



Children's Mental Health Week 2025

This years theme is:
**Know Yourself,
Grow Yourself**

Why knowing yourself matters....

Self Awareness means understanding your thoughts, feelings and behaviours

Good self awareness leads to:

- Better emotional regulation
- Stronger relationships
- Confidence to face challenges



What does it mean to truly know yourself?

Values:

What matters most to you?

Strengths:

What are you naturally good at?

Emotions:

How do you react to situations?

Habits:

What patterns shape your daily life?



How knowing yourself helps you grow...

- Recognise triggers and respond calmly
- Build resilience through understanding your coping mechanisms
- Set realistic goals aligned with your values (for example, understanding you value creativity might help you choose hobbies that nurture that).



Practical Tips for Getting to Know Yourself, Journalling

- identify negative thoughts and triggers
- learn from experiences
- manage anxiety
- cope with depression
- reduce stress
- conquer fears and worries
- improve self-confidence
- sleep better
- improve your mood
- solve problems
- process trauma



Try new things

- Fights boredom
- You become more interesting as you have more to talk about
- You gain new friends
- You learn time management
- You lead the way with friends and family



Practice Mindfulness

*stress reduction

*self-acceptance

*emotional regulation

*learning how to quiet your mind.

MINDFULNESS PRACTICES

simplypsychology.org

Mindful meditation



A formal practice focusing on non-judgmental awareness of present-moment experiences.

Mindful breathing



Concentrating on the breath to anchor attention in the present moment.

Mindful movement



Intentionally moving the body to cultivate present-moment awareness, such as walking meditation.

Mindfulness in everyday life



Bringing non-judgmental awareness to routine daily activities.

Body scan



Systematically focusing attention on different parts of the body to increase bodily awareness.

Loving-kindness



Cultivating goodwill towards oneself and others through directed positive thoughts.

Visualization



Using mental imagery to promote relaxation and positive emotions.

3-minute breathing space



A brief mindfulness technique to increase present-moment awareness, especially during stressful times.

Identify Patterns

- Spot patterns in your moods to understand what triggers certain emotions so that you can manage your reactions better

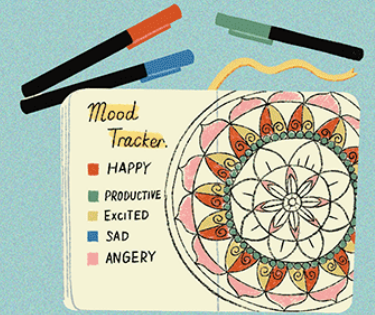
- Discover how your sleep routine, your diet, and your daily activities affect your own moods.

- Develop coping techniques to help deal with negative moods and unwanted behaviors.



