

MENTAL HEALTH
AWARENESS WEEK



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

KNOW YOURSELF,
GROW YOURSELF



Inside Out 2

Throughout our resources and website, you might spot some of your favourite Inside Out 2 characters, helping us explore our theme of Know Yourself, Grow Yourself.



Place2Be's Children's Mental Health Week 2025 is joining forces with Here4You to 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.

MOVE FOR YOUR MOOD



Move Your Mood with Harry Kane

Ferocious Fielder: Skill development

Target ball

Equipment (per game)
Variety of soft balls
Cones
1 large ball (beach ball or balloon)

How to set up

- As per the diagram below, placing target balls on cones in the centre of the 'ho go zone'

How to play

- The aim is to get the large target balls over the opposition team's line using soft balls or bean bags
- Start with one target ball, but introduce others after the first round - once a ball is knocked over the opponents line, it is out of play
- Consider a points system for the balls if you have more than one

Physical skills

- How did you use your throwing position to help create power?
- What did you use to aim at the target ball?

Life skills

- How did you react when you missed the target on your throw?

Make it easier...

- Space** - Decrease size of playing area
- Task** - Use rolling only
- Equipment** - More target balls
- People** - Work in pairs rather than larger groups

Make it harder...

- Space** - Increase size of playing area
- Task** - Introduce rules for height and type of throw
- Equipment** - Less and smaller target balls
- People** - Work with 4 teams in one area (square shape setup)

CHALLENGES

- Use both feet.
- Combine turns to multiply score!
- Place objects around area to avoid.

CHES - IF TIME PERMITS

- 5/5s depending on players space.
- 1 = 1 point.
- 1 after a turn = 3 points.
- away from a defender and have at = 1 bonus point.



ANIMAL WALKS RELAY

The Animal Walks Relay is a dynamic and entertaining activity where children mimic the movements of different animals in a team-based relay. As they hop like frogs, or crawl like bears, they can engage in a playful exploration of a variety of movements whilst having fun!

ACTIVITY BREAKDOWN

Introduction (2 minutes)

- Gather the children and explain the concept of the relay.
- Introduce the theme: "Today, we're going to move like different animals to help our bodies and minds feel great!"
- Demonstrate a few animal movements (e.g. bear crawl, frog jump, bunny hop).

Warm-up (3 minutes)

- Lead the children in a brief warm-up to prepare their bodies.
- Include simple exercises like stretching arms and legs, jumping on the spot, and rotating wrists and ankles.

DURATION
15 to 20 minutes

MATERIALS NEEDED

- Cones or markers to delineate the relay start and end points.
- A list of animal movements for reference.
- Whistle or signal to start and end the relay.



Chelsea FC Foundation Session



WARM UP

Move around the area a ball in hand.

Practice changing direction when you reach a box (if in pairs, one follows the other, swapping on command).

VARIATIONS

- Use balance to hop on one leg.
- Power to bounce high on two legs.
- Balance the ball on different parts of your body as you move around.
- Use other parts of the body to move the ball round the area.

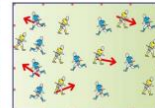


premiershiprugbychampions.com

TAG RUGBY



RESOURCES



GAME 1: TAG MANIA

DURATION: 5 mins

SET UP: Grid 30 x 20 metres

HOW TO PLAY:

- Players to collect as many tags from the other players in the grid
- On whistle collect tags
- Winner = most tags

EXTENSION TASK:

Tag Tag Mania, work in pairs to get the most tags, get each pair to count the tags.



Seated Netball is a fun & inclusive game designed to get everyone moving, irrespective of their age, ability or environment!

The Rules

Your team must pass the ball 10 times before a player can shoot

You cannot stand or raise your bottom off your seat - you must stay seated! If you don't, the ball gets turned over to the other team

Any interception including a 'tip' means the ball is turned over to the other team. If someone drops the ball and the other team don't touch it, they keep possession

The first team to 10 goals wins. You can do one game, best of 3 or best of 5, depending on how much time you have!



