



impact

SAFETY NET

CHILDREN'S MENTAL HEALTH WEEK 2025

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

Resource Pack

Created with Playground Buddies from Downs Jnr Primary School and Patcham Jnr Primary School

Children's Mental Health Week was created by Place2Be in 2015. This year's theme is

'Know yourself, grow yourself'

Safety Net is part of Impact Initiatives
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KNOW YOURSELF, GROW YOURSELF



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How you can raise money for Safety Net

Conversation Starters

We spoke to Playground Buddies about their roles in the playground – how to start conversations with people we don't know very well.

This can also help people who struggle to express things about themselves, to get to know themselves better! Here are their great ideas!

Ideas

- Do you want to chat?
- What's your favourite hobby?
- Do you have a pet?
- Do you have any siblings?
- Are you ok?
- How are you feeling?
- Can I help you?
- How old are you?
- Would you like to play with us?
- What do you like to play?
- Do you need any help?
- [If they're new] Would you like me to show you around?
- How's your day going?
- Do you have a favourite book?
- What's your favourite colour?
- What's your favourite food?
- Do you like sweets?
- What's your favourite sport?
- Do you like fidgets?
- Would you like to try finger breathing?

Top tips

- Yes/No questions can be helpful at the start to make people feel more comfortable.
- If someone is visibly upset, asking them if they want to speak to an adult is a good idea.
- Sometimes it can be helpful to ask if someone wants some alone time, as they might not be ready to talk.

Activity

- Pair up with someone and play a game of 'Would you rather'
- To make this even more of a conversation, you can ask your partner why they chose what they chose.

Big thanks to the Buddies who attended our workshop:

Aniah, Izzy, Luca, Mustafa, Natasha, Sean, Toby,
Willow and Zosia



Being unique

‘Because a snowflake's shape evolves as it journeys through the air, no two will ever be the same. Even two flakes floating side by side will each be blown through different levels of humidity and vapour to create a shape that is truly unique.’ – BBC bitesize, January 2019.

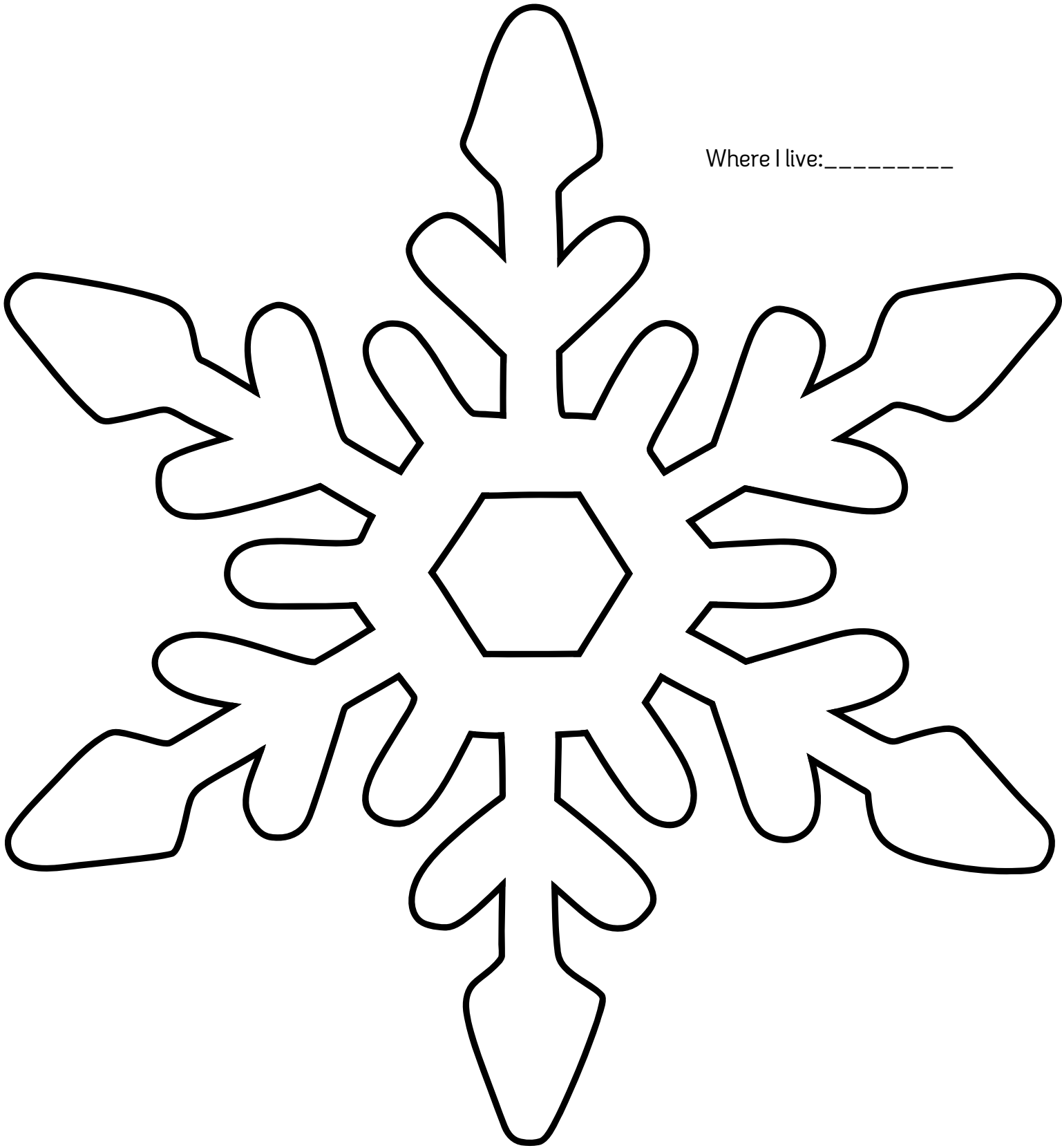
Just like snowflakes, we are all unique. There are lots of different factors that can shape and influence how we grow.

