

Children's Mental Health Week

2020: Find Your Brave

From 3rd to 9th February 2020, it is Children's Mental Health Week in the UK. Each year there is a different theme and the theme for this year is 'Find Your Brave'. It is a week where schools can do activities that help children to try something new and to ask for help.

Who Organises It?

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK. Children's Mental Health Week started in 2015 and it has carried on helping many children feel happier ever since.

The Duchess of Cambridge is the Royal Patron of the Place2Be charity. This means that she supports them, helps them and talks about their work. She has supported the mental health of children for a long time. She would like children to be helped to have the chance to be the best they can be.

What Is the Problem?



The Duchess of Cambridge says in her message:

"Childhood is an incredibly important moment in our lives.

It is the time when we explore our personalities...

Our experience of the world at this early stage helps to shape who we become as adults..."

Children come across many difficulties in their everyday lives from families splitting up to bullying or feeling negatively about themselves.

Many of the children that work with Place2Be have low self-esteem, which can make them unhappy.

Children can find it hard to overcome challenges and do not always feel confident enough to ask for help. Things can then get worse and children's mental health begins to deteriorate as they see no way out of a difficult situation. The theme of 'Find Your Brave' tries to make children and young people see that it's OK to find things hard and that more importantly, it's OK to talk about things and to ask other people for help.

What Is the Answer?

Place2Be and Children's Mental Health Week cannot make all the problems go away but they can help people to be happier and help them be able to deal with the problems. This is done by helping people to understand and realise that everyone struggles at different times in life and that there are things they can do to help them face, then hopefully overcome, these difficulties.

Find Your Brave

The Theme of 'Find Your Brave' for 2020 looks at supporting people and giving them the confidence and tools to deal with problems and challenges in life. Place2Be want children and young people to recognise that being brave does not mean that you have to cope on your own or hold things in. Instead, bravery can be about sharing worries and asking for help. It can be trying something new or pushing yourself outside your comfort zone. Being brave means finding ways to overcome challenges.



Place2Be have suggested these tips for finding your brave:

- Think about something you've done where you felt brave and how it made you feel.
- Write down something brave that you could do at school. It could be speaking up in class or volunteering for something.
- Think of a new skill or activity that you could try that you've never done before.

Questions

1. What is this year's Children's Mental Health Week theme? Tick **one**.

- Find Your Confidence
- Find Your Power
- Find Your Brave
- Find Your Positivity

2. How many days does Children's Mental Health Week last for?

3. Explain what you think The Duchess of Cambridge means when she says:
"It [childhood] is the time when we explore our personalities..."

4. Tick **true** or **false** for these statements.

Statement	True	False
A patron can be someone who supports a charity.		
The first Children's Mental Health Week was in 2016.		
Place2Be work with children in schools.		

5. **Find** and **copy** a word which means **to get worse**.

6. Explain in your own words what 'Find Your Brave' means.

Questions

7. Explain what you think the possible benefits of Children's Mental Health Week are.

8. Give one tip that Place2Be have suggested for finding our brave.

Answers

1. What is this year's Children's Mental Health Week theme? Tick **one**.

- Find Your Confidence
- Find Your Power
- Find Your Brave**
- Find Your Positivity

2. How many days does Children's Mental Health Week last for?

Seven days

3. Explain what you think The Duchess of Cambridge means when she says:
"It [childhood] is the time when we explore our personalities..."

Pupil's own response, such as: I think The Duchess of Cambridge means that childhood is a time when we find out about ourselves and discover who we are and what we like and dislike.

4. Tick **true** or **false** for these statements.

Statement	True	False
A patron can be someone who supports a charity.	✓	
The first Children's Mental Health Week was in 2016.		✓
Place2Be work with children in schools.	✓	

5. **Find** and **copy** a word which means **to get worse**.
deteriorate

6. Explain in your own words what 'Find Your Brave' means.

Pupil's own response, such as: I think that 'Find Your Brave' means to grow in confidence and to try something new even if it is scary. It means that you need to find things and people to help you to do this and that you don't have to cope on your own.

Answers

7. Explain what you think the possible benefits of Children's Mental Health Week are.
Pupil's own response, such as: I think the benefits of Children's Mental Health Week are that awareness of children's wellbeing is increased and more time is taken to consider the mental health of ourselves and those around us.
8. Give one tip that Place2Be have suggested for finding our brave.
Accept any one of the following:
- **Think about a time when you were brave and how it made you feel.**
 - **Write down something brave to do at school.**
 - **Try a new activity or learn a new skill.**

Children's Mental Health Week 2020: Find Your Brave

Children's Mental Health week in 2020 happens between the 3rd and 9th February and the theme for this year is 'Find Your Brave'. It is a week where schools and other organisations can do activities and provide services that help children to try something new and to ask for help.

