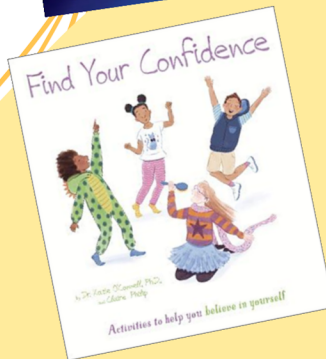
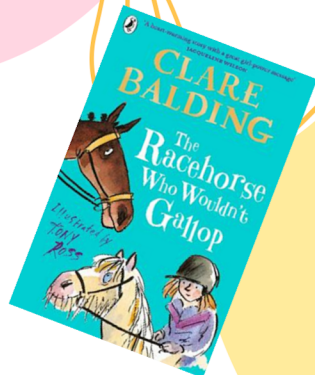
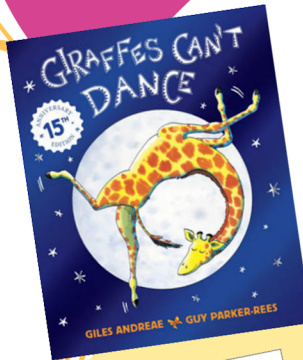


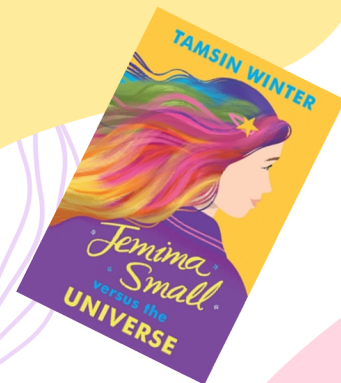
BOOK & APP RECOMMENDATIONS

For young children



For older children

For young people



APPs



My Voice Matters

School Resource Pack



The theme of Children's Mental Health week 2024 by Place2Be is 'My Voice Matters.'

Place2be says:

"Evidence shows that empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem."

This booklet provides ideas for children and young people celebrating this year's theme, whilst making children's emotional well-being an everyday conversation.



POSITIVE AFFIRMATIONS

LOVE WHO YOU ARE

"A sentence of powerful words."

Affirmations are short positive statements that we can repeat out loud or in our heads to help us think more positively and enhance our self-esteem.

Affirmations are personal to us. They can help us to challenge our negative beliefs and replace them more positive thoughts about ourselves.

Make Your Own Affirmations

Affirmations are statements you can repeat aloud (or silently) that help create a positive and loving attitude toward yourself.

- Choose 'being', 'action', or 'reparenting' language.
- Put affirmations in your own words.
- Find a way to incorporate them into your daily life.
- Use them to change your negative self-talk.
- Practice!
- Focus on self-soothing, motivation, or encouragement.
- Give yourself permission to be neutral.
- "I am... I embrace... You are..."

SelfLoveRainbow

Have a go at writing your own affirmations:

- Colour in, each strip of paper.
- Write a positive affirmation on each one e.g. 'I am kind', 'I am brave'.
- Cut out your positive affirmations. You can join your affirmations together to make a positive affirmations chain.



CHATTER BOX



Chatterboxes can be a great activity to encourage talk around mental health, they can be used in a group or 121. Using a fun activity can help children feel more comfortable discussing feelings. It can help the child to feel more empowered to discuss how they feel and is a great tool to give the child a voice without being in the spotlight.

How to make your chatterbox:

How to use your chatterbox:

1. Cut out the chatterbox template.
2. Flip the template over so the blank side is facing up.
3. Fold diagonally in half (starting from the bottom left corner, fold your chatterbox so the bottom left corner meets the top right corner). Your chatterbox should make a triangle. Crease the edge well.
4. Unfold the chatterbox and do the same thing but starting with the bottom right corner (folding the activity picker in half diagonally). You should now have a creased point in the middle.
5. Stay on the blank side and fold each corner so the points meet in the middle. Your chatterbox will now look like a smaller square.

1. Slot your thumbs and first fingers under the flaps of the chatterbox and find a partner to start chatting. Your fingers/thumbs will be touching under the paper.
2. Pick one of the words on the flaps e.g. feelings/talk/physical/wellbeing and spell this out while moving your index fingers apart from your thumbs for letter one, then your right hand digits away from your left hand for letter two etc. Continue in this pattern until you have spelt out the chosen word.
3. Look inside the chatterbox at the numbers available and pick a number. Count the numbers while moving your fingers in the same way as above.
4. Look inside the chatterbox at the numbers again – pick another number. This time unfold the flap and share the answer to the question or statement underneath.

Positive Vibes Only

