

# FIND YOUR BRAVE

#ChildrensMentalHealthWeek



[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

DEAR TEACHERS AND SCHOOL STAFF,

## 3-9 FEBRUARY 2020 IS CHILDREN'S MENTAL HEALTH WEEK

This week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year's theme is **FIND YOUR BRAVE**.

### WHAT'S IT ALL ABOUT?

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **FINDING YOUR BRAVE** can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We all have times when we need to **FIND OUR BRAVE**.

### WHAT CAN YOU DO?

Here are a few simple ways you can encourage your pupils to **FIND THEIR BRAVE**.

1. **Use the primary or secondary assembly guide or group activities in the Children's Mental Health Week 2020 pack** to talk about bravery in all its many forms, big and small, seen and unseen.
2. **Tell pupils that bravery is not about keeping things to yourself and dealing with difficulties on your own.** It's brave to ask for help when you need it and accept help when it's offered.
3. **Challenge yourself and colleagues to learn a new skill and share your progress with pupils.** Doing something outside your comfort zone models brave behaviour.
4. **Talk to pupils about a time when you had to FIND YOUR BRAVE.** It can help children to see that adults also have to face their fears in everyday life and to learn from how you dealt with the fear.
5. **Praise pupils when they FIND THEIR BRAVE.** Maybe they've persevered at learning a new skill or tried something outside of their comfort zone which boosted their confidence and self-esteem.
6. **Tell pupils that being brave is not about taking unsafe risks or putting yourself in danger.** Being brave involves taking responsibility and making sensible choices.

At children's mental health charity Place2Be we want all children to think about how they look after their minds.

Children's Mental Health Week might encourage more children in your class to come forward with worries or problems or prompt parents and carers to contact you for help. If you have concerns about a pupil, you should always speak to your manager or school-based counsellor.

You can also find a list of organisations that provide support and advice on our website [www.place2be.org.uk/contacts](http://www.place2be.org.uk/contacts)