

# Children's Mental Health Week

## 2023 toolkit

Children's Mental Health Week starts next Monday, and this year the theme is 'let's connect', looking at the importance that connections with others have on our mental health.

Healthy relationships with family, friends and others are vital for children's wellbeing, offering a strong protective factor against poor mental health.

Connections within a school setting are also very important – pupils should feel that they belong to, and are a valued part of, a school community. Their relationships with adults in the school should be positive, consistent, and based on trust and mutual respect.

In this toolkit, we're sharing free resources to help you explore the theme of connections with your pupils, and celebrate the week in your school.

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**Anna Freud**  
National Centre for  
Children and Families



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# **Resources**

## **For pupils**

### **[Children's Mental Health Week: Let's Connect primary pack](#) – Place2Be**

Run assemblies and lessons for Children's Mental Health Week with this official resource pack from Place2Be.

### **[Building connections: Year 6 lesson plan](#) - Public Health England**

This lesson from Public Health England supports Year 6 pupils to understand that it's normal to feel lonely, and that there are strategies they can use to safely build connections with family, friends and their community.

### **[Primary AGENDA: Supporting children in making positive relationships matter](#) – NSPCC**

A free online toolkit exploring issues that matter to children around their relationships, as well as equity and diversity.

### **[Appreciation circles: celebrating ourselves and others](#) - Mentally Healthy Schools**

This appreciation circle activity encourages children to appreciate positive attributes and qualities in everyone, recognising differences and similarities and building friendships.

### **[Getting along with others](#) – CCEA**

These classroom activities & lesson plans will help younger children understand the importance of positive relationships with family and friends.

## For staff

Staff can learn more about the importance of relationships and belonging, and how to help them build better peer relationships, [on our website.](#)



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