



SHINING A LIGHT ON MENTAL HEALTH

CHILDREN'S MENTAL HEALTH AWARENESS WEEK



This is my place
Primary Schools

mindjurny

WHO ARE CHUMS?

- CHUMS is a Mental Health and
- Emotional Wellbeing Service that supports
- children, young people and their families.
- We work across Bedfordshire, Luton and Milton Keynes - Offering a mixture of support including Group sessions, Workshops and some 1:1s.



SHINING A LIGHT ON MENTAL HEALTH

IMPORTANCE OF MENTAL HEALTH

- Like our physical health, if our mental health is not healthy, we might feel sad, grumpy, angry and other feelings.
- The good news is we can look after our mental health in different ways.
- Mental health is important for things such as coping with difficult feelings, managing how we get on with others and getting on well at school.



THIS IS MY PLACE

- Today's assembly has been inspired by Place2Be's Children's Mental Health Week. The theme this year is '**This is My Place**' which is based around belonging and how we can feel a sense of belonging and help others feel like they belong.



SO, WHAT DOES IT MEAN TO BELONG?



HERE ARE SOME EXAMPLES OF WHAT OTHER YOUNG PEOPLE HAVE SAID:

- It's like a place, your home, you belong with your family and friends'
- 'Feeling included, not left out'
- 'It's all about feeling safe'
- 'Feeling a part of something'
- 'Feeling like there are people similar to you as well as different'
- 'Feeling like you fit in and feeling comfortable'
- Remember you belong wherever you feel loved and accepted for who you are. We hope that school can make you feel this way also.



WHAT CAN HELP FIND YOUR PLACE?

- Be your true self. Belonging comes from being accepted for who you are.
- Do the things you love: sport, video games, music, crafts, these are great ways to connect each other.
- Be kind to yourself when you make a mistake, you don't need to be perfect.
- Listen to your feelings and try to think about what you need.
- Talk to someone you trust, you are not alone



A STORY...

Once there was a small yellow bird named Sunny who was learning to sing. Sunny flew to the playground but the other birds were playing a game and the foxes were laughing from the bushes. Sunny felt small and sat on a branch, too shy to join.

A squirrel named Mira noticed Sunny sitting alone. Mira sat next to Sunny, listened to one small chirp, and said, “Would you like to sit with us?” Mira introduced Sunny to a robin and a rabbit, and helped Sunny learn one new note.

The next day Sunny sang a little louder because someone had said hello.



HELPING OTHERS FEEL LIKE THEY BELONG

- **Top Tips from other Children:**
- ‘If you see someone left out then you can ask them to play’
- ‘Be kind’
- ‘By asking people how they are and if they are okay.’
- ‘Make sure everyone has friends and feels included’
- ‘Put yourself in other’s shoes’
- **Can we think of any more?**

“Be somebody who makes everybody feel like a somebody”

Brad Montague, the creator of the popular online series Kid President



ACTIVITY

- Turn to the person next to you and say your name clearly
- Tell them your favourite colour or favourite game.
- Swap so they say their name and favourite thing to you.
- After pairs finish, everyone quietly wave to the person you spoke with.



THIS WEEK, EVERYONE PICK ONE THING TO TRY:

- This week, everyone pick one thing to try:
- Say hello to one person you don't usually talk to.
- Share a toy, crayon, or turn in a game.
- Invite someone to join your group.
- Say out loud which one you will try.



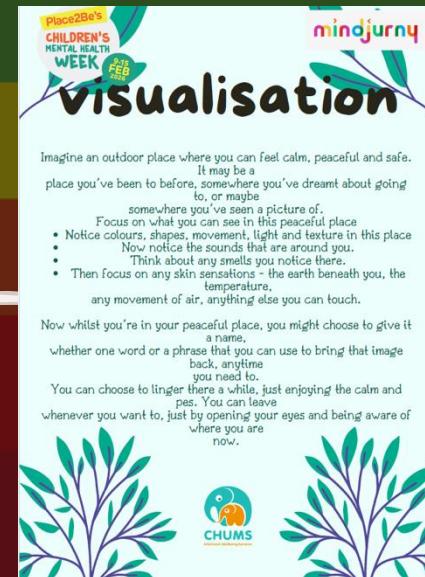
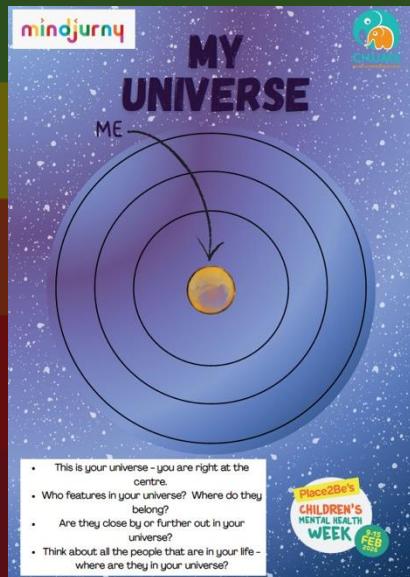
WHAT CAN I DO IF I FEEL I NEED SOME HELP FOR MY EMOTIONS?

- Ask for help from an adult you trust – teacher, parent, sibling, other family member, etc.
- Remember you are not alone! – everyone goes through tough times.
- Take a moment to yourself – take some breaths, sit quietly, go outside, exercise.
- Remember you are enough, and you are the only you!
- Spend time with people important to you.
- Remember it is ok to not always be ok!



ACTIVITIES

we have created some activities for you to do





**Remember Sunny the bird and Mira the squirrel.
Small, friendly actions make big changes. If each
of us does one kind thing, our classroom and
playground will be a place where everyone feels
they belong.**



Thank-you for Listening ☺