Equipment List



- Number of passes made
- "shoot" when eligible
- "turnover" when intercepted

How It Works

- Position your players in a circle
- Ensure players aren't too far apart so they can intercept the ball from a seated position
- Teams are based on every other person e.g. red bib, green bib, red bib, green bib
- Place the net/bin/box in the centre of the circle
- If you have a big group, you can split them into multiple circles



Early Level Resources

Partnerships for Children Activity Cards

[Early years wellbeing activities \(partnershipforchildren.org.uk\)](http://partnershipforchildren.org.uk)

Storytime: 'I feel'

Build up an emotion vocabulary bank by sharing stories about feelings

You will need

- Books about feelings: Partnerships for Children's Good Books for Tough Times or The Colour Monster – Anna Lenas, Ruby's Worries – Percival, The Worrysaurus – Bright and Chris Chatterton
- Thought and speech bubble cutouts
- Feelings and emotions flashcards

More ideas

- Either share the book or watch the reading online together.
- Choose specific pictures from the book (or freeze the online version) and discuss the feelings.

Playing together

- Either share the book or watch the reading online together.
- Choose specific pictures from the book (or freeze the online version) and discuss the feelings.

Compliment circle

What is special about our friends?

You will need

- Space to make a circle
- Object to pass around
- Optional sentence starter cards (for 'More ideas' activity) For example: "You are good at..." "I like it when you..."

More ideas

- Use compliment sentence starters to help your children structure what they want to say.

Feelings Dice

Share situations which make you feel angry, happy, scared, or other feelings

You will need

- A dice with pictures of faces showing different feelings – stick pictures on an existing large dice or make your own out of cardboard or a tissue box

More ideas

- Children may choose to act out the feeling rather than talking about a situation where they felt that feeling.
- You could ask children to show the picture on the dice that they are feeling today and explain why they are feeling that way.

PLAYEDUCATION

- New experiences & opportunities
- Holistic approach
- Engaging Activities
- Strong Relationships
- Focus on wellbeing
- Bridging between home & school

Activity cards focus on developing wellbeing through play activities that can be adapted to suit the needs of your class.

The activities explore the themes of:

- Feelings
- Communication
- Friendship
- Solving problems
- Change and loss
- Moving forward

Parental activity cards are also on the web link if you are interested in home activities for health month.

Emotions with Dr Radha Moghil

Feeling Better - BBC Teach

A collection of short films presented by Dr Radha Moghil.

Video clips explore a whole range of feelings and emotions, as well as providing talking points and tools to feel better.

Each video has teacher notes, with discussion ideas to engage your learners and possible follow up tasks.

BBC

Teach



Feeling Better - Happy

Dr Radha Modgil, Ben and Breagha find out about feeling happy.



Feeling Better - Sad

Dr Radha Modgil, Ben and Breagha find out about feeling sad.



Feeling Better - Embarrassed

Dr Radha Modgil, Ben and Breagha find out about feeling embarrassed.



Feeling Better - Brave

Dr Radha Modgil, Ben and Breagha find out about feeling brave.

Resilience Alphabet

Resilience alphabet - building inner strength and wellbeing for kids - primary | Resources | National Improvement Hub (education.gov.scot)



Using the Resilience Alphabet resource, teachers and practitioners can help pupils to build inner strength and wellbeing using fun and engaging activities.

For each letter of the alphabet there is a definition, something to think about, something positive to say and some suggestions of things to Make, Do or Write.

G is for Gratitude



Gratitude means taking time to be thankful for all the things we have and are. Even when things are a little tough for us, it's a good idea to remind ourselves that we can breathe, and we can enjoy nature.

Think: Think about the different parts of your body and what you can do with them.

Say: "I am glad I have..."

Do:

- Make a picture of...
- Lie on the floor and...

