

# WITH ME *iN* 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!

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK

3-9 FEB 2025

### WHAT'S NEW!

#### 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'!

#### MIND PONG



#### Doncaster

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 own 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.

#### North Lines

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 grow 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!



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# Know Yourself, Grow Yourself



**Joy:**  
A feeling of happiness or enjoyment.  
What is something that makes you feel joy?

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# Know Yourself, Grow Yourself



**Anger:**  
A strong emotion caused by pain, hurt or trouble.  
What helps you to feel calm when you are angry?

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# Know Yourself, Grow Yourself



**Sadness:**  
A feeling of unhappiness.  
What is something that makes you feel sad?

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# Know Yourself, Grow Yourself




**Disgust:**  
Having a strong dislike for something.  
What food do you think is disgusting?

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# Know Yourself, Grow Yourself



**Fear:**  
A scared feeling where you expect pain or danger.  
What is a way that you are brave?

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# Know Yourself, Grow Yourself



**Envy:**  
A feeling of being jealous or wanting what someone else has.  
Why is jealousy unhelpful?

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# Know Yourself, Grow Yourself




**Embarrassment:**  
Feeling Uncomfortable, Shy or Ashamed  
How does your body feel when you're embarrassed?

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# Know Yourself, Grow Yourself



**Anxiety:**  
Feeling worried, nervous or afraid that something will happen.  
What helps to take your worries away?

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# Know Yourself, Grow Yourself



**Ennui:**  
A feeling of boredom or being 'fed-up'.  
What do you do to stop yourself from feeling bored?

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FEEL GOOD

FEBRUARY!

## Breakfast

Did you know that certain foods can help boost your mood? Try including some of these in your breakfast to get your day off to a positive start!

- |             |              |
|-------------|--------------|
| Raspberries | Bananas      |
| Eggs        | Avocado      |
| Yoghurt     | Strawberries |
| Pineapple   | Tomatoes     |

## Move your Body

There are lots of ways to move your body and finding one that you're excited about could lead to a new hobby that is good for your mind and body.

- Dance
- Nature Trail
- Yoga
- Morning Stretch
- Team Sports
- Learn a new skill (juggling, kick ups)
- Park Run (run or walk)

## MUSIC

Did you know there are many ways music can help you feel better? Listed below are just a few.

- Can help concentration and focus
- Can improve memory
- Can help process difficult emotions
- Can elevate your mood
- Can settle your mind and relax your body
- Can boost motivation and energy
- Can bond and connect you to others
- Can help you sleep better

# Know Yourself, Grow Yourself



Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ANGER  
ANXIETY  
CHILDREN  
DISGUST  
EMBARRASSMENT  
EMOTIONS

ENNUI  
ENVY  
FEAR  
FEELINGS  
JOY  
MENTALHEALTH

SADNESS  
WEEK  
WELLBEING  
WITHMEINMIND

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

# How to love yourself more...

Show self-compassion daily.

Practice forgiving yourself and others

Prioritise self-care

Embrace positive affirmations daily

Celebrate achievements and strengths.

Set firm, healthy boundaries.



**PARENT PLUS**  
**eClinic**

Available on Google play

Available on the App Store

**FREE app for 5-18 Parent/Carer**

**CAMHS**  
**eClinic**  
11-19

Available on Google play

Available on the App Store

**FREE app for all young people**

For further information visit:  
[www.withmeinmind.co.uk](http://www.withmeinmind.co.uk)



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**Where to get further help and advice :**

Young Minds: <https://bit.ly/3eDHGHg>

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

With Me In Mind website: [www.withmeinmind.co.uk](http://www.withmeinmind.co.uk)

