

# What's happening in the news?



Let's have a look at the poster

Children's Mental Health  
Week 2025



**How can learning about the world help us?**

# Let's look at the story



3<sup>rd</sup> – 9<sup>th</sup> February 2025 is Children's Mental Health Week. Children's Mental Health Week was first launched ten years ago by children's mental health charity, Place2Be. This year's theme is 'Know Yourself, Grow Yourself'. Learning about our world can help us to learn more about ourselves. We can discover more about how we feel and the things that excite or interest us.

Learn more about this story [here](#).

Watch the useful video [here](#).



Use the information below to explore mental health. Discuss ways you look after your mental health. Do you feel like you know yourself?

## What is mental health?

We all have mental health. It affects how we think, feel and act, and how we cope with life's stresses and realise our potential.

## Ways to look after your mental health

- Sleep
- A healthy diet
- Keep active
- Spend time with friends, family and people you trust
- Develop new skills and set realistic goals and challenges
- Relax and enjoy hobbies
- Recognise and talk about your feelings

## Know Yourself, Grow Yourself

What makes you happy?

What makes you sad?

What do you enjoy doing?

What do you not enjoy doing?

What makes you frustrated or angry?

What do you care about?

Is there anything new you would like to try? Perhaps a new food, hobby or place to visit?



I didn't know anything about the Comets Disability Football until I read about it in the news. I have joined a club near me now and I love it. I have made new friends and I'm so happy to be able to play football.



Niamh

I learned about the effects climate change is having across the world. I believe there is more we can do in our local area. I have been raising awareness of ways we can all contribute. I am really passionate about this, and I will not give up.



Tyrell

## How did learning about the world help Niamh and Tyrell?



## Main question

How can learning about the world help us?

 **Listen**  **Think**  **Share**

- > Look at the poster image. Do you recognise any of the pictures? Do you have any questions you would like to ask? Which image interests you the most/least? Does everyone agree? Each image is linked to something that has happened in the world recently.
- > Read through this week's story. Do you know anything about Children's Mental Health Week? Have you ever taken part in it before? What do you know about mental health?
- > Use the information on the resource to explore mental health. Discuss ways you look after your mental health. Do you feel like you know yourself?
- > Reading about something happening in our world right now helped both Tyrell and Niamh. Tyrell discovered a passion and became an active citizen, campaigning for positive change. Niamh discovered a club, where she felt included and made new friends. Discuss how these discoveries might impact their mental health.
- > Have you ever discovered something about yourself when learning about the news? Perhaps a new hobby, a new place you would like to visit, a new food you would like to try? Has something in the news ever made you feel angry, happy, inspired, sad?
- > Knowing and recognising our feelings can help our mental health. Watch the Useful Video, which explores emotions. What do you do to help relax? Have you ever felt overwhelmed? Who can you talk to if you feel this way?

## Useful Weblinks

- > **News story:**  
[Learn more about this story here.](#)
- > **Useful video:**  
[Watch the useful video here.](#)

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