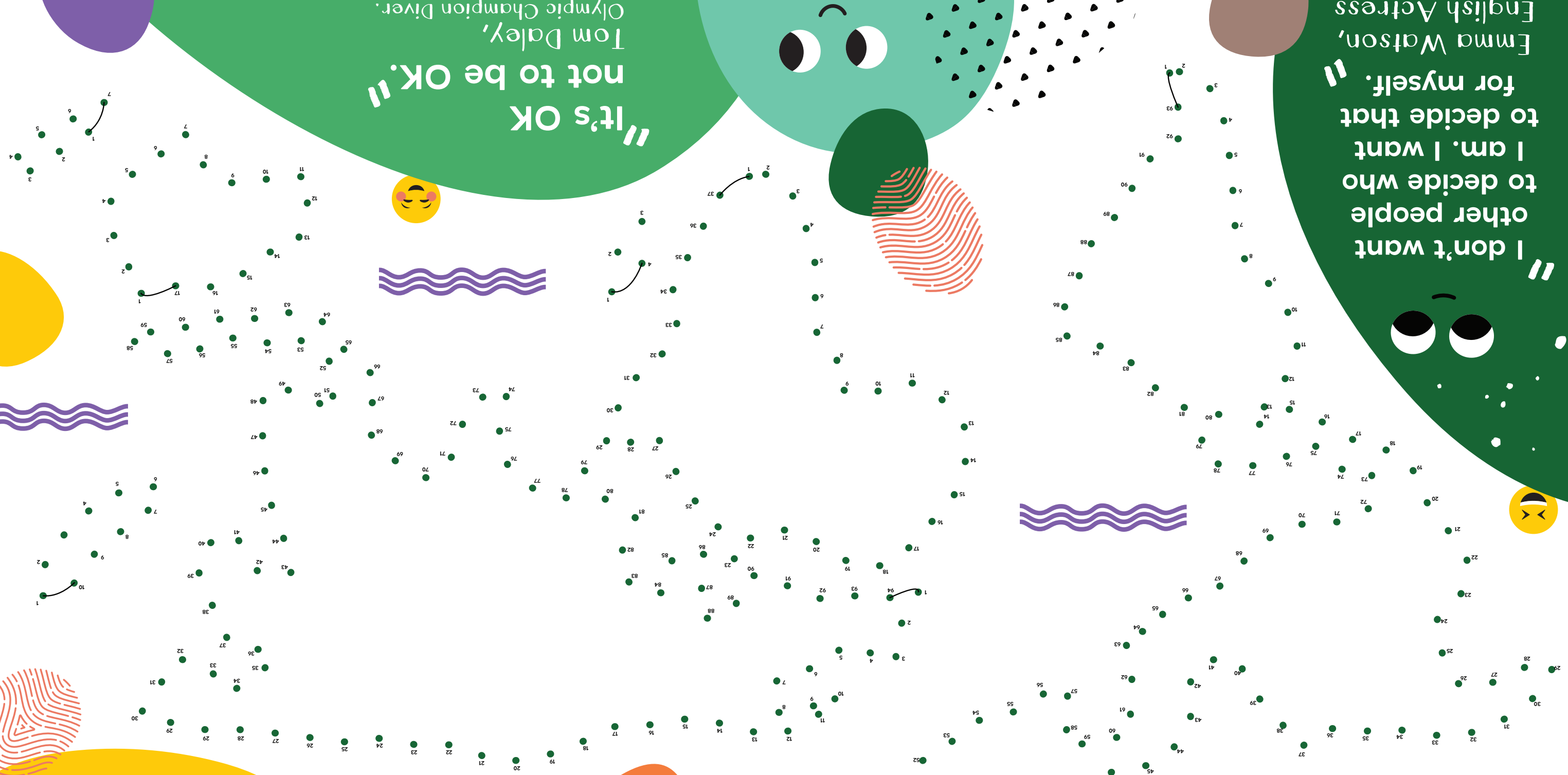


Tom Daley, Olympic Champion Diver, "It's OK not to be OK." Tom started knitting between events to support his mental health. He went on to win gold, and started a business selling his knitting!

"I don't want to decide who other people I am. I want to decide that for myself." Emma Watson, English Actress and Activist.



How many emojis can you find?

Dot to Dot World
Where you come from, what you've experienced and where you are going all influence you and your identity. The most amazing thing about your identity is that it can change over time as you have more new experiences

What is Children's Mental Health Week?

