

MAKE ROOM  
FOR NEW EMOTIONS.



Disney · PIXAR  
**INSIDE  
OUT 2**

Place2Be's

**CHILDREN'S  
MENTAL HEALTH  
WEEK**

**SCHOOLS PACK**

**3-9 FEBRUARY 2025**

EVERYTHING YOU NEED TO GET YOUR SCHOOL  
INVOLVED IN CHILDREN'S MENTAL HEALTH WEEK 2025

# CHILDREN'S MENTAL HEALTH WEEK 2025



We are so pleased you are taking part in Place2Be's Children's Mental Health Week 2025 in association with Here4You supported by Disney.

We launched our very first week in 2015 to empower and equip children across the UK to share their voice. This year's theme is Know Yourself, Grow Yourself. (Read more on page 4). It is so important we understand what makes us tick, our likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness.

It is through knowing ourselves and speaking with others, that we can build resilience, grow and develop.

**1 in 5 children and young people** now have a probable mental health condition. By taking part in Place2Be's Children's Mental Health Week 2025, you can help us to ensure that children and young people across the UK feel listened to, and know that they're not alone. This pack contains everything you need to take part in the week – from group activities, top tips and an assembly guide. However you take part, we're so grateful for your support.



This year for Place2Be's Children's Mental Health Week, we are excited to team up with the characters from Inside Out 2 to explore the importance of expressing our emotions. Together, we will discover how getting to know who we are and what makes us tick can help us build resilience, grow and develop.



## HOW TO GET INVOLVED IN THE WEEK

1



### Class activities

Split by primary or secondary / high school, these activities can help you get your class or group expressing their emotions and understanding the importance of listening too. Visit page 6 to read more.

2



### A Know Yourself assembly

Why not celebrate our uniqueness with a whole school assembly on how we can get to know ourselves better?

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Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## ADD YOURSELF TO OUR MAP!

We'd love to know what your plans are for the week. Add yourself to our map to let us – and other schools around the UK – know you're taking part in the week. [bit.ly/4614npP](https://bit.ly/4614npP)

# KNOW YOURSELF, GROW YOURSELF

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**CHILDREN'S  
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**This year's Children's Mental Health Week theme is Know Yourself, Grow Yourself.**

**The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.**

Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel **JOY** and what may cause us **SADNESS**. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way. During Place2Be's Children's Mental Health Week 2025, please join us in some activities to help us explore our different emotions and grow ourselves. There is something for everyone, and we hope you enjoy this journey of self-discovery!

## **How could you involve students in your plans for the week?**

Ask them for their ideas on how to mark the week – get them talking about their emotions, perhaps they'd like to lead an assembly or class session.



# TIPS FOR SCHOOLS

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## 1 Help children recognise and express their emotions

It's important that children feel comfortable talking about their emotions at school. Encourage children to label and share how they are doing with daily check-ins, poster-boards, conversations, and through lessons. Once children and young people start feeling more connected with their emotions, they will feel more comfortable opening up.

## 2 Reflect on emotions, especially after challenging situations

This really helps to create safe spaces for children and young people who are experiencing difficult emotions and thoughts. It can give them the chance to share what is going on inside of them and develop healthy ways to navigate life.

## 3 Setting goals

Setting goals for our future helps us get to know ourselves and each other. It helps us focus on our hopes, dreams, and what we believe we can achieve. During this process, it is key to keep the student at the centre and understand what matters most to them.

## 4 Active listening

Active listening involves fully focussing on what a child is saying, and showing you understand by responding thoughtfully. Often, this is all we need to do. School staff will often have competing priorities, and the pressure to have solutions to the problems students share can be overwhelming. At Place2Be, children and young people tell us that what helps them most is knowing someone is truly listening.

## 5 Working with others

After students have taken part in group activities, encourage them to reflect and share what they have learned about themselves. This can be a great way to connect with others, get feedback and get to know ourselves better, exploring our strengths and areas for development.

## 6 Creativity

Embracing and developing creativity in learning environments is a fantastic way to help your school community grow. Whether through art, writing, playing an instrument, or computer coding, creativity helps children express who they are and the emotions inside of them.



