expressing



myself





Good friendships



Feeling
safe and
secure

My school



The world around me



My family

Getting on well
with others



Challenging
myself



Learning
from my
mistakes



Trying
again

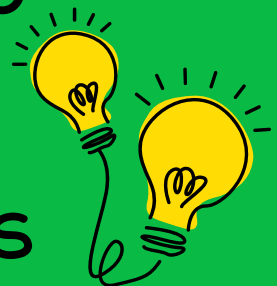
KEEP
TRYING!

The Things I learn

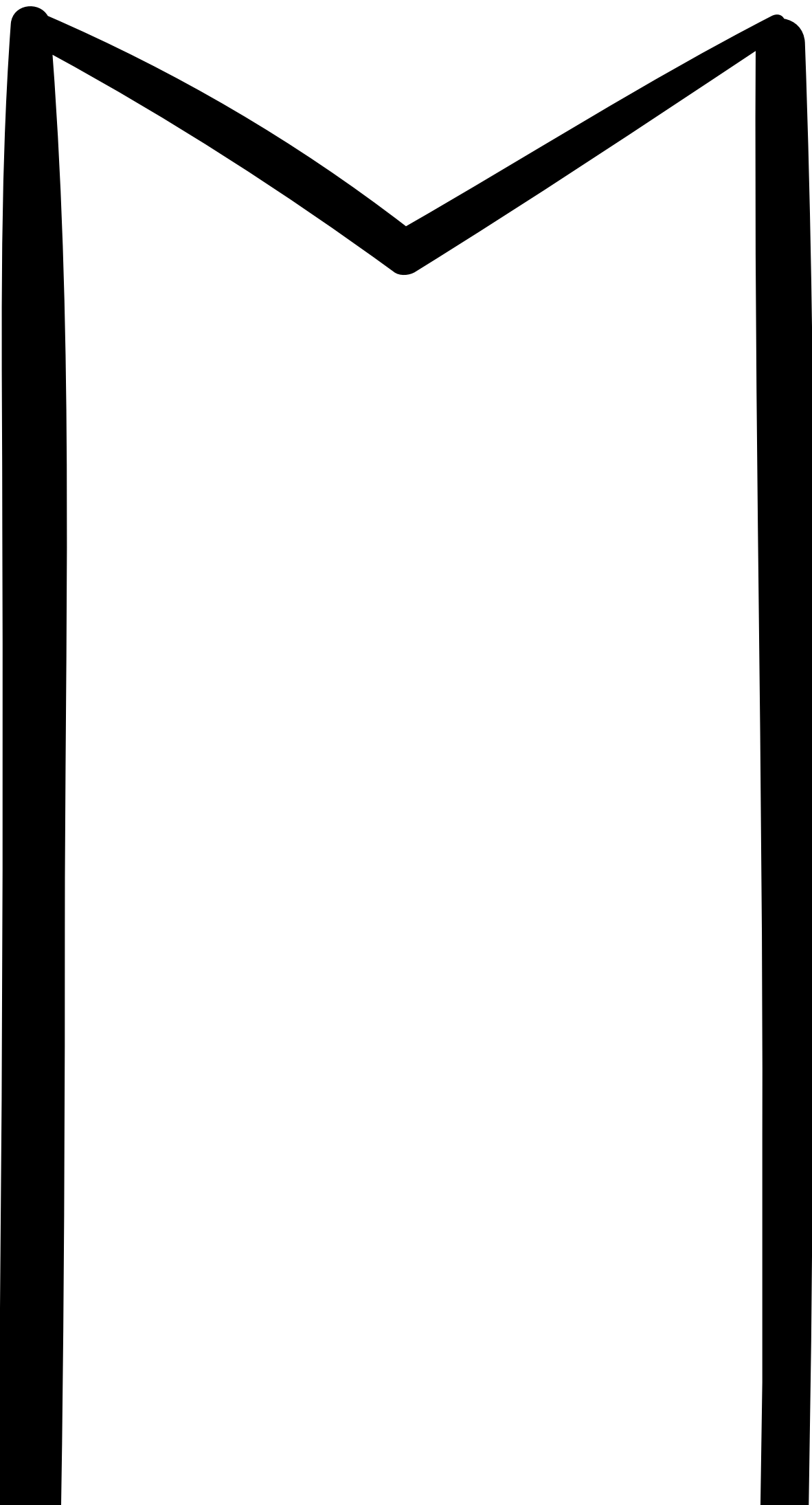
Learning at
school and at
home