Instructions:

1. Get into pairs
2. Discuss your differences and write them inside the snowflake arms, on the template on the next page.
3. In the spaces around the outside of the snowflake, write the things that influence you growing up. We've given you a starter example!



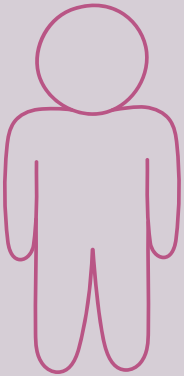
Where I live: _____



Your Landscape

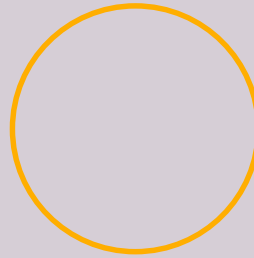
Instructions:

1. Write or draw inside the picture outlines, on the next pages, using the prompts below.
2. Cut out the templates and stick them onto a bigger piece of paper
3. Decorate the background to create your very own landscape picture that represents YOU!



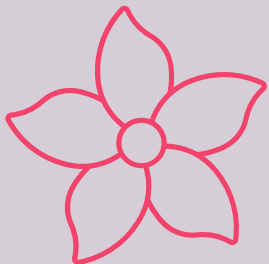
Your likes

This could be hobbies, foods, colours, music... anything!



Your strengths

What do you think you're good at? What do you do that helps you or helps others? How would friends or a trusted adult describe you?