# CLASS ACTIVITIES FOR PRIMARY SCHOOLS

Here are a range of short activities to explore the theme 'Know Yourself, Grow Yourself'.

Take a look at the ideas which are suitable for whole class and group work.

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## Activity 1 – Islands of Personality

Just like Riley, we all hold different Islands of Personality in our brains. These islands are created from our past memories, emotions, life experiences and passions. Ask the children to get into small groups or pairs. What are their Islands of Personality?

Ask each group to:

- Think of three ways their Islands of Personality are similar to each other
- Encourage them not to just focus on different parts of their personality, but what they are good at, their emotions and what makes them special

Get them to discuss where different parts of their personalities work together to make them who they are. Give them some examples, for instance: "Just like my friend, I love running and we are both good listeners, but they like playing tennis and they're very funny where as I prefer singing and am very patient." Ask the children to share their three differences and similarities, highlighting that we are all unique.

## Activity 2 - I can and I'd like to learn to...

Ask the children to all think of things that they can do well. Examples include riding a bike, being a good friend, counting to 20. Now ask the children to think of a few things that they would like to do better, improve on or learn.

Once in small groups, get the children to share their list of skills and the things they would like to improve. Get them to discuss what emotions the different activities bring up. How does it make them feel when they pick up an activity really easily? What emotions do you experience when an activity is challenging? Invite them to discuss how they might develop some of the things on their 'things to improve list'. What might they need to do to make this happen? Who can help support them?



**Teacher note:**

You might find it useful to read Carol Dweck's book, *Mindset - Changing The Way You Think To Fulfil Your Potential* (2017).

**Activity 3 - Pupil Bingo**

Give the class cards or boards with a combination of different statements. Some examples include:

- Someone who has freckles
- Youngest child in the family
- Someone who has a cat
- Someone who likes maths

Ask the children to move around the classroom and when they find another child who meets one of their statements ask them to write their name on the card/board. After 10 minutes stop the activity and ask the children if they learnt anything new about the class. Find out how they feel making connections with their classmates, and what emotions they felt when taking part in the activity. Emphasise that we don't always know everything about everyone and whilst we are all different, we also have similarities.



# CLASS ACTIVITIES FOR SECONDARY / HIGH SCHOOLS

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## Activity 1

Read out some issues for debate that are safe and not too controversial or sensitive. For example, school uniform should be abolished, the voting age should be lowered to 16, exams are causing too much stress. Ask the pupils whether they agree with the statements by holding some cards up which say agree, disagree, not sure. Encourage the pupils to say why they think that way and have a discussion about the importance of different viewpoints and how having different opinions can help us all. Talk about the range of different emotions and thoughts we can experience when we hold different views and when we don't agree with others.

Why not watch the 2024 Here4You 30 minute film hosted by Roman Kemp along with other celebrities, signposting help, and empowering young people to take charge of their mental health [Here4You.co.uk](https://www.here4you.co.uk)

**Teacher note:**

You might find it useful to read up on the 24 character strengths by Christopher Peterson and Martin Seligman.

**Activity 2 – How all the different parts of ourselves can coexist**

Our life experiences and memories are banked, which can then go on to form our beliefs. Our memories, life experiences, and beliefs all contribute to our overall sense of self. Our sense of self can be made up of both positive and negative parts. It's important to remember all these parts of ourselves coexist together and make us who we are.

All of our emotions have a purpose and we can't ignore them. It is important to let yourself feel and accept the range of emotions you experience. Sometimes feeling all these emotions can feel overwhelming and this is a really normal experience for everyone, especially when we are growing and developing as a young person. After this discussion, ask students to create small groups.

Now in your group, I want you to finish these sentences. I am strong at \_\_\_\_\_, and I struggle with \_\_\_\_\_. Take a moment to think about what this tells you about yourself? How does reflecting on your strengths and struggles help you to grow / develop your self awareness?



# FUNDRAISE AND TRANSFORM LIVES

We are so grateful that your school are joining Place2Be's Children's Mental Health Week 2025 community!

