Children's Mental Health Week 2017

6-12 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Dear Teachers and School Staff,

This week (6-12 February 2017), it's Children's Mental Health Week.
Run by school-based children's mental health charity Place2Be,
this year we're encouraging everyone to spread a little kindness.

What's it all about?

From Place2Be's work in primary and secondary schools across the UK, we know how hard schools and teachers work to support children's emotional wellbeing.

We also know that sometimes it's difficult to know what to do to help, especially when pupils are facing challenges such as bereavement or a big change such as moving home or school.

It may sound simple but we know that small acts of kindness, from a classmate or member of staff, can make all the difference.

Plus did you know studies show that being kind can make you happier and less stressed?

Schools have a very important role to play in helping children and young people learn the importance and value of kindness.

Here are a few simple ways to encourage your pupils to spread a little kindness this week, and beyond...

→ **Have a discussion about kindness in class.** Encourage pupils to share their own ideas. Take a look at the Children's Mental Health Week website for ideas.

→ **Point out kindness** whenever you see it: in the news, in a story you're reading, in the playground. Helping your class notice acts of kindness all around them will inform and inspire them.

→ **Let the children know that you have noticed when they are kind to each other.** Place an empty bucket or jar in the classroom and invite the children to write on a piece of paper each time someone is kind to them. You could read these out at the end of the week!

→ And finally, **don't forget to be kind to yourself,** something that's all too easy to forget. Working in a school can be hard, so don't be too tough on yourself.

Don't forget: if you have concerns about a child or young person in your class, you should always speak to your manager or school-based counsellor.

Visit www.ChildrensMentalHealthWeek.org.uk to find out how schools can get involved and support Place2Be