The Organisers

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK. Children's Mental Health Week began in 2015 and 2020 is the sixth one. It continues to help many young people feel more positively about themselves. Last year, the theme was 'Healthy: Inside and Out'.

HRH The Duchess of Cambridge has been Place2Be's Royal Patron (official supporter of the charity) since 2013. She spoke on a short film to launch the week. The Duchess of Cambridge has been interested in the mental health of children for a long time. She would like children to be helped to have the chance to be the best they can be.



HRH The Duchess of Cambridge says in her video message:

"Childhood is an incredibly important moment in our lives.

It is the time when we explore our personalities, discover the potential that lies within us and learn how to be ourselves.

Our experience of the world at this early stage helps to shape who we become as adults and how we begin to feel comfortable in our own skin."

What Are the Difficulties?

Children can experience many difficulties in their everyday lives. This might be families splitting up, dealing with bullying, feeling bad about themselves or using social media in a negative way.

Many children that work with Place2Be do not know how to ask for help when dealing with these challenges and therefore cannot ever see the situation improving. Things can then get worse and children's mental health may begin to deteriorate as the individual feels a sense of hopelessness. The theme of 'Find Your Brave' tries to make children and young people see that it's ok to find things hard and that more importantly, it's important to talk about things and to ask other people for help and support.

What Are the Solutions?

Place2Be and Children's Mental Health Week do not claim to wave a magic wand and make everything OK but they do work towards making a difference in people's lives using positive thinking. This is done through activities that help people talk about problems they might be experiencing and to encourage them to ask for help. Place2Be also encourage children to push themselves out of their comfort zone and try something new as they believe this will help build their confidence and self-esteem.

Find Your Brave

The theme of 'Find Your Brave' for 2020 looks at supporting people and giving them the confidence and tools to deal with problems and challenges in life. Place2Be want children and young people to recognise that being brave isn't about coping with these difficulties on your own or holding things in. Instead, bravery is about sharing your worries with others and asking for help. It is about trying something new or pushing yourself outside your comfort zone. Being brave means finding ways to overcome challenges by seeking help and experience from others when necessary.

We are all different and it is these differences which make us who we are.

Place2Be have suggested these tips for finding your brave:

- Make a list of times when you have done something brave and think about how it made you feel.
- Think of something brave that you could do at school or in another social situation such as speaking up in class, standing up for someone or volunteering to do something.
- Think of a new skill or activity that you could try that you've never done before. Remember that it is OK to feel nervous about trying something new – everyone has to start somewhere.
- Ask other people about how what they do to Find Their Brave. They might come up with some good ideas that you could try!



Questions

1. When does Children's Mental Health Week begin? Tick **one**.

- 9th February
- 30th January
- 13th February
- 3rd February

2. What charity organises Children's Mental Health Week?

3. What was the 2019 theme for Children's Mental Health Week?

4. What is a patron?

5. Which of these words is closest in meaning to launch? Tick **one**.

- finish
- work
- catch
- start

6. What does The Duchess of Cambridge say shapes who we become as adults?

Questions

7. Explain what the author means by the sentence: 'Place2Be and Children's Mental Health Week do not claim to wave a magic wand...'

8. Give an example or situation, suggested in the text, when someone could try to be brave.

9. Explain what you think could be the positive outcomes of Children's Mental Health Week.

Answers

1. When does Children's Mental Health Week begin? Tick **one**.

- 9th February
- 30th January
- 13th February
- 3rd February**

2. What charity organises Children's Mental Health Week?

Place2Be

3. What was the 2019 theme for Children's Mental Health Week?

Healthy: Inside and Out

4. What is a patron?

An official supporter of a charity.

5. Which of these words is closest in meaning to launch? Tick **one**.

- finish
- work
- catch
- start**

6. What does The Duchess of Cambridge say shapes who we become as adults?

Pupil's own response, such as: The Duchess of Cambridge said that our earlier experiences of the world (as a child) shape who we become as adults.

Answers

7. Explain what the author means by the sentence: 'Place2Be and Children's Mental Health Week do not claim to wave a magic wand...'

Pupil's own response, such as: The author means that Place2Be cannot instantly remove the difficulties and challenges that children and young people might face because they do not have that power. Instead, they can work towards making a difference in their lives.