By getting involved and raising money you can make a massive difference and help ensure that no child has to face mental health problems alone.



## THANK YOU!

## FUNDRAISE AND MAKE A DIFFERENCE

**£54**

could pay for a child struggling with trauma to have a 50-minute one-to-one session with a counsellor.

**£252**

could pay for 4 specialised parent coaching sessions for a parent and child to have together.

**£500**

could allow 31 children to speak to a counsellor about their worries in a lunchtime session.

**£1080**

could help fund a full round of one-to-one counselling sessions for 2 vulnerable children.



"I want to thank you for caring, because a lot of the time given the situations I have been in, I feel like no one cares about me. But I feel like you were always there for me."

Amy, secondary school

# FABULOUS FUNDRAISING IDEAS

This year's theme 'Know Yourself, Grow Yourself', encourages you to get creative and fundraise in a way that allows you to explore and express your uniqueness, strengths, and passions. We invite you to support us in a way that encourages your whole school community to showcase your unique personalities, passions, and expresses who you are.

There are countless ways to fundraise and express yourself, explore some of our favourite ideas to find the perfect fundraiser for you!



## Non-uniform day

Invite the whole school to a 'Non-uniform' day! Encourage everyone to donate a suggested £2 and wear an outfit that expresses themselves, whether it's their favourite outfit, a splash of colour, a traditional attire that celebrates their culture, or an ensemble that showcases their beloved hobby, we want everyone's creativity to shine.



## Bake a difference

Get students, parents, and school staff to showcase their baking skills by bringing in homemade treats to sell. You could even decorate your cakes with positive messages or fun designs!



## Sponsored challenge

This could be anything from a walkathon, whole-school run, dance-a-thon, read-a-thon, or creative art challenge. You could even organise a teacher vs. students challenge for some friendly competition. Whatever you choose, get sponsored and raise valuable funds by doing something unique!



## Quiz or Games Day

Encourage your school community to express their individual knowledge and skills, whether you create trivia questions, set up board games, or organise a scavenger hunt!

# KICKSTART YOUR FUNDRAISING JOURNEY!

By fundraising for Place2Be's Children's Mental Health Week, you are helping to give a voice to children across the UK, and we are so grateful.

Follow our easy-to-use checklist to breeze through your fundraiser and make it a huge success!



## ① Choose your fundraiser

Pick an idea that excites you and allows your school community to express themselves! Our fabulous fundraising ideas on the previous page are full of fun ways you can get involved.

## ② Set the date

Join thousands of schools across the country and fundraise by expressing yourself on Friday 7th February. If that doesn't work for you, choose a day that works for everyone!

## ③ Set up your JustGiving page

See next page for more information. Check out the ideas on page 14 to help kickstart your fundraising.

## ④ Spread the word!

Check out page 18 for more information on how to spread the word by using our posters and email templates – and don't forget to share your fundraising fun on social media using #ChildrensMentalHealthWeek.

## ⑤ Raise money

Every pound your school raises takes us one step closer to a future where no child has to face mental health problems alone.

## ⑥ Pay in your fantastic funds fundraising

Check out our 'Paying in your funds' section on page 14 to find out how.

## ⑦ Share your success

Send us your photos and stories. Let us celebrate your hard work and brilliant involvement.



Let us know how you're fundraising and we'll send you some free stickers!

# SET UP YOUR FUNDRAISING PAGE

The easiest way to collect your donations is to set up a JustGiving page. Head to [justgiving.com/campaign/cmhw2025](https://justgiving.com/campaign/cmhw2025) and select 'Start Fundraising'. Then follow our simple tips below to be on your way to fundraising success!



Scan here to set up your JustGiving page.

## Personalise your page with photos and a special message

- Say why your school are raising money for Place2Be
- Fundraising pages with pictures or videos raise 13% more per photo!

## Set a fundraising goal

- Don't be afraid to go big! Fundraisers with a target raise up to 17% more

Did you know? Fundraising pages with a personalised story raise a whopping 65% more!

