



5 LIFE SKILLS IN 5 DAYS

Know yourself, Grow yourself
Children's Mental Health Week
2025

EXPRESS YOURSELF

5 DAY SCHOOL

CHALLENGE

STRONGER MENTAL WELLBEING

This Children's Mental Health Week we're bringing your school a 5 Day Challenge to help all students better know themselves and grow themselves. Here's what the challenge includes...



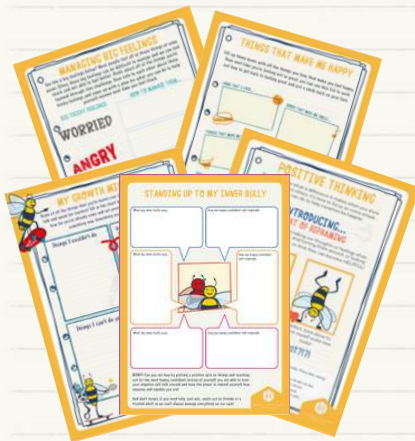
DAILY AFFIRMATIONS

Start each day with an explanation of the theme, a relevant quote and a set of affirmations to set positive intentions and focus for the day.



ASSEMBLY VIDEO

Head into Children's Mental Health Week with a ready to go Assembly video explaining what mental health and wellbeing is all about...



DAILY ACTIVITIES

Enjoy 2 activities each day to help students build the character skills to:

- Improve self awareness
- Increase optimism
- Regulate difficult feelings
- Dispel self-limiting thoughts
- Develop a growth mindset

Do both activities at school or send one home for the whole family to enjoy together, bringing parents into the challenge for stronger connections.



DAILY JOURNALING

5 minutes structured journaling each day:

- Feelings Check In
- Practise gratitude
- Reflect on the day and the character skill learnt

Can be done in school or at home.





KNOWING MYSELF

Self-awareness is so important in life. Having self-awareness makes us recognise the impact we have on ourselves, and others. The better we know ourselves, the more we can help ourselves. Think about it, you spend the most time, with yourself, so you really do need to make sure you can be your own best friend. Today is all about self-reflection and thinking about what makes you... you!

“To be beautiful means to be yourself. You don’t need to be accepted by others, you need to accept yourself.”

THICH NHAT NANH



THIS IS ME...

Draw a picture of yourself in the frame, label it with all the things that make you, you. Ask your friends or family to add the things they love about you around the sides.



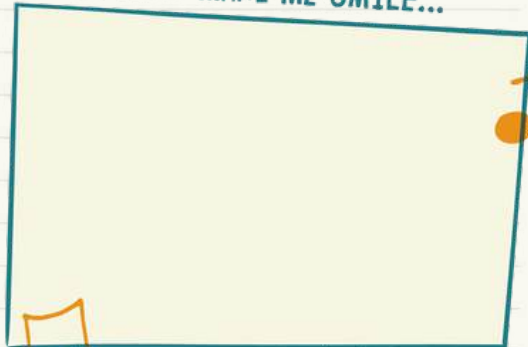
THINGS THAT MAKE ME HAPPY

Fill up these boxes with all the things you love, that make you feel happy. Then next time you're feeling not so great, you can use this list to work out how to get back to feeling great and put a smile back on your face.

FOOD THAT I LOVE...



SONGS THAT MAKE ME SMILE...



THINGS THAT MAKE ME LAUGH...



ACTIVITIES THAT MAKE ME FEEL HAPPY...



FRIENDS THAT I HAVE FUN WITH...



GAMES THAT I LOVE TO PLAY...



JOURNALING CHALLENGE

THE DIFFERENT WAYS I FELT TODAY...
Circle all the feelings you've had today...and even add your own!

tired

Calm

OVERWHELMED

HAPPY

OPTIMISTIC

EXCITED

SAD

Safe

WORRIED

ANGRY

'To be beautiful means to be yourself.
You don't need to be accepted by
others. You need to accept yourself.'
THICH NHAT NANH

Three good things today...



The superpower I'd like to have is...

Write a positive statement about yourself... "I am"... "I can"...