daily journal

Types of Mood Trackers



Mood mandala



Apps



Online programs

Gratitude Activities for Kids and Teens

www.thepathway2success.com

Gratitude List



Create a Gratitude Collage



Gratitude Journal



Color Gratitude Pages



Design a Gratitude Bulletin Board



Read Gratitude Affirmations



Make a Gratitude Chain



Gratitude Show-and-Tell Time



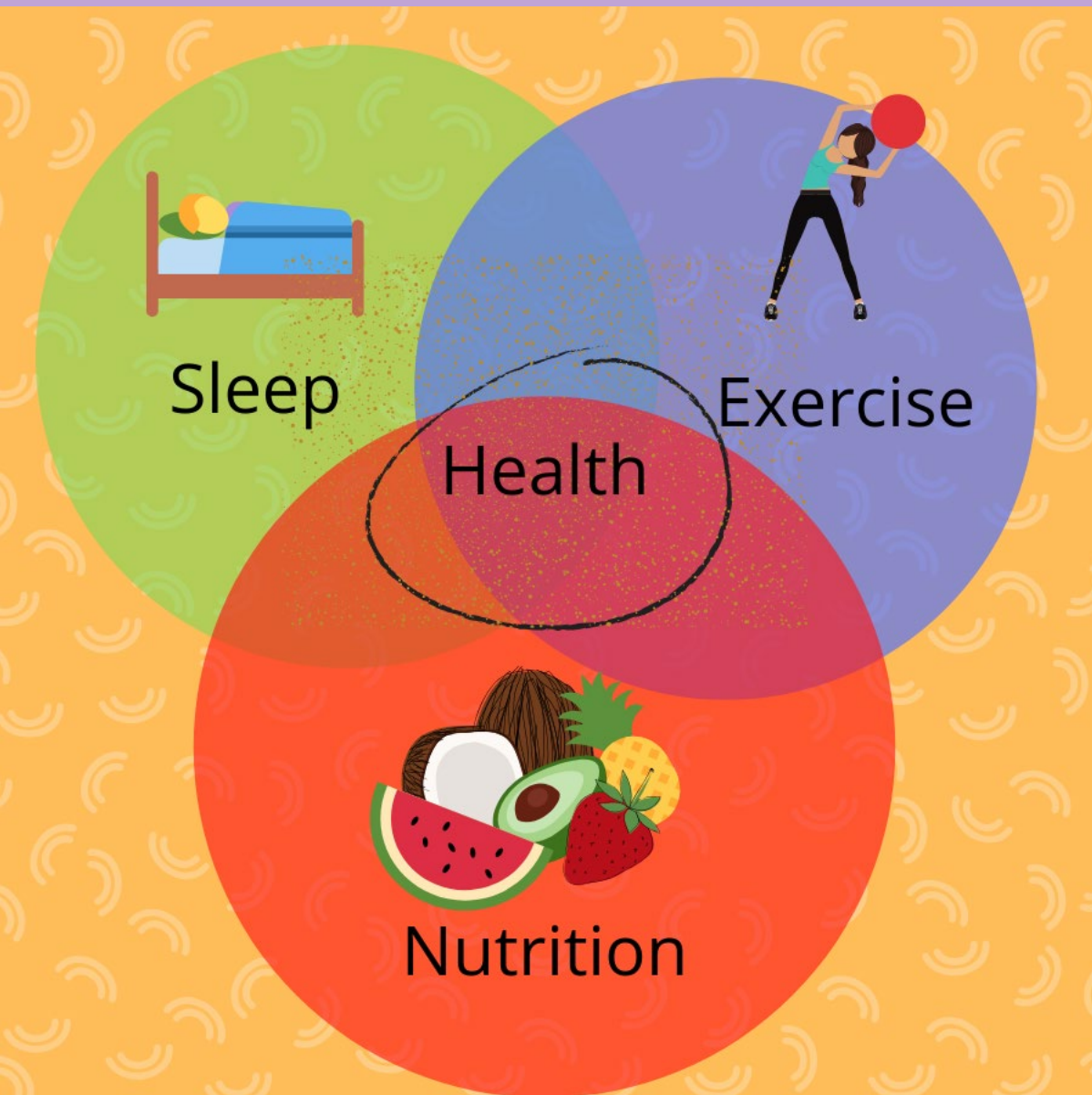
Gratitude C



Tips to stay Emotionally Healthy:

Practice Gratitude

- increased happiness & positive mood
- more satisfaction with life
- less likely to experience burnout
- better physical health
- better sleep
- greater resiliency
- encourages the development of patience, humility, and wisdom
- strengthens relationships



Take care of your body

Sleep, nutrition and exercise all impact positively on your mental health and wellbeing

Set Boundaries

Establishing boundaries
creates mutual respect in
relationships

Types of Boundaries

Physical Personal space, who can touch you, where, when and how they may touch you.	Material The limits you set on how much money or resources you give or loan other people.
Emotional How you allow people to talk to you. Not taking responsibility for someone else's mistakes or actions.	Time What you're willing to spend your time on. Spending time on yourself.
Sexual Your comfort with sexual experiences as well as the sharing	Relationships Behavior that you are or are not willing to put up with in the

Stay connected with supportive people

**Build healthy
relationships**

You have the power to grow

Knowing yourself is a lifelong journey

Embrace your uniqueness and use
it as your superpower

Start with baby steps
and be patient with yourself