## Share, share, share

- Share the link with friends, family, and the school community via email, social media, and newsletters. Once a donation is made, it comes straight to Place2Be.

## Thank your community

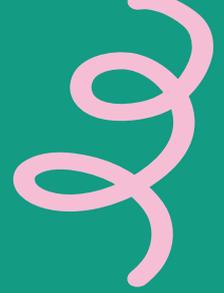
- A simple thank you can go a long way, make sure you thank everyone who donates to your fundraiser.

For even more success check out JustGiving's Top Ten tips

[justgiving.com/for-fundraising/top-10-fundraising-tips](https://justgiving.com/for-fundraising/top-10-fundraising-tips)



# PAYING IN YOUR FANTASTIC FUNDS



There are several ways you can send us any money you raise during Place2Be's Children's Mental Health Week, and the sooner you're able to send it in, the sooner we can put it to work giving a voice to children and young people across the UK.

## Use your online fundraising page

You can set up a JustGiving page to collect and pay in any cash donations you receive.

Visit [justgiving.com/campaign/cmhw2025](https://www.justgiving.com/campaign/cmhw2025) to get started. All donations made to your fundraising page come straight to us, making it super easy for you.

## Donate online

You can transfer any money raised online at [bit.ly/3ZZL7Bu](https://bit.ly/3ZZL7Bu)



Or by scanning the QR code.

## At the bank and bank transfer

If you would like to donate via BACS, bank transfer, or by depositing your fundraising at a bank branch, please get in touch with the Children's Mental Health Week team at [hello@childrensmentalhealthweek.org.uk](mailto:hello@childrensmentalhealthweek.org.uk).

## By post

Cheques and CAF vouchers can be made payable to Place2Be and sent to:

**Children's Mental Health Week Team**  
Place2Be  
175 St John Street  
London  
EC1V 4LW

**Don't Forget!** Please include a note with your name as well as your school's name (if applicable) with any cheques or CAF vouchers.

**Do not send cash in the post.**  
Thank you for your incredible support!



# MEET FRANK



At age 9, Frank was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). His energetic behaviour made him a target for bullying, causing him to avoid break times and cry at the school gates each morning. The bullying led to low self-esteem, with Frank often describing himself as “bad” and “stupid.”

Seeing Frank’s struggles, his mother transferred him to a new school. However, he found it difficult to settle in and began falling behind in his classwork. His disruptive behaviour escalated, and when his teacher responded, he lost control, became angry and broke into tantrums and outbursts. Recognising the severity of the situation, Frank’s teacher referred him to Place2Be for one-on-one counselling.

In his first session, Frank was full of energy, using Lego bricks to build a tower. As the session came to an end, he destroyed the tower he had built. When he felt confident enough, Frank told the practitioner that he missed his dad, who had recently been released from prison and decided to move abroad. This caused a lot of sadness for Frank, and the practitioner realised that Frank found satisfaction in destructing things as a way for him to express his anger and low self-esteem.

As Frank’s one-to-one counselling continued, his creative side emerged. He used clay to build models representing his father and himself, carefully crafting them with love, only to destroy them at the end of each session. When building the models, the practitioner would ask him questions about his dad, this process helped him release his anger and talk about his dad with mixed emotions.

Alongside Frank’s sessions, his mother attended Place2Be’s Parent Partnership sessions. She shared her struggles with accepting Frank’s ADHD diagnosis. The Mental Health Practitioner connected her with resources and helped her accept the diagnosis and support Frank.

Eventually Frank was ready to end his one-to-one sessions. Place2Be continues to be the main source of support for Frank and his mother, accessible whenever they need it.

\*Names have been changed to protect the privacy of the children and families we support.

## DONATE TODAY

So no child should have to face mental health problems alone.



[bit.ly/3ZZL7Bu](https://bit.ly/3ZZL7Bu)

Or by scanning the QR code.

# TIPS FOR FAMILIES

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CHILDREN'S  
MENTAL HEALTH  
WEEK

## 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



# TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

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## 1 Be curious about your emotions

You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journalling to help you make sense of what is going on inside of you.