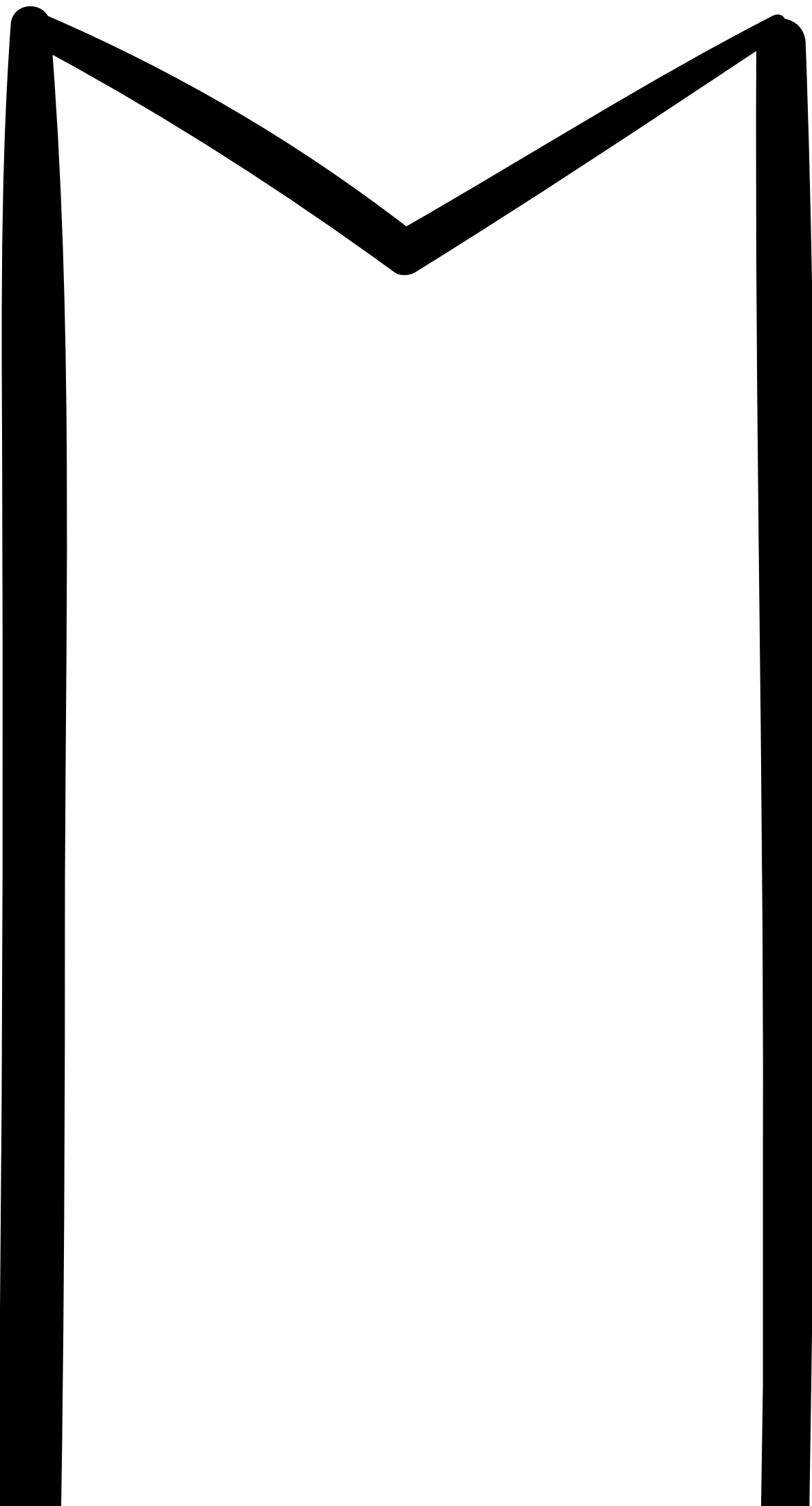
Trying
new
things



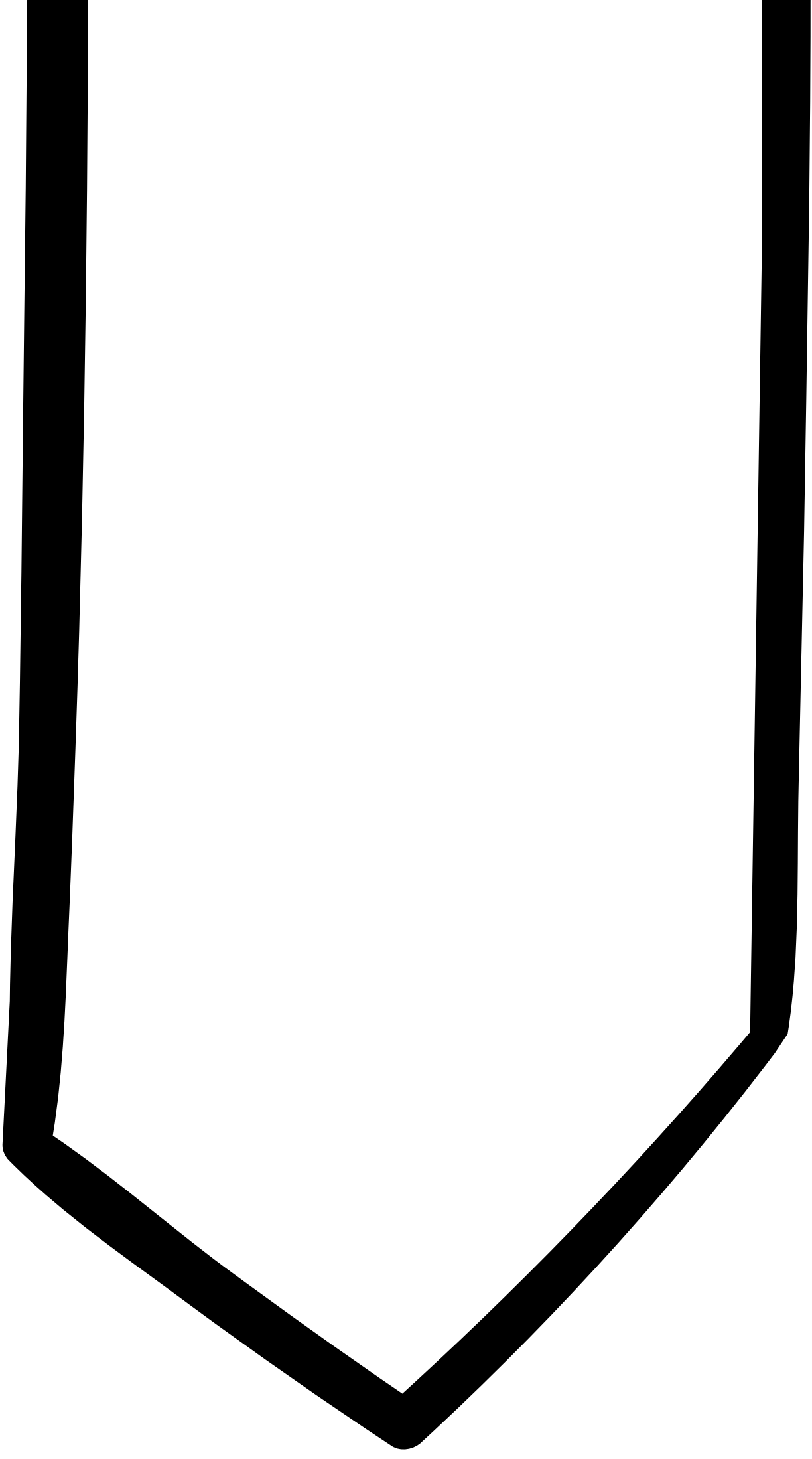
Something I would like to