8. Give an example or situation, suggested in the text, when someone could try to be brave.

Pupil's own response, such as: In the text, it suggests to try being brave by:

- **Speaking up in class**
- **Standing up for someone**
- **Volunteering to do something**
- **Try a new skill or activity**

9. Explain what you think could be the positive outcomes of Children's Mental Health Week.

Pupil's own response, such as: I think the positive outcomes of Children's Mental Health Week could be that more support is given to people who might be struggling with their mental health because there will be more awareness about wellbeing and mental health in children.

Children's Mental Health Week 2020: Find Your Brave

Children's Mental Health week in 2020 takes place between the 3rd and 9th February and this year's theme is 'Find Your Brave'. It is a week where schools and other organisations can do activities and provide services that focus on helping children to try something new and to ask for help.

The Organisation behind It

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK build up self-esteem and tackle any issues they might face. Children's Mental Health Week began in 2015 and has grown in its six years, helping many young people feel more positive about themselves. In the past, the themes have included kindness and resilience.

HRH The Duchess of Cambridge has been Place2Be's Royal Patron since 2013 and she recorded a video message to launch the week. HRH The Duchess of Cambridge takes a special interest in issues of mental health facing children today. She would like children to be given the opportunity to be the best versions of themselves.



HRH The Duchess of Cambridge says in her video message:

"Childhood is an incredibly important moment in our lives.

It is the time when we explore our personalities, discover the potential that lies within us and learn how to be ourselves.

Our experience of the world at this early stage helps to shape who we become as adults and how we begin to feel comfortable in our own skin."

Difficulties Faced by Children

Children encounter many different issues in their day-to-day lives, from family issues, to bullying, negative self-image and the effect of social media on self-esteem. 80% of children who come into contact with Place2Be are affected by low self-esteem.

Many children that work with Place2Be do not know where or how to ask for help when dealing with these challenges and therefore often feel hopeless about the situation that they are in and cannot see a way out.

Things can then worsen and children's mental health may begin to deteriorate as the individual feels a sense of futility. The theme of 'Find Your Brave' tries to make children and young people see that it's OK to find things challenging and that more importantly, it's important to open up and talk about things as well as asking other people for help and support.



What Is Being Done?

Place2Be and Children's Mental Health Week work towards making a difference in how people deal with issues and challenges that they face in life. They do not claim to wave a magic wand and make everything OK but they do work towards making a difference in people's lives by using positive thinking. This is done through activities that help people talk about problems and encourage them to ask for help. Place2Be also encourage children to push themselves out of their comfort zone and try something new as they believe this will help build their confidence and self-esteem.

Find Your Brave

The Theme of 'Find Your Brave' for 2020 looks at supporting people and giving them the confidence and tools to deal with problems and challenges in life. The theme aims to highlight the fact that although life can sometimes be challenging, if we are brave, we can overcome these challenges. Being brave is not about trying to deal with problems on your own or holding things in. Instead, bravery is about finding positive ways to deal with things that might be difficult such as asking for help from others, trying something new or pushing yourself outside your comfort zone.

Place2Be have suggested these tips for finding your brave:

- Make a list of times when you have done something brave. Think about the emotions you felt at this time and write them down.
- Decide on one new brave thing that you could do at school or in another social situation such as speaking up in class, standing up for someone or volunteering to do something. Start with something small and then try something scarier or more challenging next time.
- Consider learning a new skill or starting an activity that you've never done before. Remember that it is OK to feel nervous about trying something new – everyone has to start somewhere. Why not ask a friend to do it with you?
- When you are with other people, ask them what they do to Find Their Brave. They might come up with some good ideas that you could try!

Questions

1. When did Children's Mental Health Week begin?

2. Explain, using evidence from the text, how The Duchess of Cambridge feels about Children's Mental Health.

3. Match the following sentences.

The Duchess of Cambridge

Low self-esteem

Friendly people around

Place2Be

promotes mental wellbeing in schools.

help you with your own wellbeing.

has been a Royal Patron of Place2Be for at least 5 years.

means that you think negatively about yourself.

4. Which of the following words is closest in meaning to 'futility'. Tick **one**.

- hope
- uselessness
- fun
- fear

Questions

5. According to Place2Be, what percentage of children are affected by low self-esteem?

6. Explain what you think HRH The Duchess of Cambridge meant when she said “[In our childhood, we] learn to be ourselves.”

7. What do Place2Be believes happens when children do not ask for help?

8. ‘Place2Be also encourage children to push themselves out of their comfort zone...’ Explain in your own words what this means.