## 2 What matters most

Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.

## 3 Feedback, feedback, feedback

Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots

## 4 Get creative expressing yourself

Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help [Here4You.co.uk](https://www.here4you.co.uk)



# SPREAD THE WORD

We'd love for you to shout about the week and your incredible involvement. We've made it easy-peasy with our created resources and example tweets and posts.



## Key information

Tag us – when posting on social media, tag us so we can see and share your amazing efforts!

Use our hashtag – don't forget to use #ChildrensMentalHealthWeek to join the conversation and have an even bigger impact.

 [@Place2Be](#)

 [@Place2BeCharity](#)

 [@\\_Place2Be](#)

 [@Place2Be](#)

## Suggested copy for social media

We're supporting #ChildrensMentalHealthWeek with @Place2Be! Join us in raising awareness and funds for children's mental health. #CMHW2025

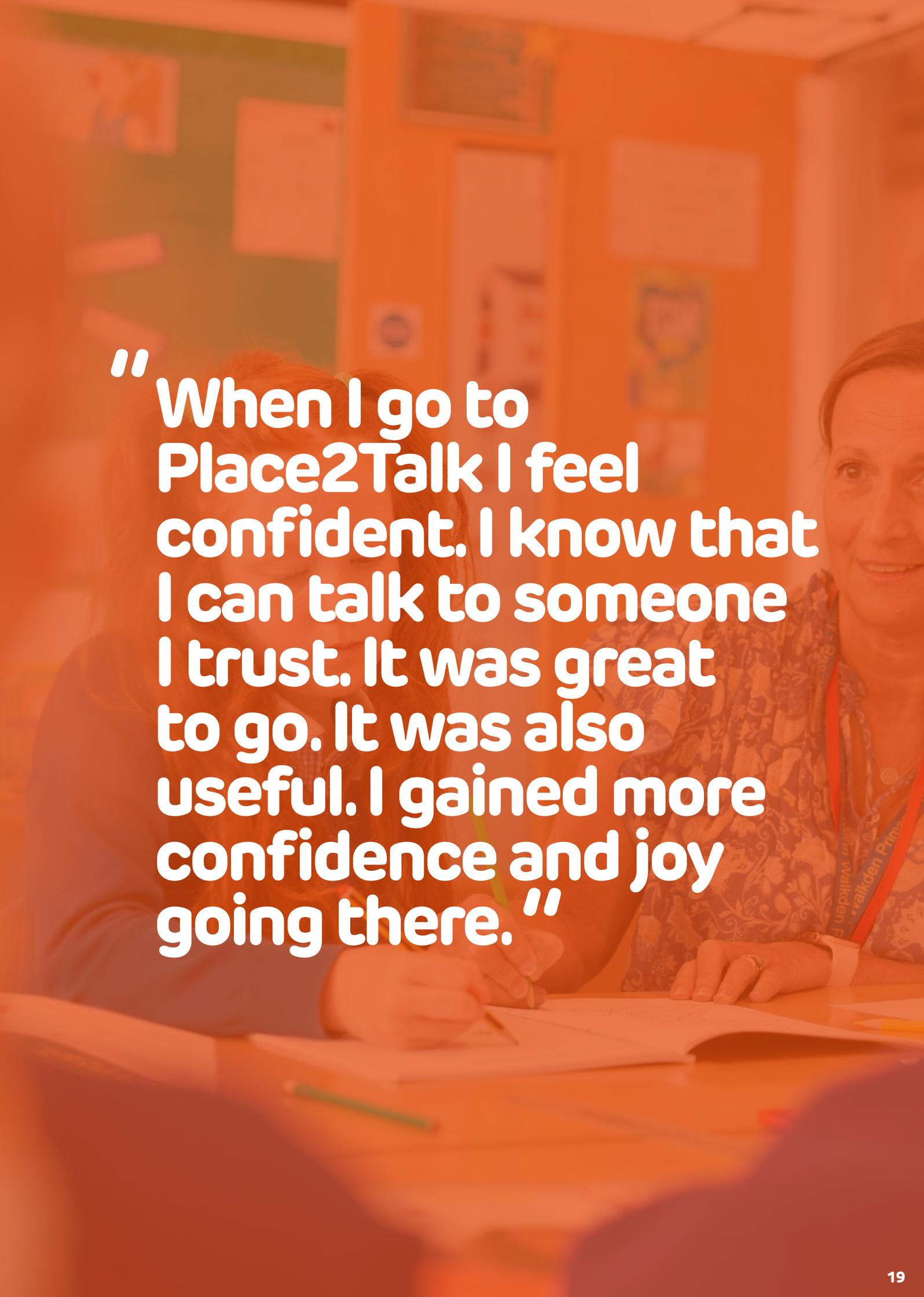
We're excited to take part in #ChildrensMentalHealthWeek! Join us in supporting @Place2Be and raising awareness for children's mental health. Every donation helps to make a difference. #CMHW2025

