

## TOP TIPS FOR USING OUR RESOURCES

**Thank you so much for taking part in Children's Mental Health Week 2023. This year's theme is Let's Connect.**

Human beings are intrinsically connected to each other, and human connection is vital for the wellbeing and survival of all individuals. Throughout life we rely on those around us to meet our physical and psychological needs, and we have a role in helping to meet the needs of others. People with positive connections to family, friends and others often experience better mental health than those who are less well connected. When our need for rewarding social connections is not met, or we don't feel understood or cared for by those around us, we can feel isolated and lonely. This is why it is so important for our mental health that we connect with others in healthy, rewarding and meaningful ways.

Our theme **Let's Connect** encourages an inclusive approach to making meaningful connections for all – during Children's Mental Health Week, and beyond.

**As you explore this theme with children and young people, please be particularly aware of care-experienced children, adopted children those in kinship care, and children who may have limited contact with parents or other family members.**

**We've shared some tips below on how to make the most of our free resources this year.**

- **Use the filters** on our website to find the right activities for the children and young people you work with. You can filter by:
  - Age (4-7, 7-11, 11-14, 14-18)
  - Resource type (PDF, Video, Powerpoint)
  - Audience (young people, schools)
- **Mix and match the activities** to develop lessons or sessions that work best for your class or group. If you're an art teacher, you may prefer to focus on the more creative activities, whereas an English teacher may prefer to focus on the activities which involve writing.
- **Differentiate or extend** by looking at activities from different age ranges. Our suggested ages are a guide, but you may find activities for other age groups work better for your class or for particular groups
- **Adapt the activities**, or assembly slides. You know what works best for your pupils, so don't feel you have to stick word by word to our suggestions.
- **Come up with your own ideas** around the theme. There are so many ways to explore connections; feel free to develop your own ideas or activities based on the theme. If you do this, we'd love to see them, so do share on social media and tag @Place2Be so we can see what you come up with!

# LET'S CONNECT

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

6-12  
FEBRUARY  
2023



**TASKMASTER**  
EDUCATION

## Take on the Taskmaster Education challenge

Taking elements from Channel 4's smash hit comedy show Taskmaster, Taskmaster Education aims to help children develop important life skills such as teamwork, problem solving, communication, lateral thinking and resilience. During Children's Mental Health Week, host Alex Horne will set tasks each day for children to join in with at school or at home.

For more information on how to get involved, visit [taskmastereducation.com](https://taskmastereducation.com)

## More activities from Place2Be

**Puzzle Pieces** – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? [childrensmentalhealthweek.org.uk/puzzlepieces](https://childrensmentalhealthweek.org.uk/puzzlepieces)

**Connecting Paperchains** – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. [childrensmentalhealthweek.org.uk/paperchains](https://childrensmentalhealthweek.org.uk/paperchains)

**Exchanging Postcards** – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. [childrensmentalhealthweek.org.uk/postcards](https://childrensmentalhealthweek.org.uk/postcards)

## OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK



- 1 Hold a 'Dress to Express' day to raise vital funds for children's mental health [childrensmentalhealthweek.org.uk/fundraise](https://childrensmentalhealthweek.org.uk/fundraise)
- 2 Watch our video activities, and explore the theme of connection through art and creativity [childrensmentalhealthweek.org.uk/schools](https://childrensmentalhealthweek.org.uk/schools)
- 3 Share our tips for parents and carers with your school community [childrensmentalhealthweek.org.uk/families](https://childrensmentalhealthweek.org.uk/families)
- 4 Spread the word by sharing how you plan to take part on social media! Don't forget to use #ChildrensMentalHealthWeek [childrensmentalhealthweek.org.uk/socialmedia](https://childrensmentalhealthweek.org.uk/socialmedia)
- 5 Add yourself to the Children's Mental Health Week map! [childrensmentalhealthweek.org.uk/map](https://childrensmentalhealthweek.org.uk/map)