Children's Mental Health Week aims to highlight the importance of mental health for children and young people. Each year Unlocking Potential focus on topics that may impact a child's mental wellbeing.

We use CMHW to further educate staff and children, celebrate good mental health and enable children to discover new tools to support their wellbeing. The theme Unlocking Potential have chosen for this year is...

Our School's Programme is a multidisciplinary service; led by a Therapy Team Manager based in school who delivers a range of therapeutic interventions and wellbeing activities for children. Our wider team includes child psychotherapists, creative art therapists, occupational and speech and language therapists. We can also provide support and advice for parents.

We work closely with children, school staff, parents and caregivers to enable all children in school to feel better understood, reduce anxieties, support with behaviour, improve classroom dynamics and support children's positive relationship building.

Please talk to your child's teacher or the school reception if you would like to find out more about our service or arrange to meet the Therapy Team Manager in your school.

UP Unlocking Potential Children's Mental Health Week 2022

'My Identity Matters'

Understanding your identity; being proud and curious of who you are, and what makes you different, all contributes positively to your mental health. It helps you to feel confident, to believe in yourself, to make choices in line with your values, be assertive, and know what you need. It also helps you to build good relationships, and to understand and respect others even when they are different to you.

Unlocking Potential (UP) are a children's mental health charity who work collaboratively with schools to support children and young people with social, emotional, and mental health needs (SEMH).



Hand Breathing

Are you in a hurry and feeling a little unsettled? Here is a quick activity you can do anywhere which will help you feel calm, follow these simple steps:

- 1 Hold up one hand with your fingers stretched out
- 2 Hold up the pointer finger of your other hand
- 3 Point to base of your thumb (shown in the picture)
- 4 Now begin to slowly trace the edges of your fingers
- 5 As you go **up** each finger breathe slowly **in**
- 6 As you go **down** each finger breathe slowly **out**



"Sometimes our strengths lie beneath the surface..."
Moana

Scramble

1. PPHYA _____
2. ADS _____
3. RAGYN _____
4. NDYENOA _____
5. RDACSE _____
6. USAOLEJ _____
7. RIDWORE _____
8. ETDXCEI _____
9. SFCDONUE _____
10. TEUSP _____
11. LVEO _____
12. OREUNSV _____

WORD BANK

- | | | |
|---------|---------|----------|
| ANGRY | SAD | CONFUSED |
| NERVOUS | UPSET | WORRIED |
| SCARED | EXCITED | HAPPY |
| ANNOYED | LOVE | JEALOUS |