K is for Kind



Being kind is when you do something nice for someone else; or someone else does something nice for us. Sometimes it's good to be kind to ourselves. Kind people are good friends and look out for us when we are sad or when we are feeling down. We can be kind to other people too.

Think: How many times could you be kind to someone today?

Say: "I am choosing to be a kind person today."

Do:

- Think about all the people you know and choose 3 people that you think are kind
- Draw them
- Around each person, write what they have done that makes them kind

The background of the slide features a repeating pattern of light green ribbons, which are a common symbol for HIV/AIDS awareness. The ribbons are arranged in a grid-like fashion, slightly offset from each other, creating a textured effect.

First Level Resources

Bouncebackability with the Beano



Join Dennis, Minnie and the Beano gang to help equip your pupils with the superpower of resilience.

Introduce and discuss mental health wellbeing with easy step-by-step lesson plans with videos, presentations, games and worksheets.

[Bouncebackability Archives - Beano for Schools](#)



All lessons include: CfE benchmarks, Learning Intentions & Success Criteria and AiFL.

Lesson 1: Understanding Our Emotions

Lesson 2: Being Brave and Becoming Resilient

Lesson 3: Managing Difficult Emotions

Lesson 4: Understanding Stress

Lesson 5: Understanding Change

Lesson 6: Responsible Use of Mobile Phones (Second Level Only)

Lesson 7: Release Your Resilience

Lesson 8: Fun with Friends

Lesson 9: Express Yourself



Emotions Wheel

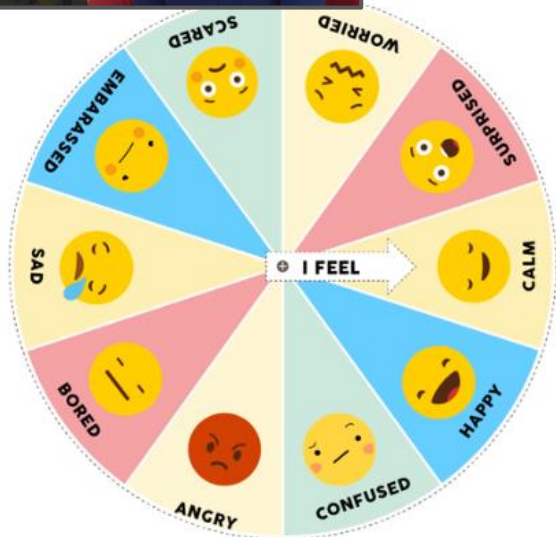
[Talking mental health: animation & teacher toolkit | Anna Freud](#)

The Talking Mental Health animation aims to give children an understanding of:

- what mental health is and the difference between every day small feelings and a big feeling
- consistent and accessible language to talk about mental health
- an understanding of how to be a good listener.

This animation was developed in collaboration with children.

Use the emotions wheel to support pupils talking about their own emotions and experiences. Use the follow up resources or create your own.



[Emotion wheel for children : Mentally Healthy Schools](#)

Mood Boosters

[Moodboosters \(bbc.co.uk\)](https://www.bbc.co.uk/moodboosters)

