

Being Kind to Yourself Matters

5th - 11th FEBRUARY
2024

Children's Mental Health Week

Assembly



Unlocking Potential

Children's Mental Health Week Theme

This year our theme is:

Being Kind to Yourself Matters



So...why has UP chosen this theme?

We all know being kind to others is so important, but sometimes we can forget to be kind to ourselves too.

Learning objective: To practice self-care, begin to understand your what empties your cup and learn what fills your cup.

Filling Your Cup Analogy

Everyone has an emotions cup which is filled up by positive feelings and thoughts.

Throughout the day our cup will naturally fill and empty a little, this is completely normal.

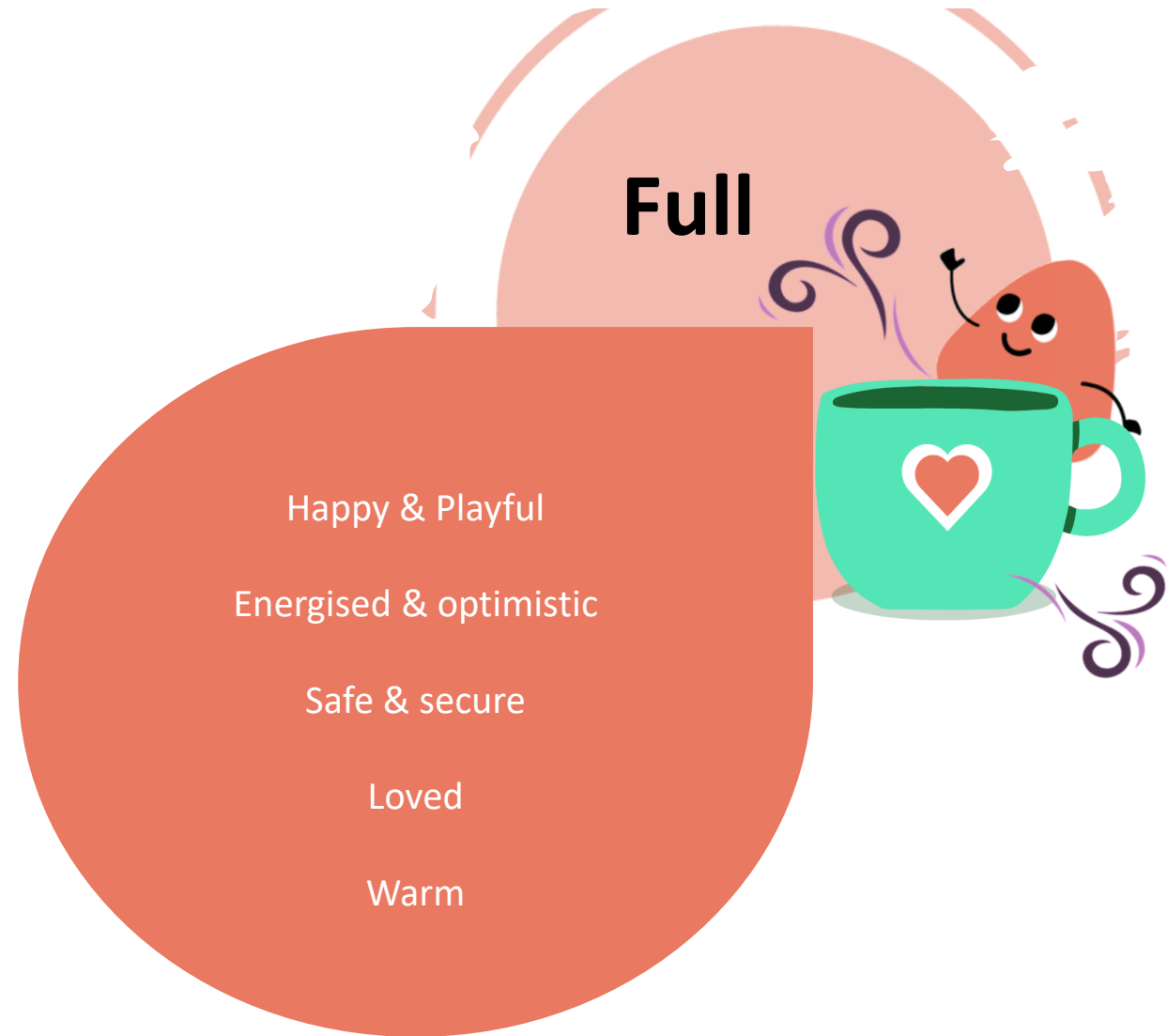
Sometimes something **BIG** might happen, causing all our positive thoughts and feelings to disappear, leaving us with an empty cup.

One of the ways we can fill our cup is being kind to ourselves and doing things that refill it.

Sometimes other people can top up our cups for us too!