THINKING POSITIVELY

In the same way as there are two sides to every story, we can see the world with a positive, or a negative lens. As humans we are wired to think negatively – it’s our inbuilt protection mechanism. But thinking negatively isn’t helpful (unless we are actually under threat). Thinking positively is an art, and something that if you can master will make your life happier, grow your confidence, and make friendships and relationships so much stronger.

“It’s not what happens to you, but how you react that matters.”
EPICETUS

I choose to be

OPTIMISTIC

I choose to be

PROUD

I choose to be

FOCUSED

Today I commit to
 doing something
 tough that I have
 been avoiding.



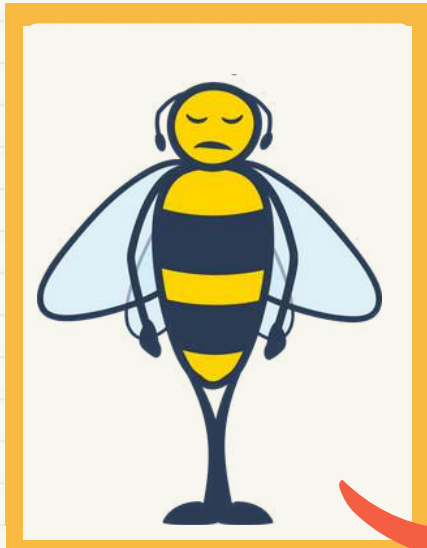
POSITIVE THINKING

Think about what a difference it makes when someone shows appreciation towards you, or that moment when something has gone really well, and you're feeling rather good about things in general. It's a wonderful feeling isn't it. But have you noticed, sometimes, we seem to only see the negative side of things, and we can't find the upside to even the smallest of things...

INTRODUCING...

THE ART OF REFRAMING

Reframing is all about taking our thoughts or feelings when they are UNHELPFUL and turning them around, or looking at them DIFFERENTLY, so that they can become HELPFUL!



I'm bored. My friends are all busy and I have nothing to do...



Perfect, time alone to teach myself some new tricks!

How COOL is that?!?!?

The Power of OPTIMISM

When people are think positively, they are using their Power of Optimism.

And by practising reframing, you can train your brain to be able to think more positively. AND, when you think more positively, you'll start seeing more positive results, and appreciating more the things around you. Let's try it out...



REFRAMING TRAINING!

Are you ready to get exercising your Power of Optimism?

LET'S BEGIN...

It's time to start your training. We've created some simple examples of the sorts of UNHELPFUL negative thoughts that can surface for anyone and we're challenging YOU to reframe them and flip the thought into a positive one...

You can be as creative as you want.



Eugh, it's cold and raining outside.



Oh no, my favourite tshirt is dirty and I can't wear it today.



OK, you're ready for your mission...



MY MISSION

Over the course of this week, we want you to write down as many examples as you can of when you have practiced reframing... and track HOW it's made you feel...

Why not see if you can get your family to do this too and compare your experiences at the end of the week!

UNHELPFUL
thought

HELPFUL
thought

HOW reframing
helped me

END OF CHALLENGE CLASS DISCUSSION

It's time to share your experiences together and discuss how reframing has helped you and what you have learnt from this exercise...



THE DIFFERENT WAYS I FELT TODAY...

Circle all the feelings you've had today...and even add your own!



tired

Calm

OVERWHELMED

HAPPY

OPTIMISTIC

EXCITED

SAD

Safe

WORRIED

ANGRY

'Life isn't about waiting for the storm to pass, it's learning to dance in the rain.'

VIVIAN GREENE

Three good things today...



The strongest feeling I had today was...



I felt good today when...





UNDERSTANDING YOUR FEELINGS

We have so many feelings every day, and they are all valid. However pleasant, or unpleasant they might be, they are all part of the richness of life. Our feelings are like messengers, explaining our thoughts and our actions. Sometimes we find them easy to manage, at other times they are tough. Understanding and appreciating all of our feelings and the messages they are conveying helps us become the best versions of ourselves. So let's see how we can learn from how we feel...