Did you know 1 in 5 children face mental health challenges? Let's make a difference together during #ChildrensMentalHealthWeek! @Place2Be #CMHW2025

We're supporting #ChildrensMentalHealthWeek with @Place2Be! This year's theme is 'Know Yourself, Grow Yourself,' encouraging self-discovery and growth. Join us in raising awareness and funds for children's mental health. #CMHW2025

By spreading the word, you'll be helping us create a future where every child has access to the mental health support they need. Thank you for being a champion for children's mental health!



A woman with brown hair, wearing a patterned blue and white blouse and a red lanyard, is smiling and looking towards the camera. She is seated at a table with several sheets of paper and pens. The background is a blurred office or meeting room with posters on the wall. The entire image has an orange overlay.

**“When I go to Place2Talk I feel confident. I know that I can talk to someone I trust. It was great to go. It was also useful. I gained more confidence and joy going there.”**



**WE'D LOVE TO  
HEAR ABOUT  
YOUR PLANS!  
GET IN TOUCH.**

**Contact the Children's Mental Health Week team**

hello@childrensmentalhealthweek.org.uk  
020 7923 5500  
childrensmentalhealthweek.org.uk

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**Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK**



With thanks to Findel, a leading educational resources supplier and proud sponsor of Children's Mental Health Week.

# GET READY

We're headed on a journey around your own headquarters – and your favourite *Inside Out* characters are coming along for the ride! They're here to help us discover what makes us who we are – is it our **Emotions**? Our **Personality**? Our **Memories**? Have a go at completing the activities and be sure to have fun!

## MEET THE EMOTIONS!

In the *Inside Out* film, Riley has five different emotions that work together inside her head. They all have a name and a different colour. Can you match their names to their pictures below and colour-in the bubbles to match?

ANGER

FEAR

SADNESS

JOY

DISGUST

Each emotion helps Riley in a special way. Can you match each emotion to what it does? Add the name of the emotion into the correct box.

PROTECTS US & KEEPS US SAFE

PREVENTS US FROM BEING POISONED!

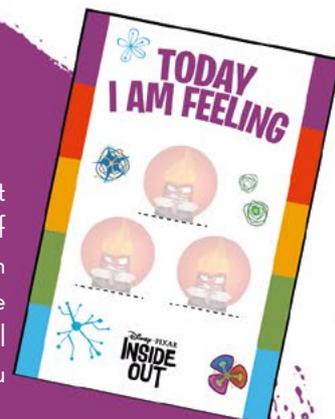
FINDS THE FUN & HAPPINESS IN A SITUATION!