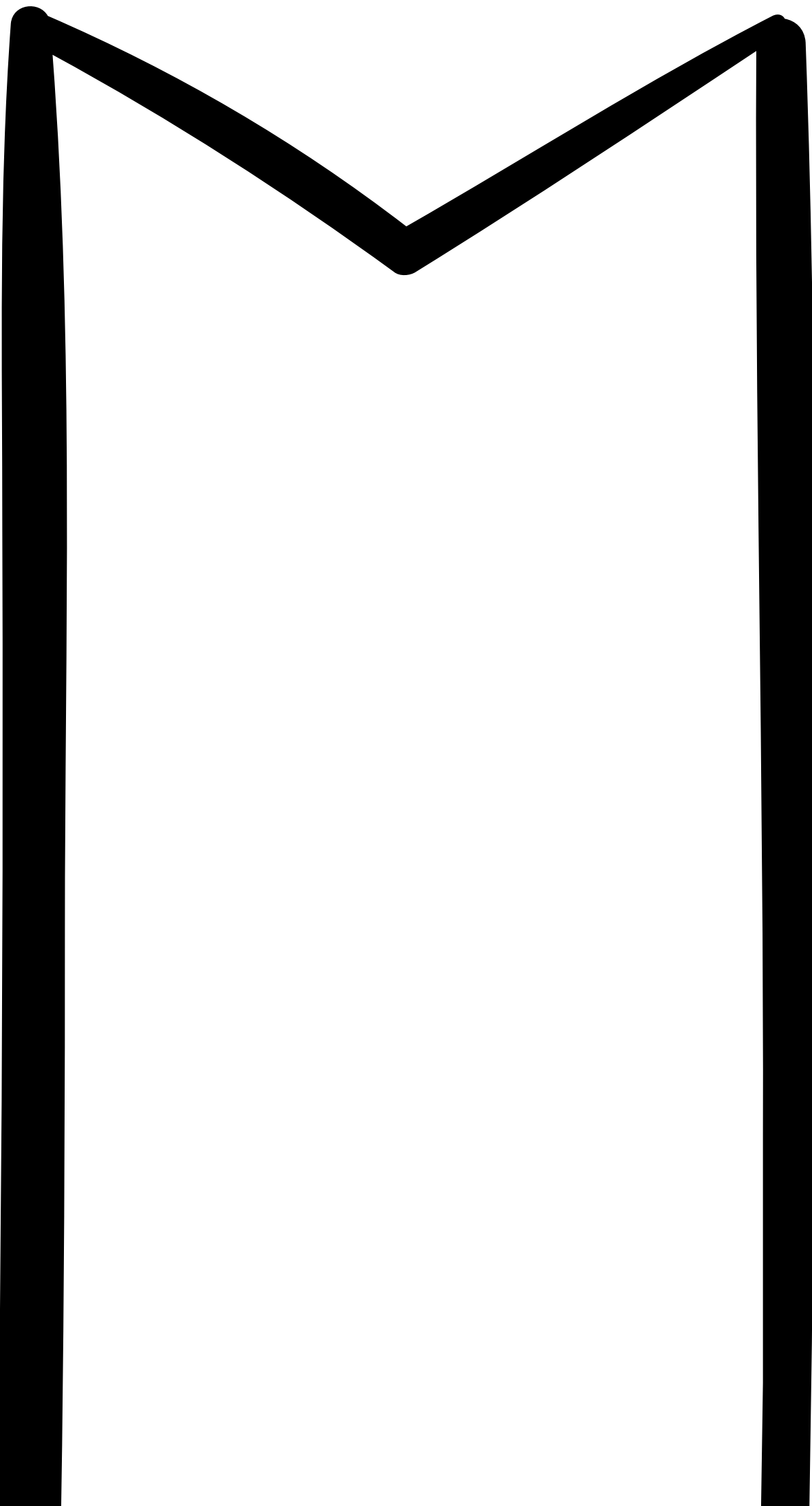
Something I can do to help



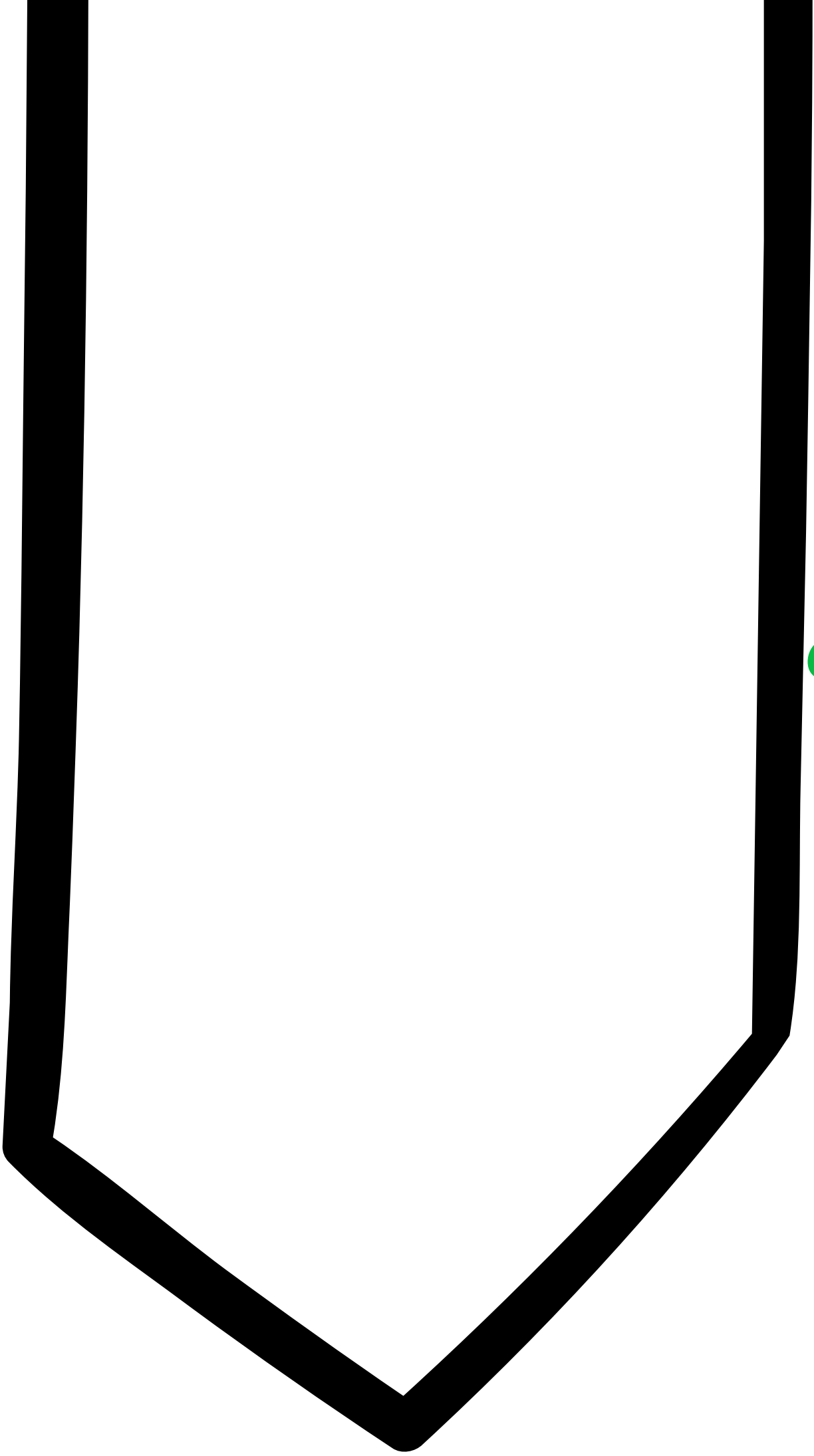
others