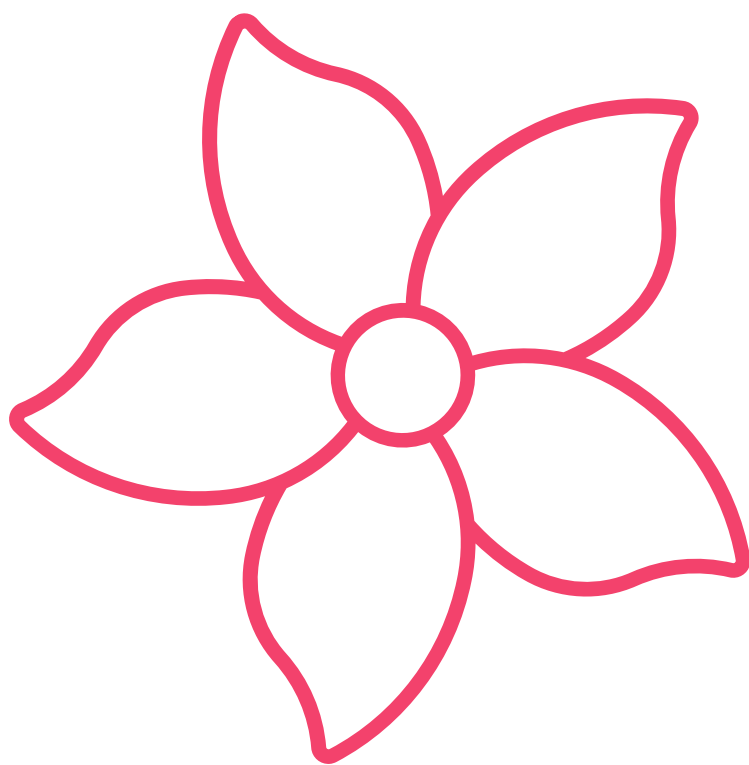
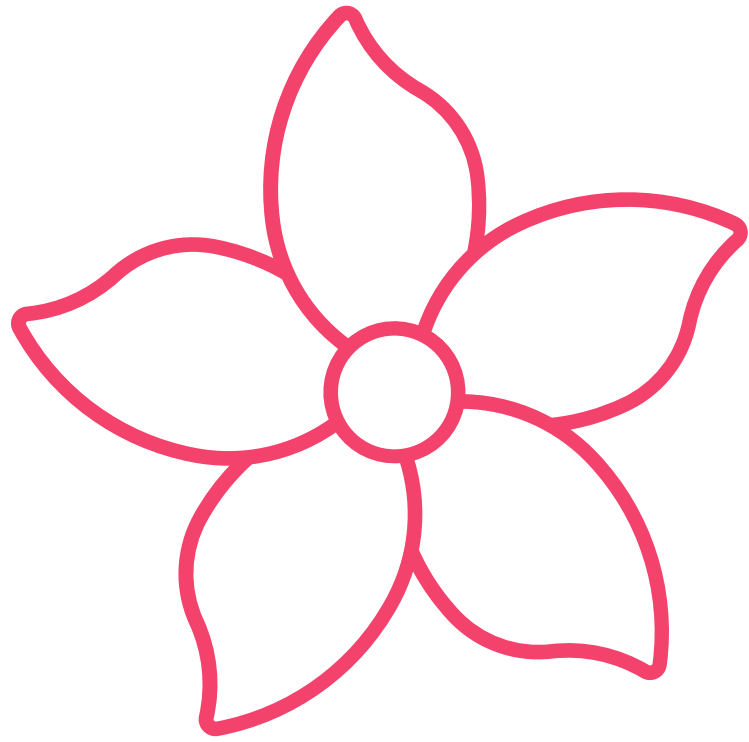
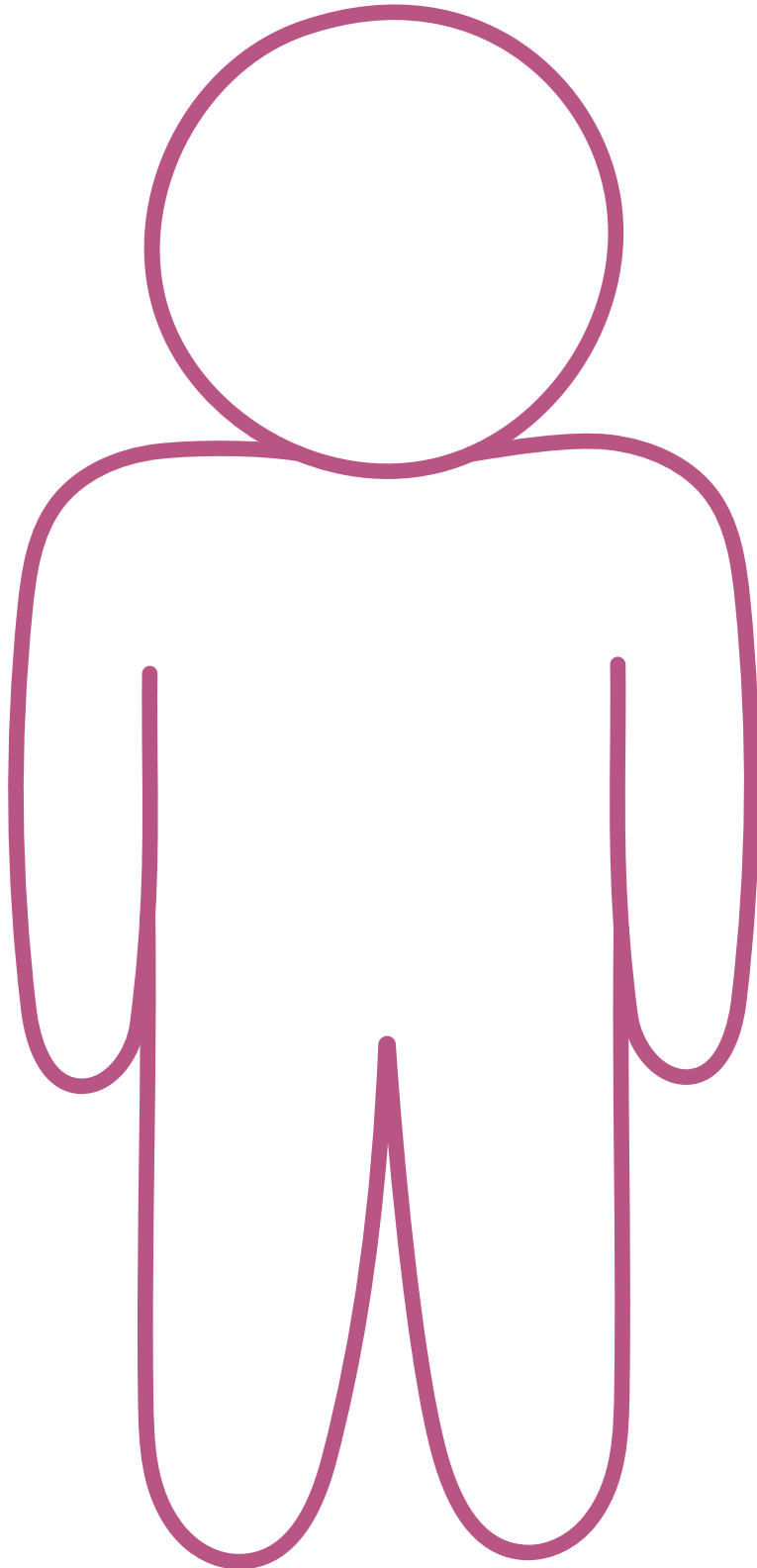
Your hopes and dreams

