



# Living Well North Tyneside

Supporting Health and Wellbeing

**Children's Mental Health Week** is an annual campaign dedicated to raising awareness and encouraging conversations about young people's mental wellbeing. This year, from **3rd to 9th February 2025**, the theme is **"Know Yourself, Grow Yourself"**, focusing on the importance of self-awareness in building resilience and confidence.

Mental health is just as important as physical health, especially in childhood and adolescence, when young people are developing their identities, emotions, and coping skills. By supporting children in understanding themselves better, we can help them grow into more resilient, self-assured individuals who are better equipped to face life's challenges.

## Understanding the Theme: "Know Yourself, Grow Yourself"

Self-awareness is the foundation of emotional intelligence. It involves recognising one's own emotions, strengths, and challenges and understanding how these affect behaviour and decision-making. The theme "Know Yourself, Grow Yourself" encourages young people to:

- Reflect on their feelings and thoughts
- Identify their personal strengths and areas for growth
- Develop a greater sense of confidence and self-worth
- Understand how their emotions influence their relationships and actions

By knowing themselves better, children and young people can learn how to manage stress, set meaningful goals, and develop a positive mindset. This self-awareness enables personal growth, helping them to build emotional resilience, cope with difficulties, and make informed decisions about their wellbeing.

## Why Self-Awareness Matters for Mental Health

Mental health challenges among young people are on the rise, with increasing levels of anxiety, stress, and low self-esteem. Encouraging self-awareness can play a crucial role in improving wellbeing by:

### 1. Building Emotional Resilience

- Children who understand their emotions can regulate them better, reducing feelings of stress and overwhelm.
- Self-aware individuals are more likely to develop coping strategies that help them navigate setbacks and challenges.

### 2. Strengthening Relationships

- Understanding emotions allows young people to communicate their feelings more effectively.
- It fosters empathy, helping them build strong and healthy relationships with peers, teachers, and family members.

### 3. Encouraging Personal Growth and Confidence

- Recognising strengths helps children develop confidence in their abilities.
- Identifying areas for growth encourages a positive mindset towards learning and self-improvement.

### 4. Helping to Recognise When Support is Needed

- Self-aware children are more likely to seek help when they are struggling, whether from a teacher, parent, or mental health professional.

By embedding self-awareness practices into daily life, we can help young people develop skills that will benefit them throughout their lives.

## **How Schools, Parents, and Communities Can Get Involved**

There are many ways to support children and young people during Children's Mental Health Week 2025. Schools, parents, and local organisations all have a role to play in encouraging self-awareness and personal growth.

### **For Schools and Educational Settings**

Schools play a vital role in supporting young people's mental wellbeing. This week presents an opportunity to incorporate self-awareness activities into the curriculum and daily school life.

#### **1. Journaling and Reflection Activities**

- Encourage students to write about their strengths, goals, and emotions.
- Provide prompts such as "What makes me feel happy?" or "What challenges have helped me grow?"

#### **2. Mindfulness and Relaxation Techniques**

- Introduce breathing exercises, meditation, and mindfulness activities.
- Help students recognise how different emotions feel in their bodies and how to manage them.

#### **3. Class Discussions on Mental Health and Self-Discovery**

- Open conversations about emotions, challenges, and personal growth.
- Encourage students to share their experiences in a supportive environment.

#### **4. Creative Expression**

- Art, drama, music, and storytelling can help young people express their identities and emotions.
- Encourage students to create a "self-portrait" of their interests, dreams, and qualities.

#### **5. Promoting Positive Role Models**

- Share stories of well-known figures who have faced challenges and grown through self-awareness.
- Highlight inspirational figures from diverse backgrounds who have navigated mental health struggles.

### **For Parents and Caregivers**

Parental support is essential in helping children develop self-awareness and resilience. There are several ways parents can encourage self-reflection and personal growth at home:

#### **1. Encourage Open Conversations**

- Ask open-ended questions like "How did that make you feel?" or "What do you think you learned from this experience?"
- Validate emotions and provide a safe space for children to express themselves.

#### **2. Help Children Identify Strengths and Interests**

- Encourage hobbies, activities, and interests that allow children to explore their talents.
- Support them in setting small, achievable goals to build confidence.

#### **3. Teach Emotional Regulation Skills**

- Help children recognise their emotions and develop healthy coping strategies, such as taking deep breaths, journaling, or engaging in physical activity.

#### **4. Be a Positive Role Model**

- Demonstrate self-awareness by discussing your own emotions, challenges, and how you work through them.
- Show that making mistakes and learning from them is part of growth.

### **For Communities and Organisations**

Local organisations, libraries, and community groups can also support Children's Mental Health Week by promoting activities and providing resources for young people and families.

## 1. Host Wellbeing Workshops

- Organise sessions on self-awareness, emotional regulation, and mental health awareness.
- Provide opportunities for children to explore mindfulness, creativity, and movement-based activities.

## 2. Create Safe Spaces for Self-Expression

- Offer open forums where young people can talk about their experiences.
- Encourage peer support and mentoring opportunities.

## 3. Raise Awareness on Social Media and in Local Communities

- Share messages about the importance of self-awareness in mental health.
- Promote available resources and support services.

## Resources for Children’s Mental Health Support

For those looking for further guidance and support, there are many organisations dedicated to children’s mental health:

**Place2Be** – [www.place2be.org.uk](http://www.place2be.org.uk)

**YoungMinds** – [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Mind (Mental Health Charity)** – [www.mind.org.uk](http://www.mind.org.uk)

**NSPCC (National Society for the Prevention of Cruelty to Children)**– [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Anna Freud National Centre for Children and Families**– [www.annafreud.org](http://www.annafreud.org)

Encouraging conversations around mental health, self-awareness, and personal growth can have a long-lasting impact on young people. By working together, we can create environments that empower children to “Know Themselves and Grow Themselves.”

## Related Links

- [Place2Be](#)
- [YoungMinds](#)
- [Mind \(Mental Health Charity\)](#)
- [NSPCC \(National Society for the Prevention of Cruelty to Children\)](#)
- [Anna Freud National Centre for Children and Families](#)



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