

MENTAL HEALTH AND WELLBEING

Next week is Children's Mental Health Week and the theme this year is '**Find your Brave**'. Place2Be is asking everyone to think about what makes them feel brave.

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. Next week all year groups will be participating in this so look out for next weeks newsletter where I will share some of the fantastic work the children are doing and some top tips for parents!

Have a great weekend!

Natalie Rosell Hughes

MindUp Lead

**FIND YOUR
BRAVE**

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk