

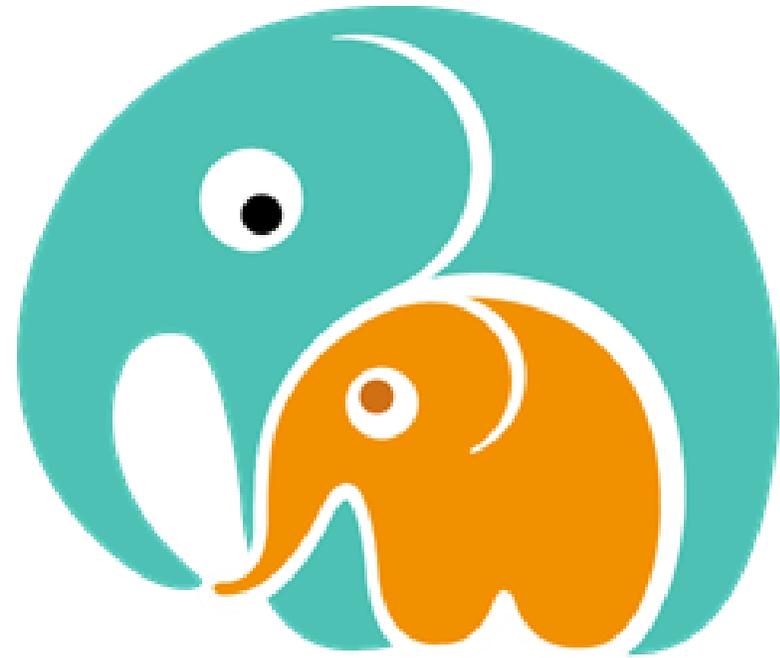
# Growing Together - Children's Mental Health Awareness Week

7-13<sup>th</sup> February, 2022



# What is CHUMS?

- ▶ Put your hands up if you've heard of CHUMS before?
- ▶ Does anyone know what they do?

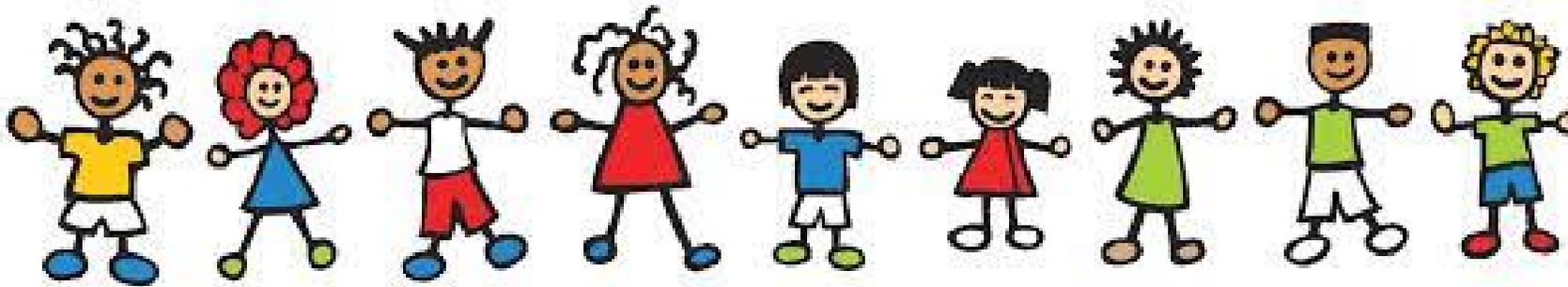


# CHUMS

**Mental Health &  
Emotional Wellbeing Service**

# What does ‘growing together’ mean to you?

- ▶ It’s about growing emotionally and finding ways to help each other grow.
- ▶ It’s important that we look after our bodies, which is called our “**physical health**”. It’s also important that we look after our minds too, which is known as our “**mental health**”.



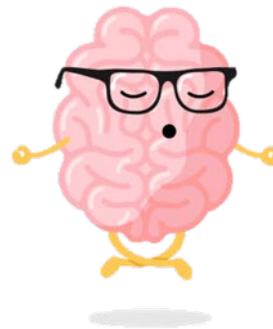
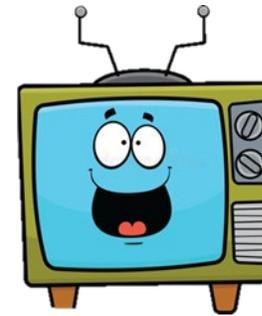
# How can YOU help and support each other grow?

- ▶ Talk to one another
- ▶ Get active
- ▶ Learn a new skill
- ▶ Practise self care

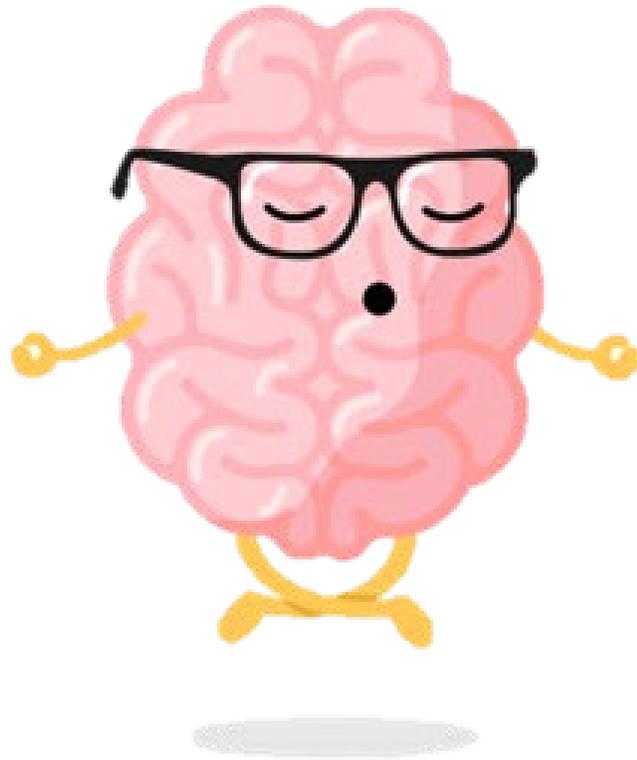


# Self Care

- ▶ It's really important to look after ourselves in order to help us grow physically, emotionally and mentally
- ▶ Here are some tips:



# Breathing exercise - deep breathing



Sometimes we can face setbacks and challenges in life. Other times we can feel angry, worried or scared. It is important to learn and grow from these moments. Deep breathing can really help us with these difficult times!

# Let's give it a go!

To begin, sit still somewhere comfortable. Close your eyes and begin breathing through your nose. Try **one** of the following techniques...

*Breathe in for a count of 4...Then breathe out for a count of 7*

*Breathe in for a count of 3...Hold for a count of 4...Then breathe out for a count of 5*

Make sure you are breathing deeply, imagine you are filling up a balloon in your stomach when breathing in. Your shoulders should not move. When you breathe in your tummy should come out as it fills with air. When you breathe out, your tummy should go down as the air comes out.

It can be really helpful to practice with a cushion on your belly to see it go up and down.

If you find this difficult you can reduce the count as long as the out-breath is longer than the in-breath.

Deep breathing is really good because it can help us come out of fight or flight. Our heart rate slows down, and our body starts to feel calm.

# Recognising our emotions

- ▶ To be able to express and talk about your feelings, you need to be able to know what you are feeling!
- ▶ Can you name any emotions?



There are many ways we can recognise our emotions...

Our bodies can tell us a lot about how we are feeling...

If you feel shaky and sick before your performance, you might be feeling **NERVOUS**.



If you feel hot and out of control, you might be feeling **ANGRY**.



If you can't stop laughing and moving around, you might be **EXCITED!**



Our body gives us lots of clues to how we feel, so next time you feel a little different, think about how you might be feeling.

All of the feelings you named are **normal** and **okay!**  
Being able to **learn** and **grow** from them is so  
important!

- ▶ Using Emoji charts at home or in your classroom is a great way to express how you are feeling using pictures!
- ▶ You could make your own chart as a class and everyone can get involved!



Sarah's Emoji Chart

Morning

Afternoon/Evening

Monday



Tuesday



Wednesday



# Look out for others

- ▶ Being able to notice other people's feelings is an amazing skill to have!
- ▶ If you notice your friend isn't feeling their best, be there for them and try something to make them feel better such as talking to them, playing a game with them or making them laugh.
- ▶ By helping out others it promotes 'growing together'



# Thinking about the future

- ▶ As we said before growth is both something that happens to our bodies but also to our minds.
- ▶ Have a think about what you would like to **CHANGE** or be different in your life
- ▶ What are your hopes and dreams for the future? Who will you grow to become?



# We all grow and develop differently

- Just like trees and plants need support to help them grow, we need support to help us grow emotionally. We often need others to help us believe in ourselves like our friends, families and teachers.
- Sometimes we feel like we are growing and developing well and other times we may feel a little bit stuck, upset or feel like we aren't doing our best.
- It's ok to feel like this. We all have ups and downs and we all grow, develop and change differently.
- We will continue to grow, develop and change just like trees and plants do.



# Your turn

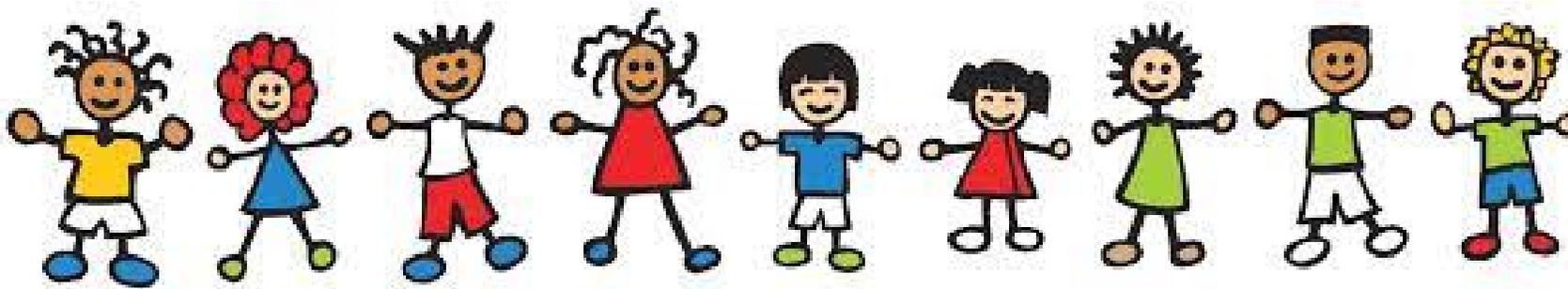
- ▶ Think about how you have grown this year? What have you achieved? What challenges have you faced?
- ▶ Discuss with the person next to you how they have grown, what they have achieved and if they have faced any difficult moments
- ▶ We all grow differently and that makes us unique!



# Things to remember



- ▶ We all learn and grow differently and that's ok!
- ▶ It's important to look after ourselves and look out for others so that we can 'grow together'
- ▶ Ask for help and support when you need it from your friends, families, teachers and other services like CHUMS



"Be like a tree. Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep growing."

-Joanne Raptis

