



Key Stage 2 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 we also develop emotionally, socially and in our learning.

After the slideshow there is a resource worksheet for each child to fill in individually.

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

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