

Children's Mental Health Week

Monday

Water Bead Stress
Ball Craft Activity

Wednesday

Emotions
Stick Puppets

Thursday

KS1 Self-Portrait
Activity Sheet

KS2 Self-Portrait
Activity Sheet

Friday

Cuddle Cards

Sunday

Worry Box
Activity Pack

The Making of Milton
Worry Monster

Tuesday

KS1 Positive
Mirror Decorations

KS2 Positive
Mirror Decorations

Saturday

Teaching Children
About Growth

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You and your children should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. As mental health is complex, you should undertake proper and relevant training before teaching on mental health. These resources are intended to support you once you have received such training. It is up to you to contact a suitably qualified health professional if you are concerned about your children's mental health or your own mental health. When using this resource, you are responsible for the safety of those involved with using this resource.