Wellbeing Champions

We are the Wellbeing Champions and we want to tell you all about Children's Mental Health Week! The theme this year is...



Know Yourself, Grow Yourself!

Know Yourself, Grown Yourself aims to equip and empower children to embrace self awareness and explore what this means to you!

Being self aware means we take notice of ourselves and when we take notice of ourselves and how we feel, we are able to make better choices and be more connected with our feelings and behaviours.

Noticing these things can help us recognise when we need support.



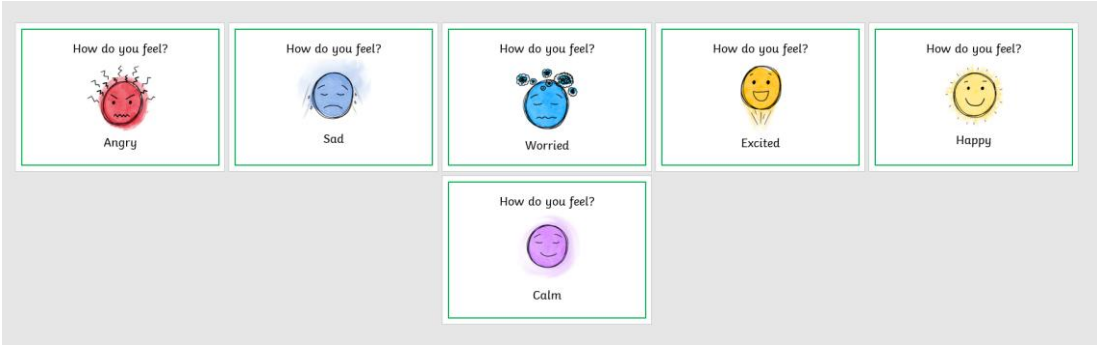
Close you eyes and think about...



What makes you happy?
What makes you sad?
What things you enjoy?
What makes you laugh?
What are you good at?



Getting to know yourself is a wonderful way to grow!



Knowing Yourself

Knowing who we are can help us build resilience, grow and develop.

It's very important to express your emotions and thoughts. When you reflect on your emotions, it can help you understand yourself better and what you need.

For example, if you are feeling sad, doing something you enjoy will help you to feel better.

If you are feeling angry, doing a calming activity will help you to feel better.



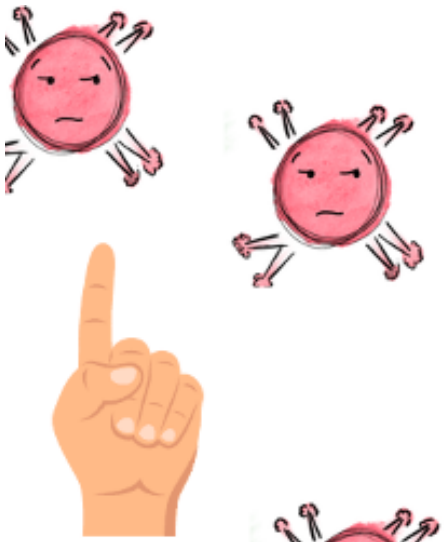


Mindfulness

We're going to teach you a calming exercise today to help you if your mind feels full.



Rate Mindfulness



It annoys me or makes me feel more frustrated.

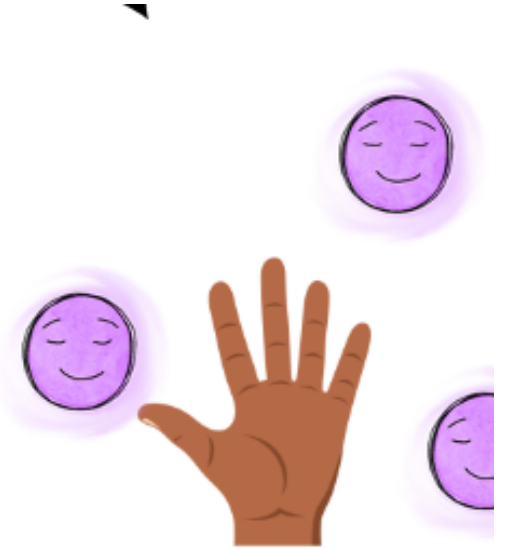
I don't enjoy it



I don't feel different at all.



I like it.



When I do this strategy it is all I think of.

My mind feels clear

My heart rate feels steady

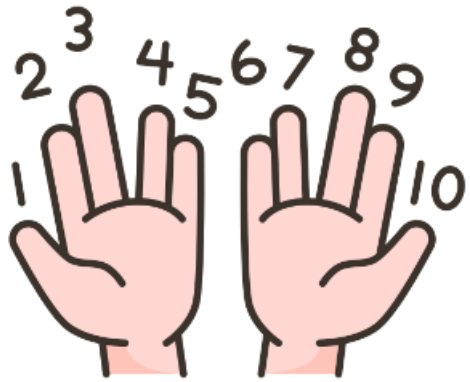
It's ok if you didn't enjoy this as much as someone else. We are all different and trying different techniques is a great way of getting to know yourself.

Grounding Exercises

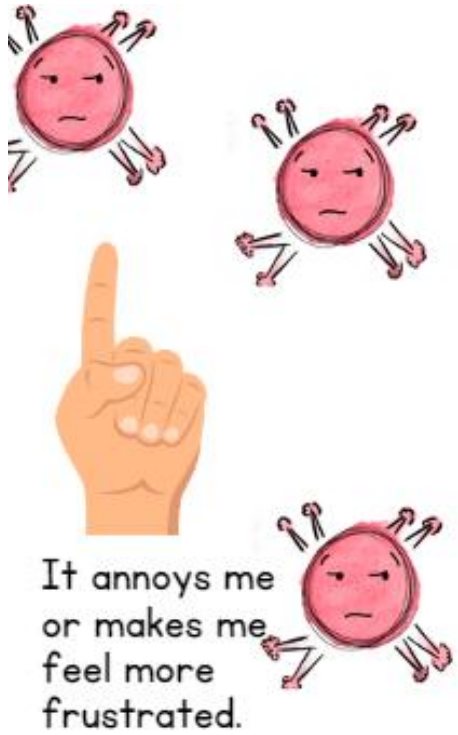
We're going to teach you a grounding exercise today to help you if your mind feels full.



Rub my temples.



Rate Grounding Exercise



It annoys me or makes me feel more frustrated.

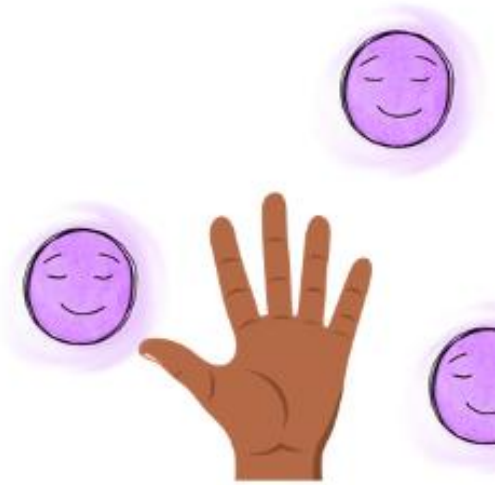
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I like it.



When I do this strategy it is all I think of.

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My heart rate feels steady

It's ok if you didn't enjoy this as much as someone else. We are all different and trying different techniques is a great way of getting to know yourself.

Remember to take notice of your emotions and thoughts and use techniques that you like to make you feel better.



Thank you for listening today!