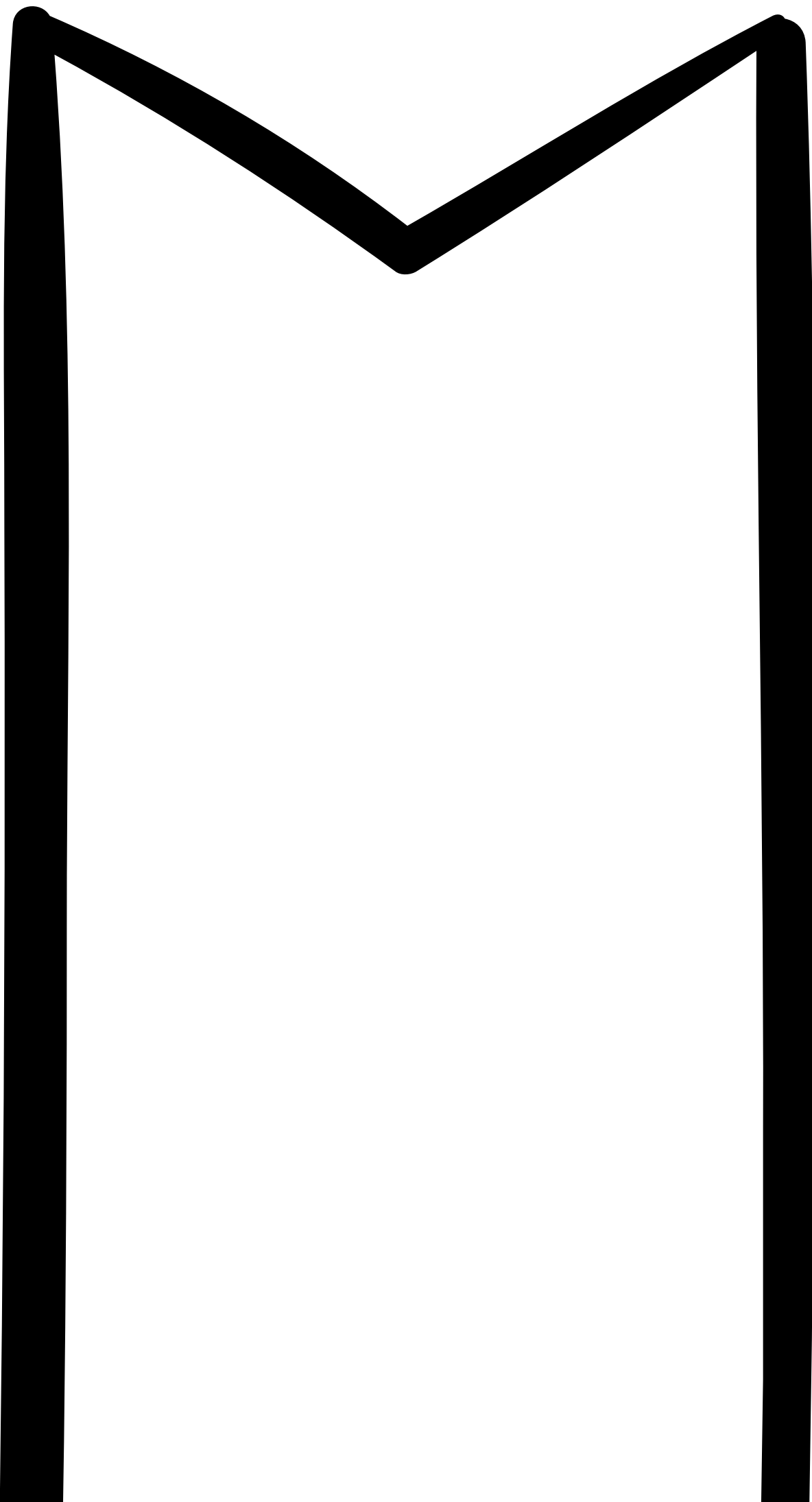
Something that will help



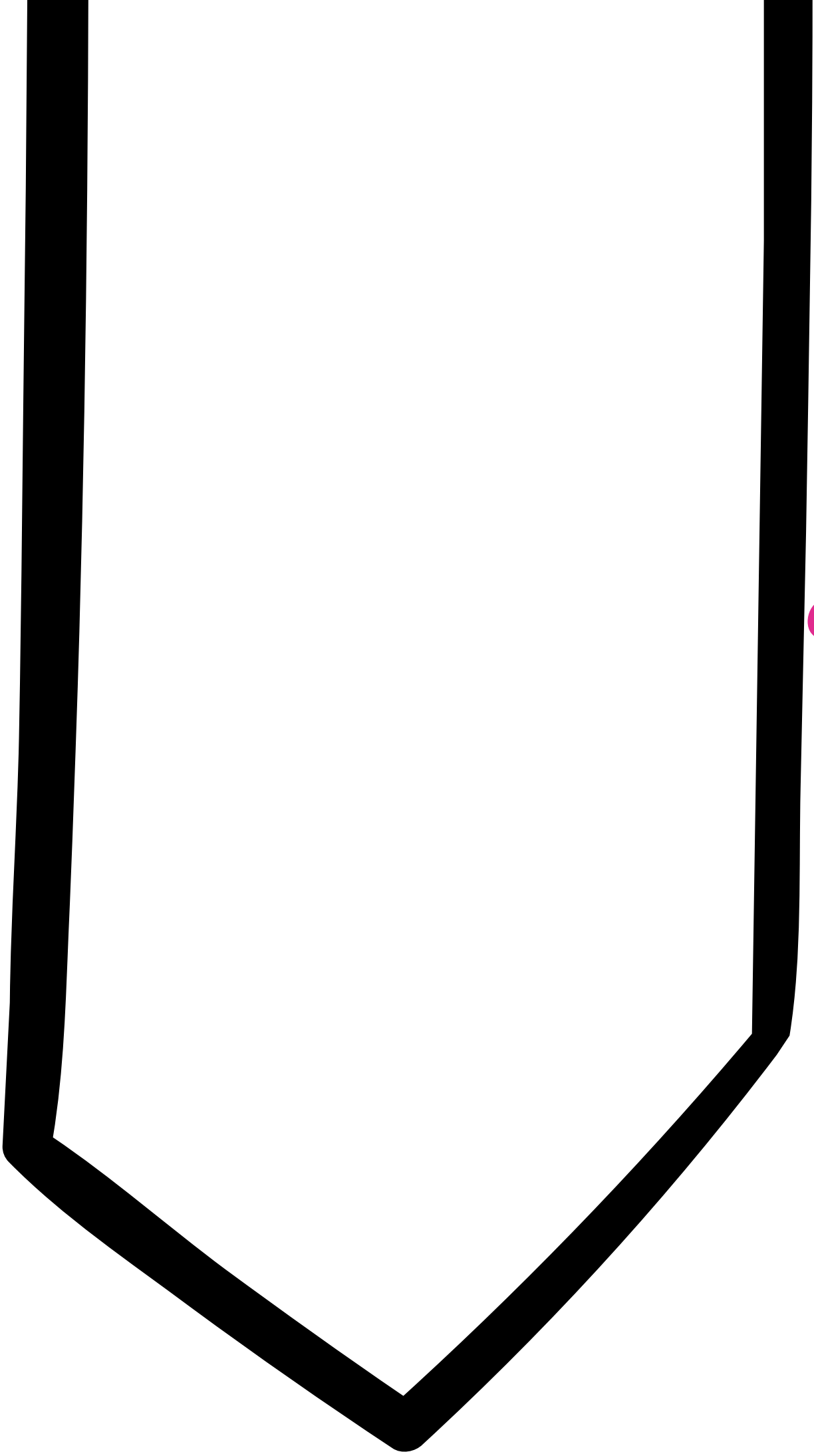
me with my worries



Something that will help



me with my worries





Heads Up
Kids

Know Yourself

Grow Yourself

Children's Mental

Health Week 2025

