



**This month's wellbeing edition is:
Know Yourself, Grow Yourself: Time to
Talk and Care in February – Children's
Mental Health Week**



**Tip for Teachers: Mindful Check-Ins
for Children's Mental Health Week**

During Children's Mental Health Week, make time for mindful check-ins with both yourself and your students. Start each day with a few moments to reflect on how you're feeling. By recognising your own emotions, you set a positive example for your students and create a supportive environment. Encourage your students to share how they're feeling through simple activities like mood charts or open discussions, fostering emotional awareness. These small acts of self-care and emotional connection not only benefit your own well-being but also help your students grow in confidence and mental resilience.

**Fostering Growth and Wellbeing
During Children's Mental Health Week**

As we focus on Children's Mental Health Week, the theme Know Yourself, Grow Yourself is a reminder of the importance of self-awareness for both students and educators. Teachers play a pivotal role in fostering a supportive environment where open communication and emotional expression are encouraged. Taking time to check in with your own wellbeing and acknowledging your feelings can enhance your ability to connect with students and create a positive classroom atmosphere. Prioritise moments of reflection and self-care, and model emotional resilience, helping students grow into confident individuals who know how to care for themselves and others.



Useful Website Click here



What is the theme for Children's Mental Health Week 2025?

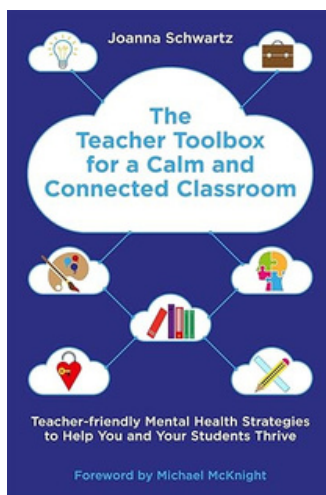
Each year there is a different theme for Children's Mental Health Week. The theme for Children's Mental Health Week 2025 is 'to be announced' so come back soon to find out more!

We can discuss important topics with children and young people during Children's Mental Health Week 2025, such as feeling lonely, making friends and developing healthy relationships.



Book of the Month

[CLICK HERE](#)



Useful Resource

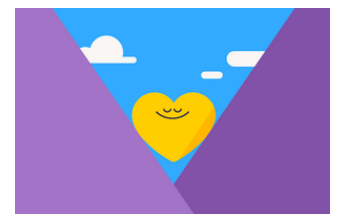
Get your copy of our schools pack, full of top tips and activities for your school to take part in for Children's Mental Health Week!



App of the month

[CLICK HERE](#)

Five Mindful Minutes



"Self-awareness is the foundation of growth; through knowing ourselves, we empower others to thrive." – Unknown