

Children's Mental Health Week

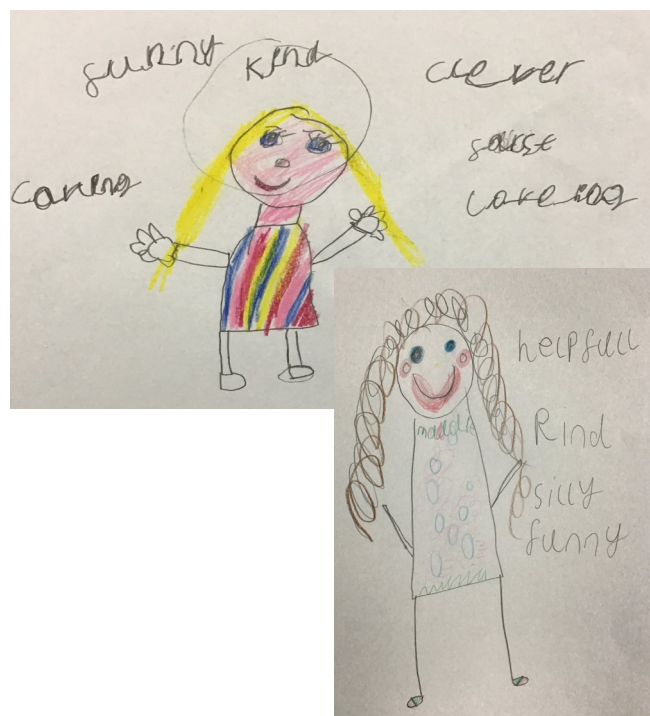
Class R

Each day this week, Class R took part in a variety of activities to explore the theme of 'express yourself'. They particularly enjoyed creating their own artwork from a paint smudge or spill of coffee inspired by the story 'Beautiful Oops' by Barney Saltzberg.

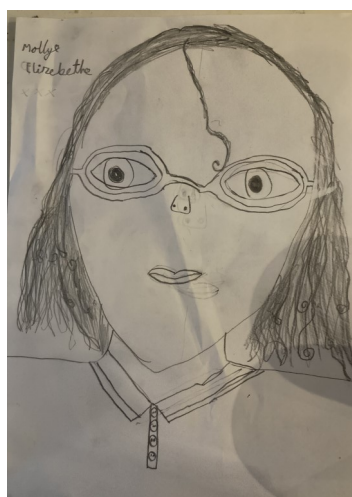


Class 1

Class 1 were looking at the way that they feel about themselves. The children drew self-portraits and identified all the things that they liked best about themselves around the outside. Interestingly, they found it harder than they thought it would be to say positive things about themselves!



Class 3



Class 3 thought about how to express themselves. They thought about what makes them happy and how they could portray this to others. They were given the option of how to express themselves and the medium to use. Here are some of their ideas.



Class 2

Class 2 have enjoyed answering a range of fun warm up questions this week. For example:

My favourite colour is...

If I had an hour of free time I would....

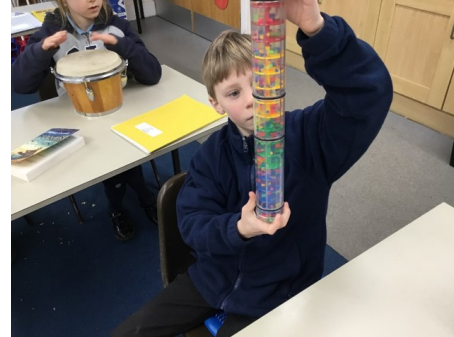
They then moved on to thinking about all the different things that they can do to make themselves feel happy and wrote a list. The children then drew a picture of themselves wearing their favourite clothes and surrounded by their favourite things.



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Class 4

In recognition of mental health week and the importance of well-being, Class 4 certainly did take it upon themselves to express themselves in different forms—through the medium of creative arts - drawing and music too! They realised that not only does this serve as a form of reflection, to show how they feel but that also this sharing of thoughts, ideas and feelings help everyone to feel better too, having a positive impact on our well-being.



Class 5

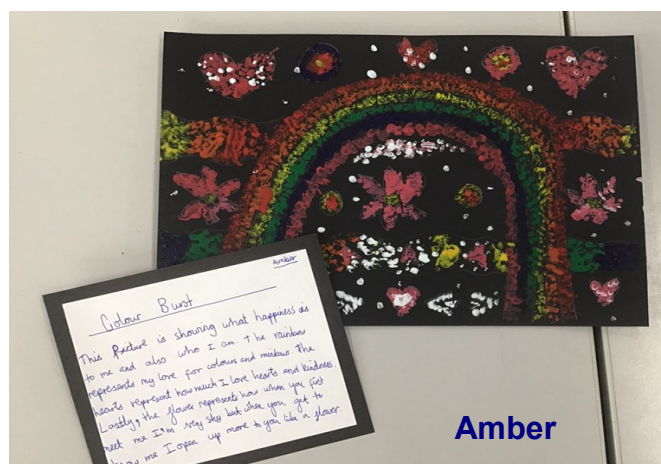


Class 5 have been looking at how they can express their emotions through colour. They looked at the work of artists such as Van Gogh and Picasso to see how they used colour to show how they were feeling about the topics that they painted. The children took a snapshot of their own feelings and expressed that in colours on a heart, then talked about how these emotions can change during the day and how they can be affected by things that happen around us. They all discovered that they were experiencing a variety of emotions and that it was actually quite hard to express them all.



Class 6

Class 6 combined their learning about Aboriginal Dot Painting with the theme for Children's Mental Health Week, using dot paintings as an opportunity to express themselves!



Amber

Adam

The first appearance artwork shows that there is more than one side to a person and tells you not to hide away things about you because you think other people won't like it. The person in the middle could represent any person as it is anonymous



Concerned about a child or young person's thoughts, feelings or behaviour?



Call 999

Are they in immediate danger?

Yes

No

Ask them about it:

Have a resilience conversation

Find out how at www.kentresiliencehub.org.uk

You'll need information on Integrated Children's Services and who to contact.

www.kscmp.org.uk/guidance/kent-support-levels-guidance

Is there a safeguarding need?

Do they have an urgent need?

If in crisis, call 0800 0113474

They will cope, with the advice, information and support you can provide or access in school or college

Young people can access text based support at ChatHealth for support around physical and mental health ChatHealth 07520 618850

Speak to a Designated Mental Health Lead in School or College

Text 'Kent' to 85258 for free, confidential, 24/7 text message support for anyone, any age, who is struggling to cope. www.releaseenthepressure.uk

For support in all areas of resilience, take a look at MoodSpark www.moodspark.org.uk

For free support and access to fully trained online counsellors 365 days a year, visit Kooth www.kooth.com

For support about sexuality and gender identity, contact BE YOU www.thebeyouproject.co.uk

If it's starting to cause difficulties with their school work, friendships or family relationships, they will need your support but will also need some extra help

To see all the services that are available in Kent, visit www.kentresiliencehub.org.uk/

If you are not sure what extra help is needed call the Single Point of Access (SPA) on 0800 0113474

KCHFT School Health Service provide packages of care. Access them using the referral form at <https://www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health/>

If it's preventing them functioning, they will need your support but also they need further specialist support to meet significant mental health needs

NELFT provide access to clinical consultation and specialist mental health services. Call the Single Point of Access on 0800 0113474 or visit www.nelft.nhs.uk