



November 2024

Wellbeing Newsletter

Children's Mental Health Week



Children's Mental Health Week will take place from 3 to 9 February 2025, with the theme of **Know yourself, grow yourself**. This highlights the importance and raises awareness of children and young people's mental health.

The links below will navigate you to resources which can support your child.

[Families - Children's Mental Health Week](#)

[Children's Mental Health week 2025 and Mental Health Awareness week 2025 - BBC Teach](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Books and activities to support your child's mental health | Words for Life](#)

[cmhw-schools-pack-posters-digital.pdf](#)

FAMILY TOOLBOX

Because life doesn't come with a manual



Family Toolbox

They offer insights on Tricky Behaviours, Family Life, Child Development, and self-care, plus a 'what's on' tab for local events.

Random Acts of Kindness Day 2025 will take place on February 17, 2025



Safer Internet Day

Safer Internet Day 2025 is Tuesday, 11th February. This annual event promotes the safe, responsible, and positive use of digital technology, especially among children and young people. The theme for 2025 is *"Too good to be true? Protecting yourself and others from scams online"* focusing on educating individuals about online scams and how to safeguard against them.

Below are some helpful resources to support your child at home.

[Safer Internet Day 2025 Resources](#)

[Primary online safety](#)

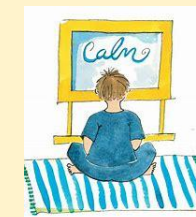


Try a Relaxation Technique Relaxing and focusing on the present can help improve your child's mental health and lighten negative feelings. Why not try some yoga with your child during the day.

Below are the yoga links:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=0ImHIWzP49M>





Friendly February

"Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief." - Marcus Tullius Cicero

Friendly February 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

SUNDAY

1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise



24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together