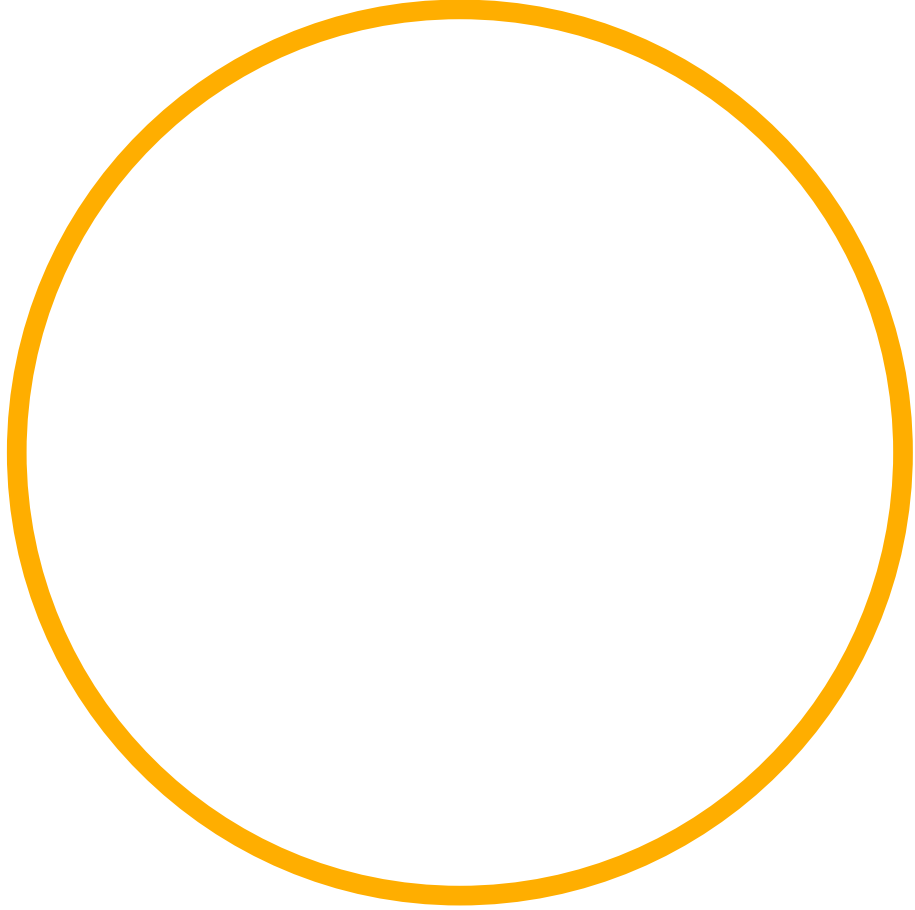
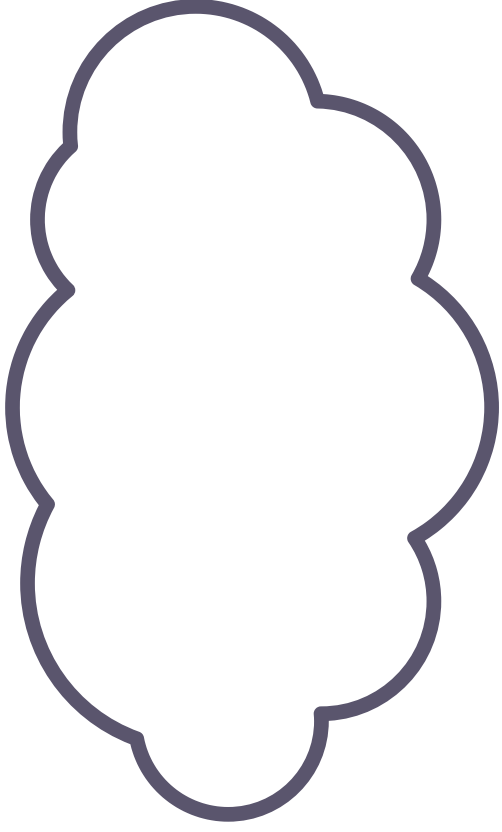
What you want to be when you grow up, what you want to achieve, what you'd like to have, what you'd like to feel, what your plans are - all the future stuff, whether that's when you're older or whether it's at the weekend!



