

# Children's Mental Health Week toolkit: Primary



Children's Mental Health Week will take place from 3-9 February 2025. The theme this year is 'know yourself, grow yourself.'

This theme is about empowering children and young people to embrace self-awareness and explore what it means to them so they can build resilience, grow and develop.

This toolkit contains resources to support schools during Children's Mental Health Week. The resources are divided into materials for pupils and staff.

Materials for pupils are designed to help them understand their emotions and grow in their ability to connect with others to form strong and healthy relationships. Materials for staff aim to help them encourage their pupils to express their voice and emotions.

## Resources



### Resources for pupils

#### [Children's Mental Health Week: primary age activities](#) - Place2Be

A range of resources, including an assembly, classroom activities and tips for pupils and parents to use in Children's Mental Health Week.

#### [Talking mental health: animation and teacher toolkit](#) - Anna Freud

An animation and accompanying teacher toolkit designed to help begin conversations about mental health in the classroom and beyond.

#### [Time to level up: a short film about self belief](#) - Anna Freud

This video can be used in RSHE lessons or in a whole-school assembly to generate discussion around self-belief and positive, diverse role models.

#### [Emotion wheel](#) - Anna Freud

A simple tool to support children to express their feelings, divided into eight different emotions.

## Resources for staff

### [How to talk about and support young people with their wellbeing - The Children's Society](#)

A children and young person-led guide to support staff to discuss wellbeing with their pupils.

### [Overview of ideas to enable student voice in schools and colleges - Mentally Well Schools](#)

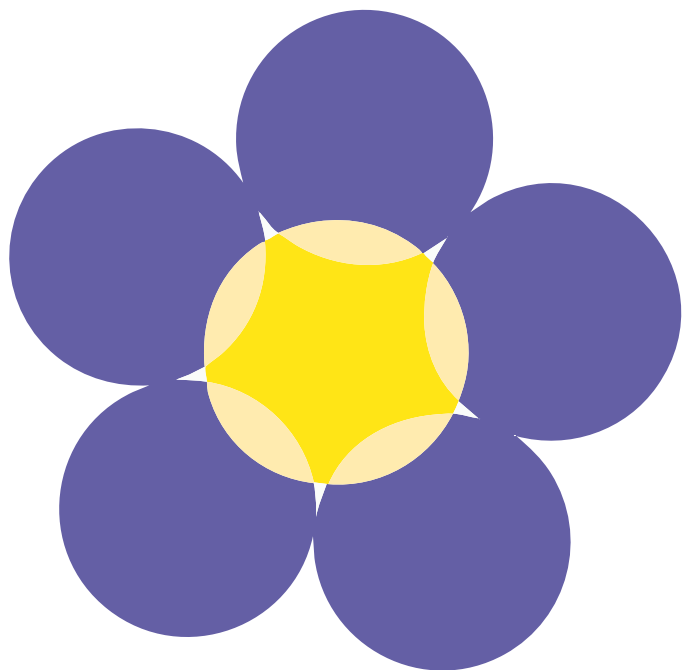
A list of ideas to enable pupil voice, so that every pupil's voice is heard, valued, and can influence decisions.

### [Student resilience survey - Anna Freud](#)

This survey aims to measure students' perceptions of their individual characteristics, as well as the environmental factors around them. For ages 7+.

### [Me and my feelings questionnaire - Anna Freud](#)

A brief questionnaire designed to capture pupil voice and identify emotional and behavioural difficulties that pupils might need support with.



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**Anna Freud**  
Mentally Healthy Schools