'It isn't about waiting for the storm to pass, it's about learning to dance in the rain.'

VIVIAN GREENE

I choose to be
STRONG

I choose to be
MINDFUL

I choose to be
HAPPY

I accept all my
feelings and different
parts of myself.



MANAGING BIG FEELINGS

We all have so many different feelings, some big, some small, some loud, and some very quiet ones. And in one day, we can all have lots of different feelings. Here are 20 common big feelings, circle the ones you had in the past week.

WORRIED DISGUSTED

PROUD SAD ANGRY

SURPRISED EXCITED

HAPPY

FRUSTRATED

OVERWHELMED

BRAVE

lonely

SHOCKED

AFRAID



SHY

EMBARRASSED

guilty

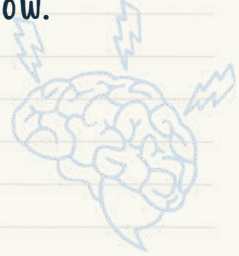
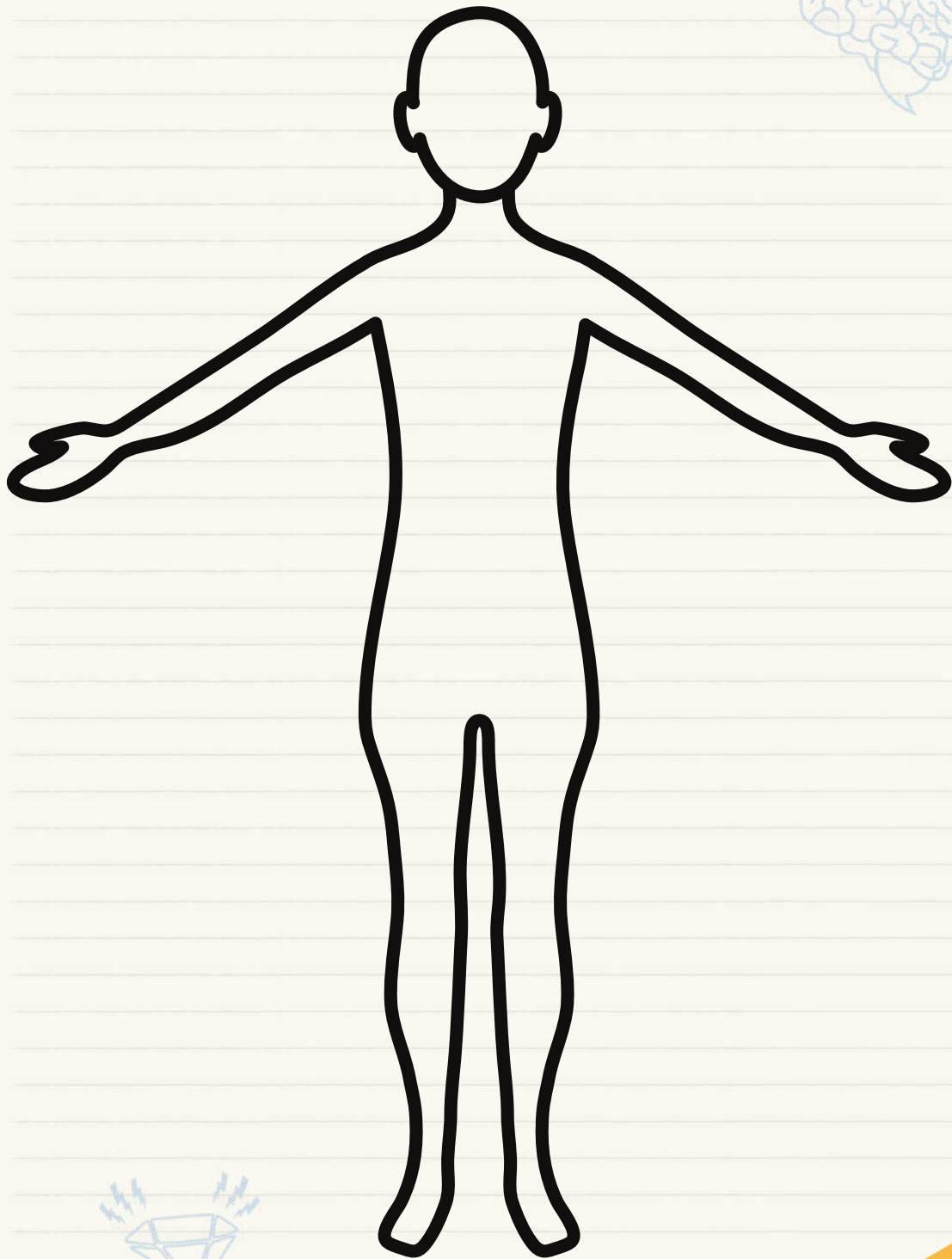
LOVED

