



## Children's Mental Health Week 2016

8-14 February #childrensmhw  
ChildrensMentalHealthWeek.org.uk

Dear Teachers,

**This week (8-14 February 2016), it's Children's Mental Health Week.**

**This year the theme is 'building resilience'. From Place2Be's mental health work with primary and secondary schools across the UK, we know how hard schools and teachers work to support children's wellbeing.**

Bereavement, illness, family breakdown, bullying, pressure of exams... children come into class with a lot on their minds.

You play a crucial role in developing your pupils' resilience by helping them identify and understand their emotions, and fostering an environment that allows for open conversations about feelings. Through our experiences, we develop new knowledge and perhaps new coping skills. At Place2Be we call this 'bouncing forward'.



**Here are some tips that you might find helpful to build the resilience of the children you work with.**

- **Be an emotional role model** by looking for opportunities to demonstrate healthy ways of coping with emotions that we may struggle with, such as frustration. Try to be calm and consistent. We know this isn't always easy! Talk to the children about your feelings and healthy ways of dealing with them.
- Where possible, try to introduce **"down time"** or **"brain breaks"** with the children to help them retain some balance.
- Allow the children in your class the space to **learn from their own mistakes** with support. Giving them age-appropriate freedoms will help them learn their own limits, and show you trust them to make appropriate decisions.
- **Get advice** – if you're worried that something has changed with a child in your class and you have concerns then please speak to your manager or the appropriate member of staff within your school.

**Visit [www.ChildrensMentalHealthWeek.org.uk](http://www.ChildrensMentalHealthWeek.org.uk) to find advice for children and ideas for getting involved**

Children's Mental Health Week is run by school-based children's mental health charity, Place2Be