Explore the classroom video collections



Connect – videos to strengthen relationships in the classroom and beyond



Boost – videos to build confidence and self-esteem



Imagine – videos to spark creativity and encourage positivity



Recharge – videos to reinvigorate and build resilience

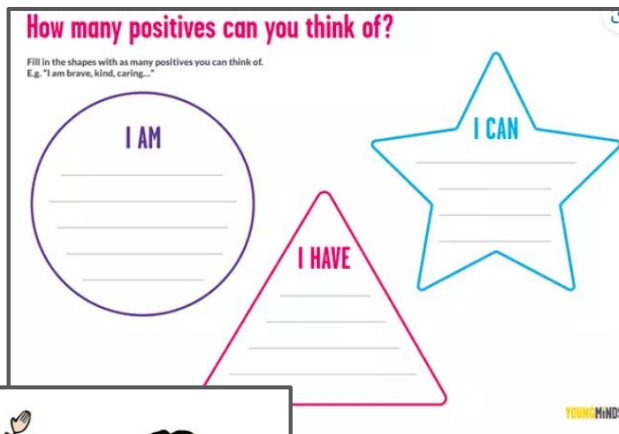
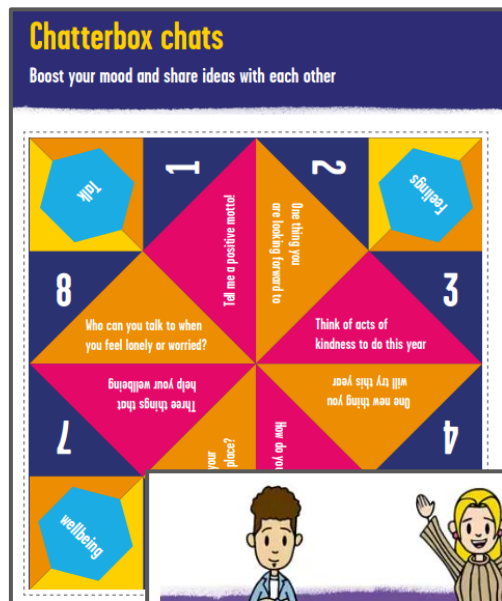
Moodboosters are a suite of short, interactive videos that can be used by your class to get active, whilst supporting mental health and wellbeing. Through simple and fun activities featuring famous faces, Moodboosters can help children understand and express their emotions and feelings.

The activities explore themes such as coping with feelings, respecting ourselves and others, and connecting with friends and family, under **four** different themes:

- **Connect** activities focus on the importance of having fun, building relationships, and recognising pupils' value and worth.
- **Boost** activities recognise the benefits of moving your body and help pupils bounce back from challenges they might face.
- **Recharge** activities help pupils to be aware of their emotional triggers and how to respond to them in helpful ways.
- **Imagine** activities are about nurturing imagination, a crucial part of a pupil's development. This enables them to try new things, be brave and have dreams and goals.



Building Positive Mental Health Young Minds

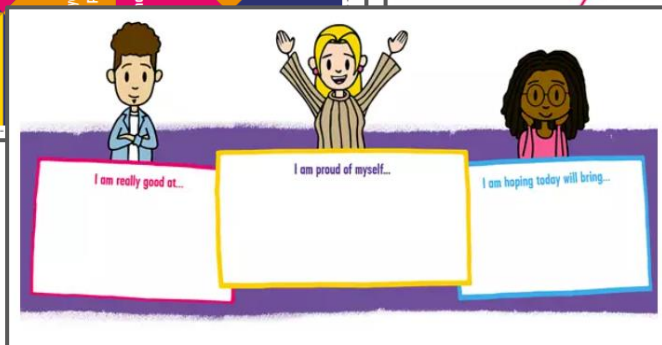


Using the Young Minds website, start to talk to your pupils about ways in which we can build our mental health in a positive way.

Take part in a range of activities, using the resources provided to support your learning.

Lessons:

- Chatterbox chats
- Hope clouds
- How many positives?
- Star qualities
- Resilience check ins



YOUNGMINDS

Adapt these resources to suit the needs of your pupils.

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Second Level Resources

Bouncebackability with the Beano



Join Dennis, Minnie and the Beano gang to help equip your pupils with the superpower of resilience.

Introduce and discuss mental health wellbeing with easy step-by-step lesson plans with videos, presentations, games and worksheets.

[Bouncebackability Archives - Beano for Schools](#)



All lessons include: CfE benchmarks, Learning Intentions & Success Criteria and AiFL.