CONFIDENT



FEELING MY BIG FEELINGS

Did you realise that your feelings are almost always linked to a sensation in your body? Think of all the feelings you've had in the last couple of days and mark where you felt them on the body shape below.



MANAGING BIG FEELINGS

See the 6 big feelings below? Most people feel all of these things at some point. Often, these big feelings can be difficult to manage and we can feel stuck and not able to feel better. Think about times you may have felt these feelings, and in a small group talk to each other about these tricky feelings and come up with a plan for how you could help yourself or a friend recover next time these feelings come up.

BIG TRICKY FEELINGS

HOW TO MANAGE THEM...

WORRIED

ANGRY

OVERWHELMED

lonely

FRUSTRATED

SAD



 JOURNALING
CHALLENGE

THE DIFFERENT WAYS I FELT TODAY...
Circle all the feelings you've had today...and even add your own!

tired *Calm* OVERWHELMED **EXCITED**
HAPPY OPTIMISTIC
SAD **Safe** WORRIED
ANGRY

Three good things today...

'It's not what happens to you, but how you react, that matters.'
EPICTETUS



★
.....
★
.....
★
.....

Today I was **positive** about...

.....
.....

I had fun today when...


.....
.....



DISPELLING NEGATIVE THOUGHTS

Ready to start thinking about how we can grow? Well, you've already looked at how we can reframe unhelpful thoughts, but what about when these unhelpful thoughts are about OURSELVES. Yes, we've all got an inner voice that sometimes is less than helpful, that makes us doubt ourselves. So the next step is to think about the effect this self-doubt has on our ability to thrive, and get to grips with how you can actually turn it's volume down, and fill yourself up with self-belief...

“Talk to yourself like you would to someone you love.”

BRENÉ BROWN



INNER BULLY ALERT

No matter how old or optimistic you are it's totally natural to doubt yourself, to feel that you're not doing as well as you could be, or to question the things you do, say, or feel.

The important thing to understand is that you can choose to ignore this inner negative voice and let go of these unhelpful thoughts. Any voice, whether in your own head, or that of a person, if it is constantly putting you down and saying things that aren't true, it doesn't deserve to be listened to...

Think of that negative voice in your own head as your INNER BULLY...

IS YOUR INNER BULLY SPEAKING?

Ask yourself 3 simple questions to find out...

1. Is this voice being KIND?

2. Is this voice being HELPFUL?

3. Is what this voice is saying really TRUE?

If the answer to any of these questions is NO, then you know this is your inner bully speaking...

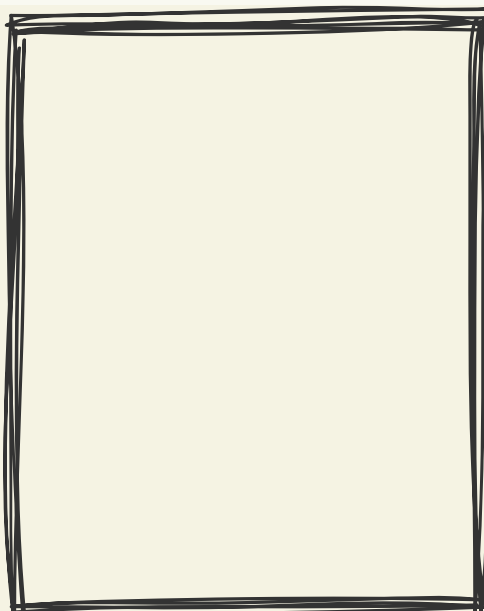
The good news is, when our inner bully is filling us with self-doubt we can take control of these thoughts – after all, it's our own doubt that is holding us back, our own voice, so we can simply tell it to go away!