HELPS US NOTICE SOMETHING IS WRONG OR UNFAIR

LETS US KNOW IT'S OKAY TO FEEL DOWN

## MY MOOD BOARD

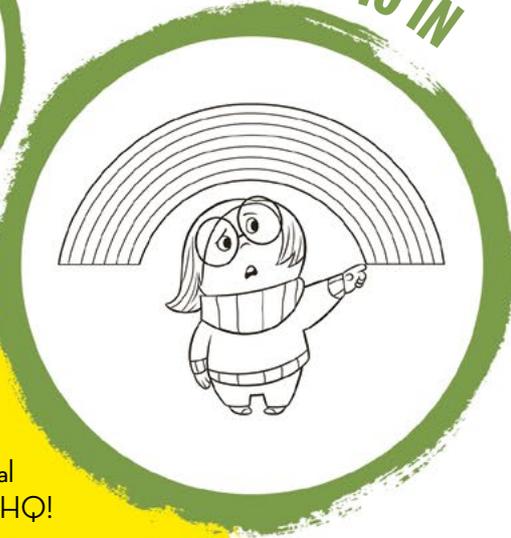
Just like Riley, we all have emotions. But sometimes it is difficult to know how we feel, or we can feel lots of different emotions at the same time. Create your own **Mood Board** using the template provided and use the **Emotion Markers** to help you decide how you feel today. Stick it up on your wall so that those around you know how you feel too!



COLOURING IN



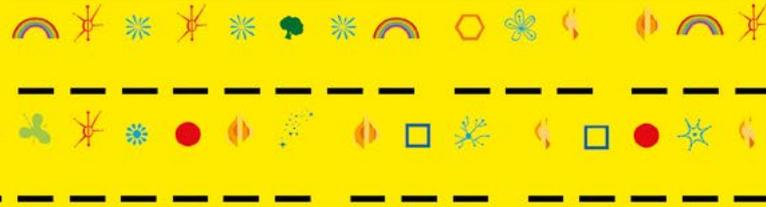
COLOURING IN



# CONNECTOR CODE

Match the symbols with the letters to reveal a secret message from the Emotions in Riley's HQ!

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z



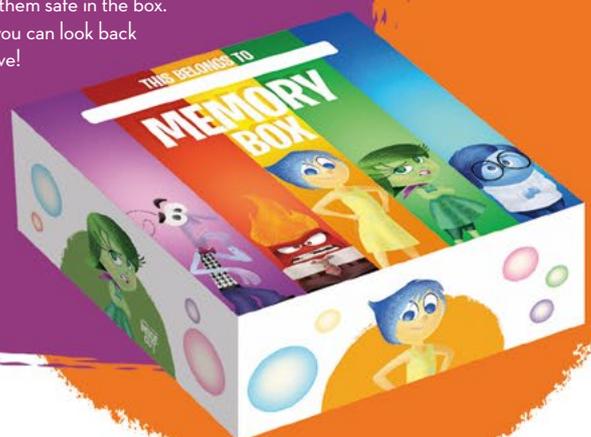
Who else do you know who is special and unique? Why not share this code with them to let them know they are special to you? You can also use the connector code to write more fun messages to each other!

ANSWER: REMEMBER YOU ARE SPECIAL AND UNIQUE

# MY MEMORY BOX

Cut out and create your own colourful memory box using the template provided.

- Write lots of different memories on pieces of paper and keep them safe in the box. You could add things you are grateful for or proud of, so that you can look back and remind yourself of how many wonderful memories you have!
- Why not add some keepsakes or souvenirs too? Like a shell from a trip to the beach, or tickets from a cinema trip.
- You could also make the box with someone else so that you can both add your memories and look back on them together. Was there a time where you both laughed and cheered each other up, or went on an adventure together?