Lesson 1: Understanding Our Emotions

Lesson 2: Being Brave and Becoming Resilient

Lesson 3: Managing Difficult Emotions

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Lesson 8: Fun with Friends

Lesson 9: Express Yourself

The Brain Lab



[The Brain House - BBC Teach](#)

Clinical psychologist Dr Hazel Harrison uses an analogy of the brain being like a house, with different types of people living on each floor, to explain what is happening in our brains when we feel strong emotions.

Through animation, we see what happens in our brains when these emotions take over and we 'flip our lids'.

She talks us through how we can carry out some practical exercises to help 'get our lids back on' so that we can connect with our thinking brain and make sensible decisions.



[Dan - Connect with others](#)



[Rachel - Take notice](#)

[KS2 PSHE: The Brain Lab - BBC Teach](#)

A collection of short films on mindset and mindfulness.

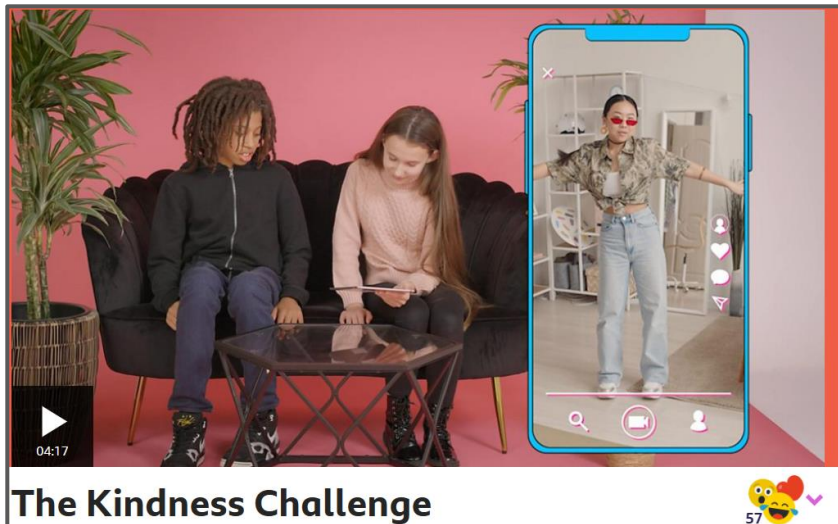
The films explore the five steps to wellbeing:

- Connect with others
- Be active
- Give to others
- Take notice
- Keep learning

Each lesson has ideas for before and after the videos, with a range of cross curricular learning activities. The lessons are aimed at Second Level and have links to HWB benchmarks.

Kindness Challenge

The Kindness Challenge



Learning Intention:

To identify what it means to be respectful and positive online.

Success Criteria:

Define respectful language.

Explain the impact of respectful interactions online.

Reflect on my own experiences.

Create good habits to take forward.

How important is kindness to your online experience? The film explores 'The Kindness Challenge' with 7-11 year olds.

Engage in important discussions about respectful interactions online, take part in compliment challenges and create gratitude journals. Use the link above to access the video, questions and lesson ideas.



What do you feel you've learned about being kind online?

Mental and Emotional Wellbeing

Mental and emotional wellbeing



How to build your courage

Find out how to build your courage through imagination.



How to build your confidence

Find out how making mistakes can help you build your confidence.



How to calm your nerves

Find out how to calm your nerves with a five senses check-in.



How to connect with others and ourselves

Find out how connecting with others and ourselves can improve our wellbeing.



How to deal with change

Find out how to prepare and deal with big changes in life.



How to deal with worry

Learn a technique that can help you prepare and deal with worry in life.

Join wellbeing professional, Lorna Walker, discuss a range of mental health topics. From coping with change to how to grow your happiness.

Beneath each video has questions and talking points to engage your pupils, linking the video to their real life experiences. Some videos have different activities you can take part in.

There is also a video on how to grow the six principles of nurture within your classroom.



[Mental and emotional wellbeing - 2nd level Health and wellbeing - BBC Bitesize](#)

