# NHS WITHME MIND **Children's Mental Health Week 2025**

### Welcome to a special edition of our Newsletter

We are here to celebrate Children's Mental Health Week and this year's theme, 'Know Yourself, Grow Yourself' with the characters from 'Inside Out'! This edition includes activities and information about getting to know your emotions and how to express yourself!

## Rotherham The Rotherham team have lots of

corridor workshops planned for schools and colleges across Rotherham this week. We are looking forward to meeting lots of students and sharing our mental health activities and information. Our wellbeing ambassadors will also be getting involved and we will be playing a special edition of our Mind Pong game to celebrate the characters from 'Inside Out'!



## Domante

Some of our With Me in Mind Wellbeing Ambassadors who attend Primary Schools in Doncaster have been trialling some of the activities and resources we have prepared for Children's Mental Health Week. They especially liked the "mind pong" game as it encourages people to talk about their feelings in a fun way. They have also used the inside out characters to create their owns games which they are excited to share

with their school friends. In our Secondary schools the WMIM Wellbeing Ambassadors from Don Valley Academy have designed a PowerPoint to raise awareness about mental health which they will deliver to all year groups during their assemblies next week. While over at The McAuley Catholic High School their sixth form Mental Health Ambassadors have created a Power Point and information posters to be distributed throughout school. They are also planning to fund raise with a bake sale and a non-uniform day. Workers from Doncaster With Me in Mind are looking forward to joining many of the planned sessions in schools.

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#### Saturday 8th February 9:30am to 12pm

(Come see us after park run) We are welcoming all families to join us alongside the North Lincolnshire youth bus. We will be delivering FREE activities for families to get involved in all morning, all surrounding this years theme... Know Yourself, Grow Yourself!

The 'Know yourself, grow yourself' corridor workshop will encourage young people to reflect on who they are, what they are good at/enjoy, we will then look at what targets they can set to grown themselves this year - sharing this information will help us 'grow' a tree! We are looking at all

things 'inside out' with a inside out wellbeing pong to get involved with... This corridor workshop will see our first raffle, students will have a chance to win a prize if they engage with our workshop and gain a ticket!

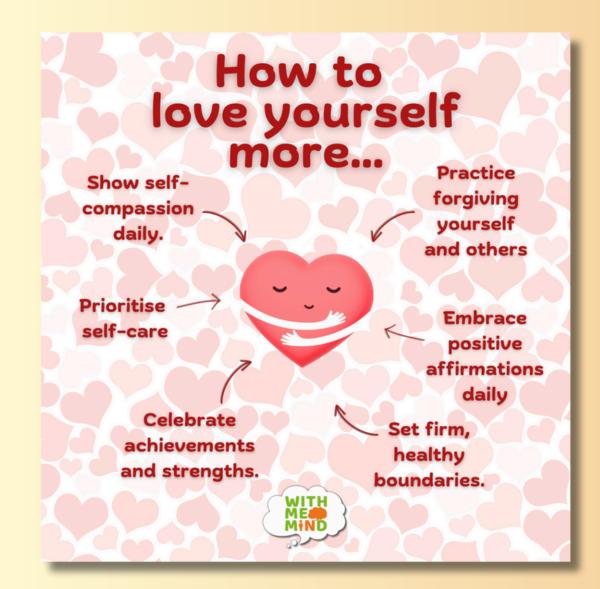




Find the following words in the puzzle. Words are hidden  $\rightarrow \psi$  and  $\checkmark$ 

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For further information visit: www.withmeinmind.co.uk



Follow us on:

Where to get further help and advice : Young Minds: https://bit.ly/3eDHGHg

BBC bitesize transition videos: https://bbc.in/309DN7C

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