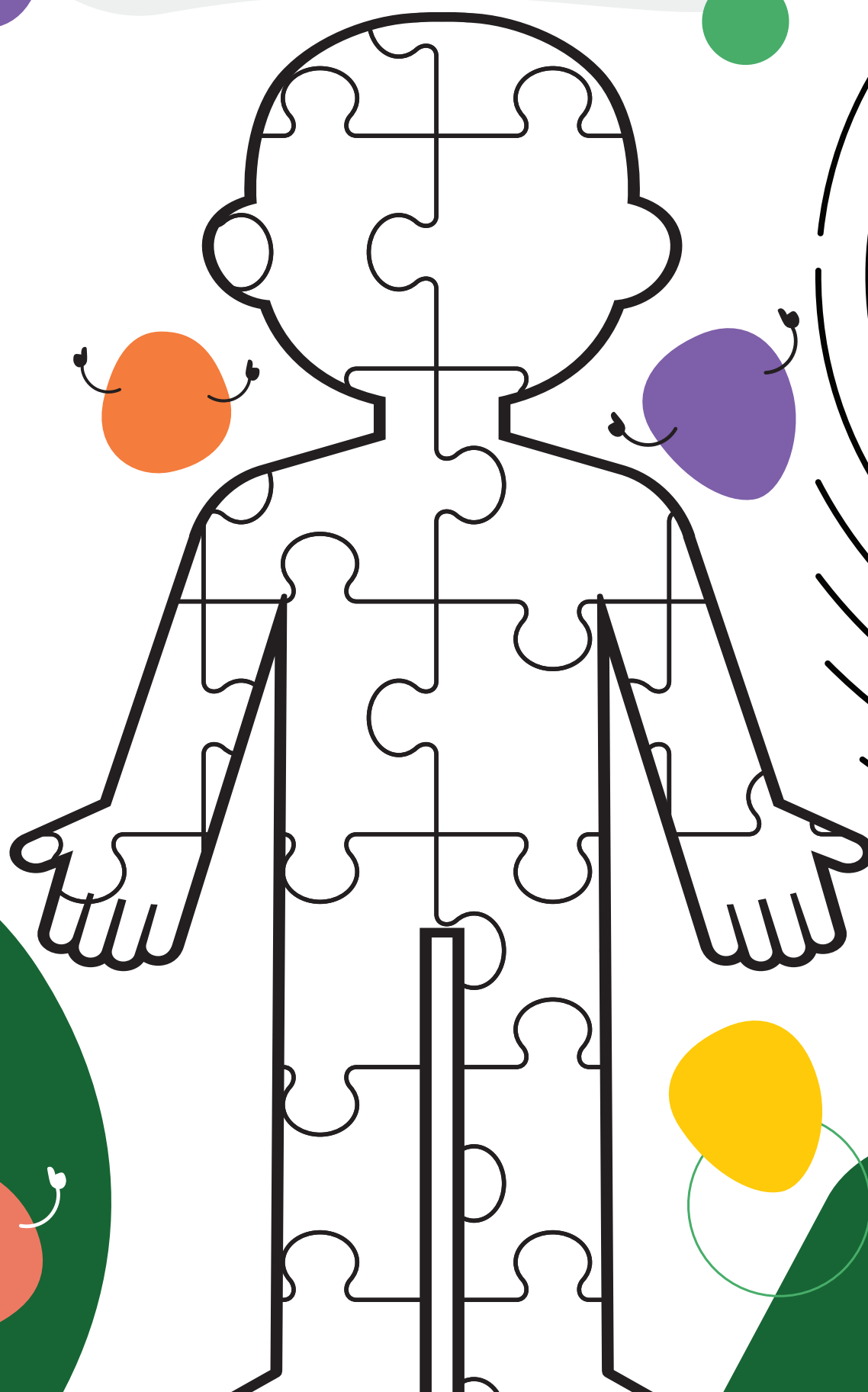
Positive Coping Skills

P L D I G W R I T E I N A D I A R Y O Y J S I K
 X C F P C I W A A V U J W Q Z Y D A N C E R F Y
 M D V Z T A L K T O S O M E O N E F K T Q U F U
 J L I O Y D M V S E E A M O V I E K X P I J N V
 F L A P L A Y V I D E O G A M E S N M O T U R C
 P B D S J Y X I O S W F V E K K A G L Z Z S R P
 E R U J D S O H D Z T Z L O C S H D P V A O C R
 E K L X Y L I R Z D P S I N G L Y U R Z B T S D
 W S J A C T F E V J A E L N P Q B B T I P T S Y
 R A J G O A N A J Q Q N Z K H U G A P I L L O W
 I L Q C L K W D H U O I C F D V T T S S T S V X
 T N K O O E Z A X R P F I R M T E N G P Q Q Z O
 E J L O U A W G A H B L Y I A P N X I D R W L I
 A J J K R W O O H Y G O W D D F U R T R E F C D
 L D G Q S A K O I W P F Y E O O J P V M Z C J T
 E E P Q D L M D Q G U B P A A O L L D K I Y B M
 T A V F G K J B T H C G D B P P L A Y A G A M E
 T T X K L Q R O Q Y J R R I U J L Y H Q T C T A
 E J M X Z E C O B A P F A K Z J Q S U W Y L S N
 R P S L N F G K N E B N W E Z Q I P R Q W J Z B
 R D M H E X C E R C I S E H L G K O L W N L D Z
 X N V B E U O U I A V L E F E F U R S Z O A A B
 W A T C H F U N N Y V I D E O S C T I L E A V T
 O L T W A T C H T V X K C A W K I S Z X C E K S

- | | | |
|------------------|--------------------|-------------|
| COLOUR | COOK | DANCE |
| DO A PUZZLE | DRAW | EXERCISE |
| HUG A PILLOW | PLAY A GAME | PLAY SPORTS |
| PLAY VIDEO GAMES | READ A GOOD BOOK | RIDE A BIKE |
| SEE A MOVIE | SING | TAKE A WALK |
| TALK TO SOMEONE | WATCH FUNNY VIDEOS | WATCH TV |
| WRITE A LETTER | WRITE IN A DIARY | |

