

# Children's Mental Health Week toolkit: Primary



Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'.

This theme is about empowering children and young people by equipping them with tools to express themselves and look after their mental health and wellbeing.

This toolkit contains resources to support schools during Children's Mental Health Week. The resources are divided into materials for pupils and staff.

Materials for pupils are designed to help them express their emotions and discuss their mental wellbeing. Materials for staff aim to help them gather pupil voice, discuss health with young people, and identify mental wellbeing needs.

## Resources



### Resources for pupils

#### [Children's Mental Health Week: primary age activities](#) - Place2Be

A range of resources, including an assembly, classroom activities and tips for pupils and parents to use in Children's Mental Health Week.

#### [Talking mental health: animation and teacher toolkit](#) - Anna Freud

An animation and accompanying teacher toolkit designed to help begin conversations about mental health in the classroom and beyond.

#### [Understanding our emotions](#) - YoungMinds and Beano

A lesson that introduces pupils to different emotions, how to speak about them and how to manage them.

#### [Emotion wheel](#) - Anna Freud

A simple tool to support children to express their feelings, divided into eight different emotions.

## Resources for staff

### [Overview of ideas to enable student voice in schools and colleges](#) - Mentally Well Schools

A list of ideas to enable pupil voice so that every pupil's voice is heard, valued, and can influence decisions.

### [How to talk about and support young people with their wellbeing](#) - The Children's Society

A children and young person-led guide to support staff to discuss wellbeing with their pupils.

### [Me and my feelings questionnaire](#) - Anna Freud

A brief questionnaire designed to capture pupil voice and identify emotional and behavioural difficulties that pupils might need support with.

### [Using measurement tools to understand pupils' mental health needs](#) - Anna Freud

Guidance on using tools and surveys to better understand pupils' wellbeing, so that staff can give them the support they need.



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**Anna Freud**  
Mentally Healthy Schools