

# **Growing together: Children's Mental Health Week 2022 toolkit**

The theme for this year's Children's Mental Health Week is 'growing together'. During the week, schools across the UK will be exploring the concept of growing emotionally and thinking about ways to help each other grow.

To help children to grow emotionally, and grow together as a whole school community, it's important that we embrace and celebrate diversity in all its forms.

It's vital that pupils feel able to be their full authentic selves in the school environment, and by encouraging this school staff will also support their pupils' wellbeing, confidence and self-esteem.

In this toolkit, we're sharing mental health and wellbeing resources for primary school pupils themed around four different areas:

- Anti-racism
- LGBTQI+
- Girls and young women
- Disability and neurodiversity

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**Anna Freud**  
National Centre for  
Children and Families



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## **Children's Mental Health Week 2022 primary pack – Place2Be**

An assembly guide, activities and posters to help primary schools celebrate this year's Children's Mental Health Week 2022.

[Go to resource](#)



## **Anti-racism**

### **Identity, society and equality lesson plans – School Wellbeing**

A series of lesson plans for Years 1, 3, 4 and 6, covering topics including celebrating difference, stereotypes, discrimination and human rights.

[Go to resource](#)



### **Think you understand me? – Childline**

Share this video with your class to raise awareness of the way in which stereotyped judgments can impact how young people feel.

[Go to resource](#)



## **LGBTQI+**

### **LGBTQI+ history lesson pack for children aged 4 to 7 – Stonewall**

A free lesson pack introducing younger children to LGBTQ+ issues by learning about a historical LGBTQ+ figure.

[Go to resource](#)



### **LGBT Youth Scotland primary assembly - LGBT Youth Scotland**

This assembly introduces children to LGBT issues and the different ways we talk about LGBT people.

[Go to resource](#)



## **Girls and young women**

**What does gender equality mean to your pupils? - British Council**

Activities and lesson plans for children aged 9 and up on the concept of gender equality.

**Go to resource**



**Primary AGENDA: Supporting children in making positive relationships matter**

A free online toolkit exploring issues around relationships, equality and diversity. It covers topics including friendships and relationships, body image and gender equality.

**Go to resource**



## **Disability and neurodiversity**

**Books featuring characters with a disability – Scope**

Access to a range of free storybooks, in downloadable PDF format, which feature disabled characters in them, as well as further suggested reads.

**Go to resource**



**The same but different: assembly plan – Mentally Healthy Schools**

Celebrate how our differences make us special with this assembly plan.

**Go to resource**



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