Your challenges

Is there a subject at school you struggle with? Is there something coming up that you're not looking forward to? Is there something you wish you were better at?







Early Warning Signs

Our body is clever!

It can help tell us when we feel unsafe, scared or worried.

When we feel we are at risk, our body prepares us for action.

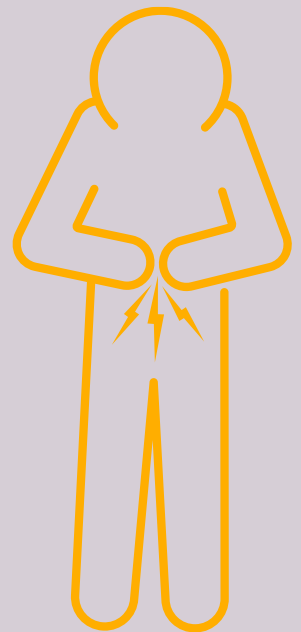
This is a natural defense mechanism and our body's way of telling us that we need to stop and take notice as we may need to take action to stay safe.

These are called our Early Warning Signs.

If we trust these feelings we can make choices to keep ourselves feeling safer. It may also be the signal to ask for help if we can't solve the problem for ourselves.

Instructions:

1. Draw an outline of a body Remember to include hands and feet!
2. Talk about times you've felt scared or nervous about something – what happens in your body?
3. Draw the feelings in your outline. For example, if your heart beats fast – draw a little heart and add lines around it to show it's moving.



TOP TIPS FOR TEACHERS

Conversation Starters

You could do this as a quick class activity throughout the week to generate conversation or encourage children to play 'Would you rather' with someone they don't usually play with at breaktime.

Being Unique

This activity works best in the classroom in pairs to then feedback. It's important to not shy away from what makes us different from each other - race, the gender someone identifies as - as this can open a whole host of discussions on why differences should be accepted, understood and celebrated! Children may need help with looking at influences - this section would make a really good class discussion.

Your Landscape:

This activity would work well as a reflective piece of homework.

Alternatively, ask everyone to complete their own templates and then stick them up on a display board for a lovely classroom display. Remember to print off single sided!

Early Warning Signs:

Get children into pairs with a person they're friends with as they may feel more comfortable sharing a time they felt scared.

Lying down and drawing round the partner in chalk on the playground could be a fun way to start this off!



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What do you think?

We really value any feedback! If you have used any of this resource pack please let us know how you got on.

Email: ruth.davey@impact-initiatives.org.uk

Is your school thinking about fundraising for a local charity?



Safety Net works closely with schools throughout Brighton and Hove, helping children build resilience, self-esteem and coping skills. Every penny raised will go directly towards making children & young people feel safe.

Please email Ruth if interested.

If you would like to donate directly please visit <https://www.justgiving.com/campaign/safety-net> or scan the QR code

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