



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

1.



### Supporting Teens in Building Self-Awareness and Resilience

This Children's Mental Health Week, the theme Know Yourself, Grow Yourself encourages teens to focus on self-awareness and personal growth. Understanding emotions, identifying strengths, and learning how to handle challenges are all essential skills for this stage of life. As parents and carers, encourage open and honest conversations with your teen, giving them space to share their thoughts without judgment. Support their interests and celebrate their individuality to build their confidence. By fostering a positive and understanding environment, you help them develop the tools they need to thrive emotionally and mentally, both now and in the future.

### TOP TIP

#### "Level-Up Tree"

- For older kids or teens who connect with gaming or digital tools, suggest making a personal "Level-Up Tree." Each branch represents a skill or habit they'd like to develop—like improving at a sport, learning a new instrument, or building better study habits. They can mark "power-ups" (or achievements) on each branch as they progress. This playful approach—similar to a video game skill tree—helps them visualise growth areas, celebrate small wins, and stay motivated to keep levelling up.

2. 





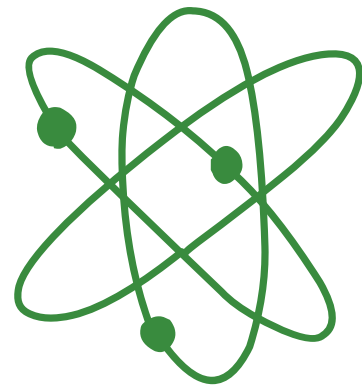
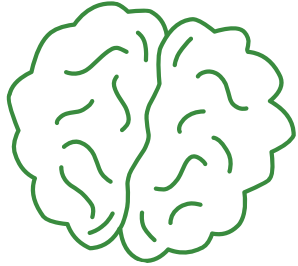
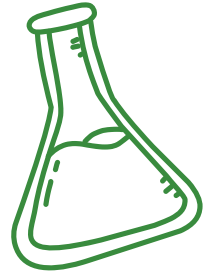
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## USEFUL WEBSITE- CLICK HERE

Children’s Mental Health Week 2025 will take place from 3-9 February 2025.

In 2025, the week’s focus will be Know Yourself, Grow Yourself. We want to equip and empower children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them.

Each year, Place2Be experts create fun and engaging resources for families, parents and carers to take part in Children’s Mental Health Week. This year we’re partnering with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters to explore our theme Know Yourself, Grow Yourself



4.

## BOOK & PODCAST OF THE MONTH



“Knowing yourself is the beginning of all wisdom.” – Aristotle



From the bestselling, award-winning author of You Are Awesome comes the much-anticipated follow-up, Dare to Be You. What would you dare to try if you stopped worrying about fitting in?



Hayley T Wheeler - Self Knowledge is Your Super Power The Parent & Teen Toolbox Play

