

Children's Mental Health Week toolkit: Secondary and FE



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 young people by equipping them with tools to express themselves and look after their mental health and wellbeing.

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

Materials for students are designed to help them express their emotions and discuss their mental wellbeing. Materials for staff aim to help them gather student voice, discuss wellbeing, and identify mental wellbeing needs.

Resources



Resources for use with students

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

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

[We All Have Mental Health - Anna Freud](#)

A short animation and accompanying resources for teachers, exploring the topic of mental health self-care with secondary school students aged 11 to 13.

[Wellbeing activities – being kind to yourself - British Red Cross](#)

A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.

[Healthy coping strategies video for young people - Anna Freud](#)

A video which explains various practical coping strategies and how young people can use them.

Resources for staff

[Pupil voice: a school practice example](#) - Anna Freud

A video discussing how schools and colleges can put student voice at the heart of their approach to wellbeing, with practical tips and advice on how to do this.

[Student resilience survey](#) - Anna Freud

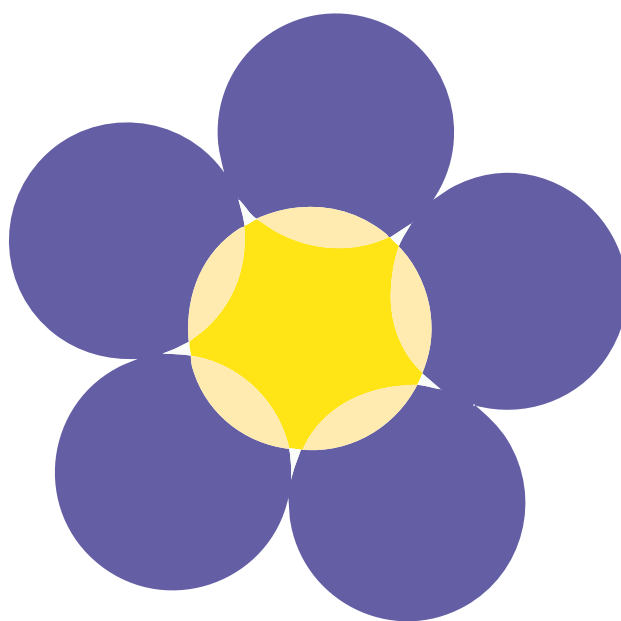
This survey aims to measure students' perceptions of their individual characteristics, as well as the environmental factors around them. For up to age 19.

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

A comprehensive, children and young person-led guide to supporting wellbeing and opening up about mental health.

[Gathering student voice on racism and mental health in schools](#) - Anna Freud

Guidance for schools and colleges on gathering student voice on racism and mental health in schools, including suggested questions to add to a student survey.



Sign up to the
Mentally Healthy
Schools newsletter
for more resources



Anna Freud
Mentally Healthy Schools