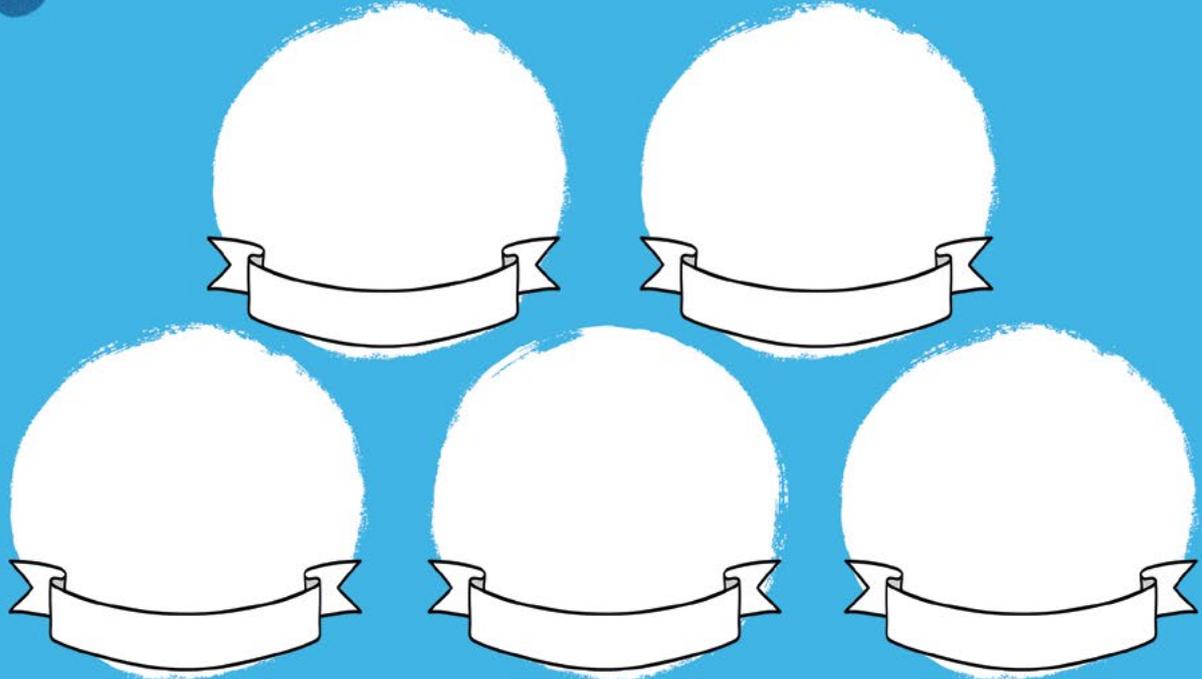


# PERSONALITY ISLANDS



Above are Riley's five **Personality Islands** from the film. Together these make up her personality. Like Riley, we each have our own personality that makes us unique!

Think about the things that are important to you, what you enjoy doing, and what makes you who you are. Then draw five of your own Personality Islands in the circles below. Maybe you have a Football Island, a Friendship Island, a Painting Island, or an Honesty Island? Label each island with its name!



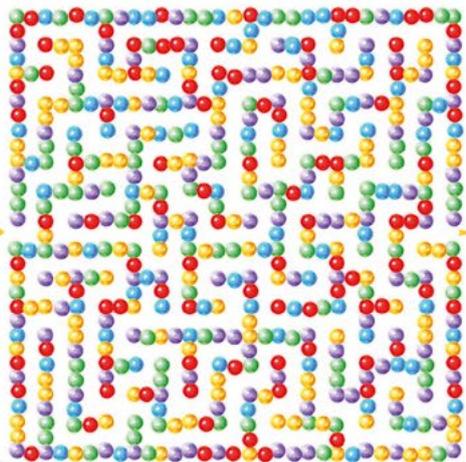
Can you unscramble the words below to show three things that help shape who we are? They are all connected!

SNTIOOME EIRSMMEO

NOSLAIYTPRE

Answers: Emotions, Personality, Memories

Can you help Joy and Sadness find their way back to the other Emotions at HQ?



MINI GAME

MINI GAME

# MY MEMORY BOX

Pop out your **Memory Box** outline and follow the instructions on the inside of the lid to assemble. Don't forget to add your name to the top! Now you are ready to fill your **Memory Box**. Look back at your activity book for some ideas on how you can use it!



# MY MOOD BOARD

Pop out your board outline and five **Emotion Markers**, then follow the instructions to fold up and create your very own **Mood Board**. Display it proudly! And ask yourself: How am I feeling today? Choose which emotions you feel and slide the corresponding marker into the gaps to show other people how you are feeling too. You can keep your other Emotion Markers safe in the pocket of the Mood Board for when you need them next!



TODAY I AM FEELING

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# HOW ARE YOU FEELING TODAY?