9. According to the text, what is bravery?

10. Explain what you think the positive impact of having Children’s Mental Health Week as an event could be.

Answers

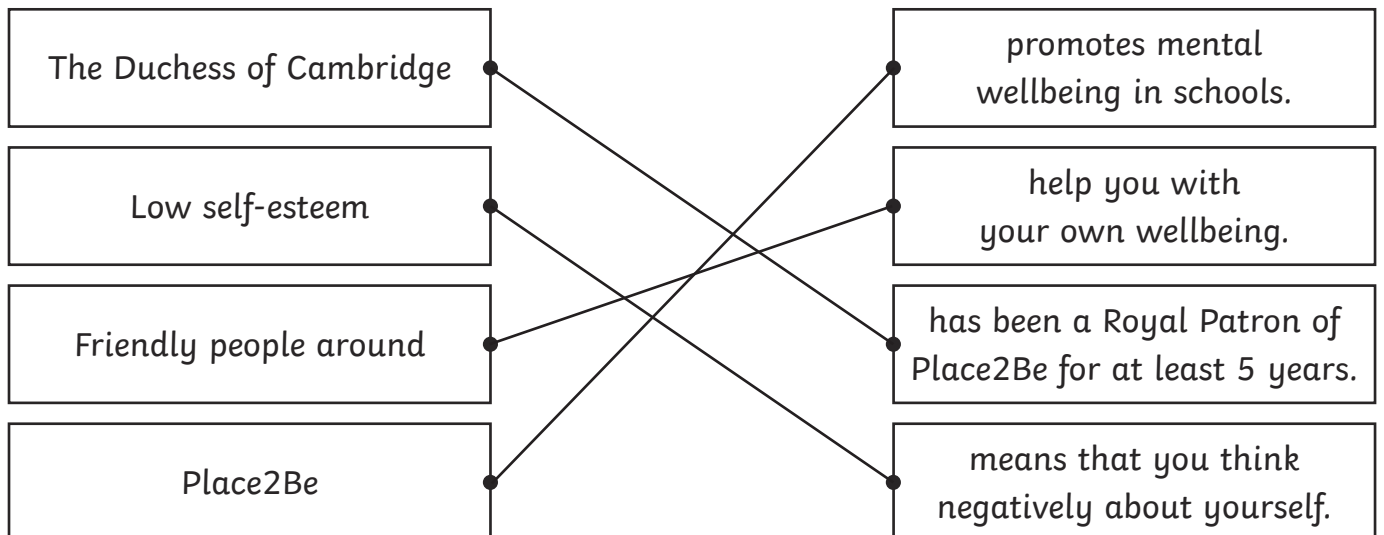
1. When did Children's Mental Health Week begin?

2015

2. Explain, using evidence from the text, how The Duchess of Cambridge feels about Children's Mental Health.

Accept any suitable answer, such as: The Duchess of Cambridge thinks children's mental health is very important and she supports the work of the charity Place2Be. The evidence for this is that she is the Royal Patron of the charity and recorded a message to launch the week, showing that she thinks children's mental health is very valuable.

3. Match the following sentences.



4. Which of the following words is closest in meaning to 'futility'. Tick **one**.

- hope
- uselessness**
- fun
- fear

Answers

5. According to Place2Be, what percentage of children are affected by low self-esteem?
80%

6. Explain what you think HRH The Duchess of Cambridge meant when she said “[In our childhood, we] learn to be ourselves.”

Pupil’s own response, such as: I think the Duchess of Cambridge meant that our childhood is a time to explore our likes and dislikes and what suits us so that we can accept ourselves for who we are.

7. What do Place2Be believes happens when children do not ask for help?

Pupil’s own response, such as: Place2Be believe that when children do not ask for help, things can get worse as the child’s mental health gets worse and they cannot see a way out of their problem.

8. ‘Place2Be also encourage children to push themselves out of their comfort zone...’ Explain in your own words what this means.

Pupil’s own response, such as: I think this means that Place2Be encourage children to do something that they wouldn’t ordinarily do or that they do not think they are capable of doing.

9. According to the text, what is bravery?

Bravery is finding positive ways to deal with difficult things such as asking for help, trying something new or pushing yourself out of your comfort zone.

10. Explain what you think the positive impact of having Children’s Mental Health Week as an event could be.

Pupil’s own response, such as: I think the positive impact of having Children’s Mental Health Week as an event could be that more time is spent thinking about children’s wellbeing and mental health which will increase awareness of issues faced by young people.