

Ashwell Primary School



MENTAL HEALTH AND WELLBEING NEWSLETTER – Spring 1 2025

Dear All,

We hope you enjoy reading our first Mental Health and Wellbeing Newsletter of 2025. Our aim is to empower you with valuable insights, practical tips, and resources to navigate the various facets of your child's emotional well-being. This month we celebrate 'Children's Mental Health Week'. We have included a range of resources and ideas to support families to take part!

Place2Be's Children's Mental Health Week 2025



You and your family can take part in Children's Mental Health Week from 3-9 February 2025 from home.

In 2025, the week's focus will be [Know Yourself, Grow Yourself](#). We want to equip and empower children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them. This year Place2Be are partnering with Here4You, supported by The Walt Disney Company and the *Inside Out 2* characters to explore the theme Know Yourself, Grow Yourself and explore the importance of self-awareness and expressing emotions.

Here4You is supported by The Walt Disney Company, and through the characters of Pixar's *Inside Out* and *Inside Out 2*, the resources encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.

On page 4 of this newsletter we have attached an art activity you may wish to try. This resource encourages children to learn more about themselves by imagining a plant in growth. It starts off by inviting children to reflect on the roots of their identity, what is important to them, and what helps them grow. They will then think about what is growing from these roots, as with greater understanding of oneself also comes an increased capacity for personal growth, resilience, and connection with others.



Top Tips for Families for Children's Mental Health Week 2025

1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and the impact on the world around them.



ACTION FOR HAPPINESS

Please see page 3 for February's 'Action for Happiness' calendar. Friendly February! It can be hard sometimes to stay hopeful with all the challenges in our lives. We can train our brains to try and look for what's good by creating a habit of taking small positive actions every day.

A MINDFUL MOMENT

Whether it is taking a few deep breaths to help regulate when a child's experiencing some big emotions, taking some time to wind down before bed time, to help feel ready for school or just to build some mindful rhythms into your routine, breathing intentionally can really help.

Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your children excited, tell them that doing fun poses can help them feel strong, brave, and happy.



Have them go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Ask the children how they feel after a few rounds of trying either of these poses. You may be surprised.

Five Ways to Wellbeing



This year Mrs Andrews been reminding children of the NHS's 'Five Ways to Wellbeing', with a different focus each half-term.

This term we have looking at how we can **TAKE NOTICE** to improve our mental health and wellbeing.

Being physically active is not only great for our physical health and fitness, but evidence also shows that it can improve our mental wellbeing. It can help you feel good both on the inside and out. It does this by causing chemical changes in your brain, which can help to positively change your mood and can help with:

- Raising your self-esteem
- Setting goals or challenges and achieving them
- Reducing anxiety and stress

Children have shared examples of how they stay active each week and spoken about how it makes them feel.

You can find lots more information on your child's Google Classroom account. Why not take a look!

Friendly February 2025



MONDAY



3 Do an act of kindness to make life easier for someone

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

FRIDAY



7 Show an active interest by asking questions when talking to others

SATURDAY



1 Send a message to let someone know you're thinking of them

SUNDAY

2 Ask a friend how they have been feeling recently



9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who feel inclined to criticise

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

ACTION FOR HAPPINESS

Happier · Kinder · Together



Introduction

To celebrate Place2Be's Children's Mental Health Week 2025, the Art Room is happy to share this short activity to explore this year's theme: Know Yourself, Grow Yourself!

This resource encourages children to learn more about themselves by imagining a plant in growth. It starts off by inviting children to reflect on the roots of their identity, what is important to them, and what helps them grow. They will then think about what is growing from these roots, as with greater understanding of oneself also comes an increased capacity for personal growth, resilience, and connection with others.

Activity Aims

- Embrace self-discovery and self-awareness
- Promote personal growth

Materials

- paper or card
- paint, crayons, coloured pens, or pencils

Optional

- recycled bits and bobs
- scissors
- string, glue, or tape

Activity

The activity has two parts, so make sure you separate your page into a bottom half for the roots and a top half for the plant.

Imagine that you are a plant that has just started growing...

Part 1: Know Yourself - Roots

1. Let's begin at the roots. What do they look like and where are they growing? Perhaps these roots are in a flowerpot, forest, or near a pond? Sometimes plants grow in the least expected places, like a crack in the pavement!

Fun fact: Did you know that roots can be twice (or more) as big as the plant itself?

Think of these roots as important parts of who you are, as well as the things that shape you and matter most to you. Everything grows from those roots!

2. Now it's time to make your art! Use your choice of art materials to create a picture of the roots you imagined. This can include drawing, painting, or even cutting/tearing and pasting recycled paper and materials. You can use words too.

3. You can also draw the areas surrounding the roots. What is helping them to grow? Are there any animals or insects underground where your roots are growing?

Part 2: Grow Yourself - Plant

1. Time to imagine the plant that would be growing from these roots. It could be anything from a type of flower; to a cactus; to a tree. It could even be completely imaginary! Perhaps your plant has something growing on it like fruit, or blossoms. Maybe there are animals or birds living in it.

Think of it as what you would look like if you were a plant! It represents the person you have grown into and would like to be. Consider what makes you similar and different from others.

2. Using your choice of art materials, now you can create the plant you imagined growing from the roots in your picture.

Reflection Questions:

Plants go through many changes and types of weather; adjusting to their environment as they grow.

1. What special features does your plant have so it can keep growing as things change, even in difficult times?
2. Is there anything else around your plant that is also helping it grow?



More resources from Children's Mental Health Week:

Visit: childrensmentalhealthweek.org.uk or scan the QR code.



This project includes a video by Place2Be Ambassador Ricky Martin, also known as CBBC's Art Ninja. [Watch our accompanying video before heading into the creative activity so Ricky can guide you through the project!](#)