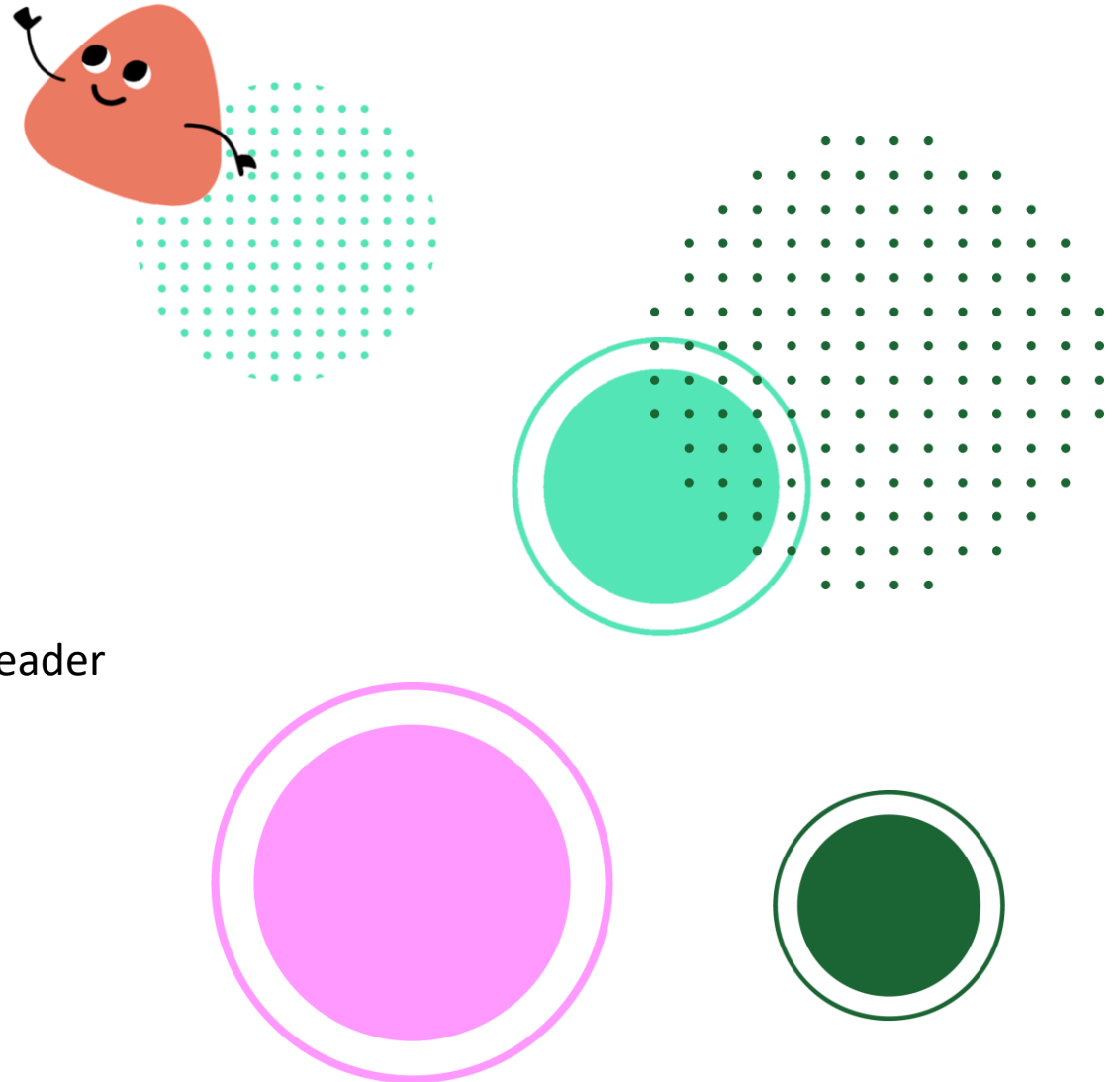


Signs Your Cup Is Either:



How can I Be Kind to Myself and Fill my Cup?

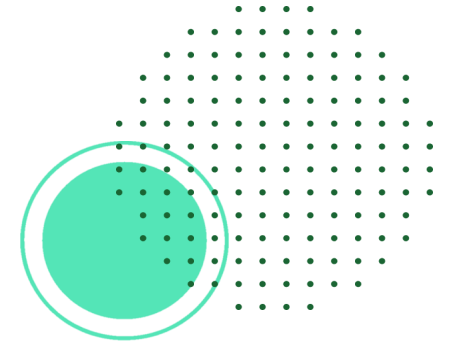
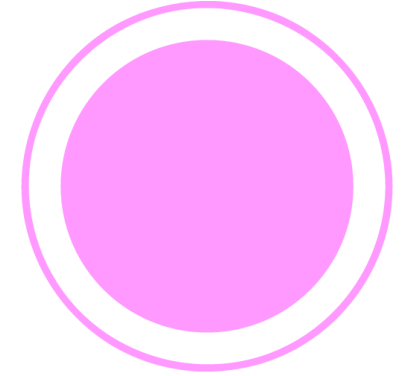
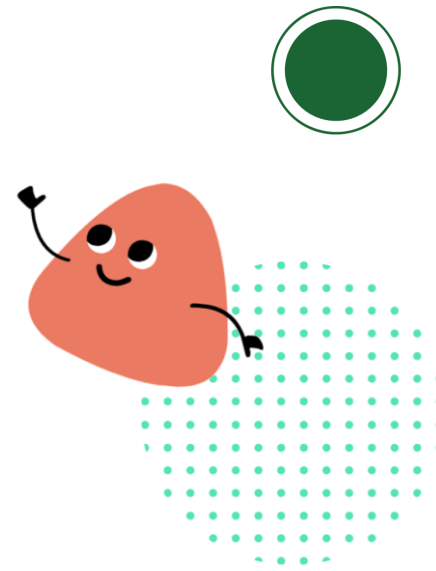
- Listening to your mind and body
- Putting yourself first sometimes
- Trying to do something every day that brings you joy
- Thinking positively about yourself and being your own cheerleader
- Can anyone give me another example?



What to Expect During CMHW?

- There will be leaflets for you to take home or complete in school
- There will be plenty of activities to do in class or with your Therapy Team Manager
- There will be stickers for you to decorate

We hope you enjoy CMHW and we look forward to seeing what you've created!



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