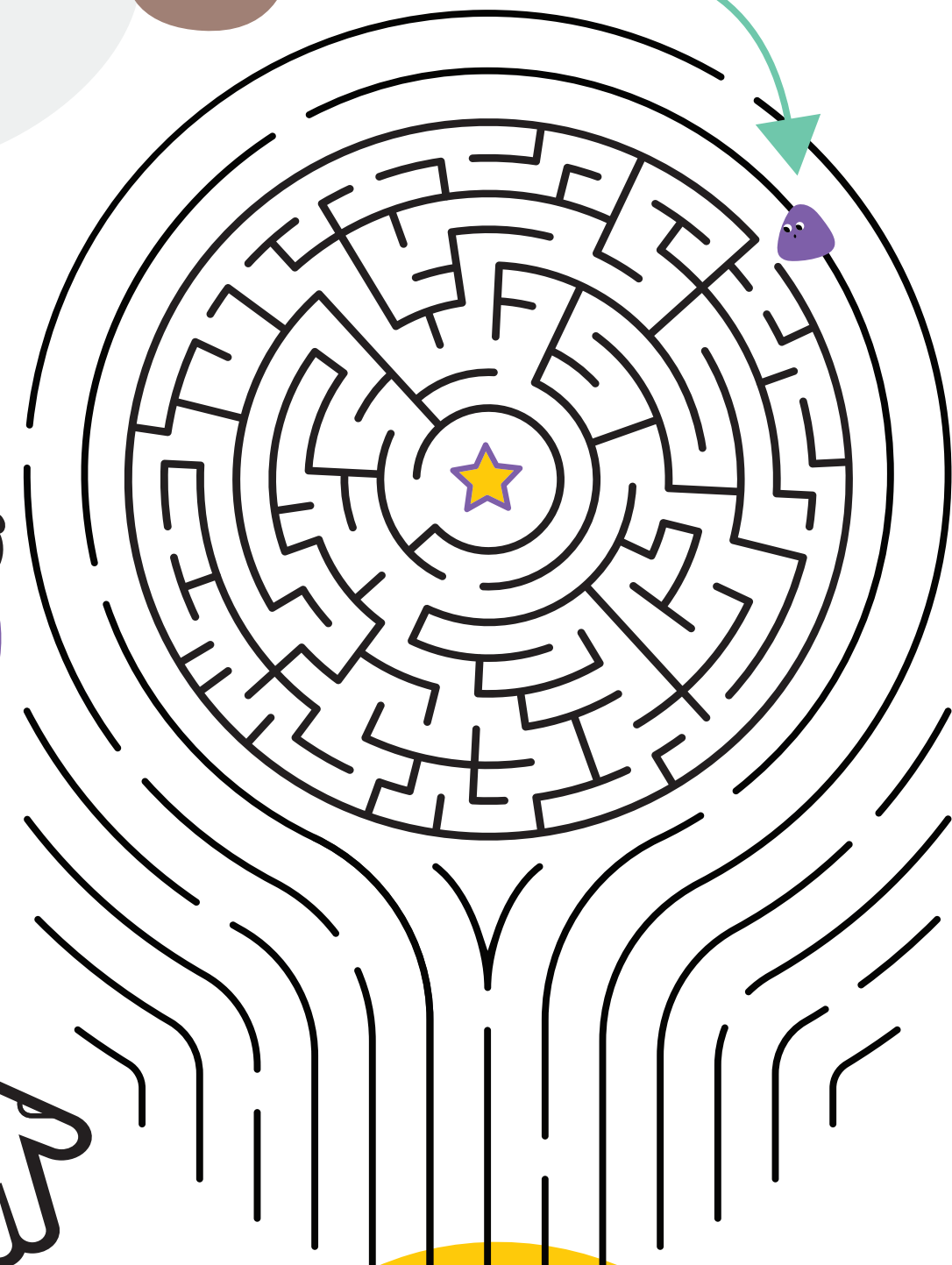
What Makes You, You!

Each puzzle piece represents a part of your identity, fill each puzzle piece with something you enjoy or feel is part of you. For example, your religion, hobbies, ethnicity, culture, interests.



Maze

Start Here



"You are more than just your gifts; the gift is you"
Abuela & Mirabel

Feelings & Emotions



Across

3. You feel this when you are in danger
5. This feeling makes you want to stamp your feet
7. You feel this when you say goodbye to someone you care for
9. When you think about something scary a lot
11. You feel this when you can't get something right
12. When someone has something you really want

Down

1. This feeling makes you cry
2. This feeling makes you smile
4. When you don't understand something
6. You feel this when your about to do something
8. You might feel this before a test
10. You feel this towards someone you really care about