So before we work on building our self-belief and confidence at a time when we're doubting ourselves, let's first get to know our inner bully... because in order to know when it's teasing us and playing with our confidence, we have to be able to recognise it.

So here goes.. time to bring that Inner Bully to life...



In the centre frame draw or describe your inner bully if you could make them come to life. Then, use the area around it to write the things that your inner bully may have said to you in the past, or you think could say to you in the future...



Here are some of the things other children and adults have told us that their inner bully says to them...

You can't do it

you're useless

you're no good at that

you're weird



STANDING UP TO MY INNER BULLY

So, now you've identified it, and put a name to it, and a shape, and have thought about the things it says to you and the way your inner bully can make you feel... Your next task is to work out how you can stand up to your inner bully, to reframe what it's telling you, to see the positives, and learn more about yourself and the art of positivity.

THERE ARE TWO WAYS TO HANDLE AN INNER BULLY

IGNORE OR CHALLENGE

Let's focus on challenging it here. Check out the empty cartoon on the next page and let's get that bullying conversation turned on it's head! And... you can always go back to the exercise next time your inner bully is at work...

LET'S GET INTO IT...

Think about the top **THREE** things that you hear most from your inner bully.

Write each of these in the speech bubbles on the cartoon.

Next, close your eyes and imagine the most confident version of yourself that you could imagine **EVER** being. Think about how they would reply to their inner bully if it was saying these things to them...

Then, write what your happy confident self would say in response to each of the inner bully statements... your aim is for your happy confident self to defeat the inner bully!

READY TO GO???



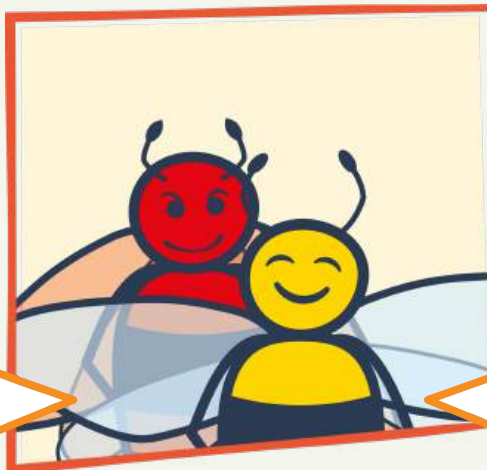
STANDING UP TO MY INNER BULLY

What my inner bully says...

How my happy confident self responds

What my inner bully says...

How my happy confident self responds



What my inner bully says...

How my happy confident self responds

WOW!!! Can you see how by putting a positive spin on things and reaching out for the most happy, confident version of yourself you are able to turn your negative self talk around and have the power to remind yourself how amazing and capable you are!

And don't forget, if you need help, just ask... Reach out to friends or a trusted adult as we can't always manage everything on our own!




 **JOURNALING CHALLENGE**


THE DIFFERENT WAYS I FELT TODAY...
Circle all the feelings you've had today...and even add your own!


tired *Calm* **OVERWHELMED** **EXCITED**
HAPPY **OPTIMISTIC**
SAD **Safe** **WORRIED**
ANGRY

Three good things today...

'Talk to yourself like you would to someone you love.'
BRENÉ BROWN









Something I noticed about myself today...

.....

.....

Something I did that I'm proud of today...

.....

.....





BUILDING YOUR GROWTH MINDSET

As we come to the end of the week, it's time to reflect on what we've learnt about ourselves and the things that hold us back. We've reminded ourselves how wonderful and unique we are, practised affirmations, and gratitude and done activities to help us learn to reset. So now, it's time to consider how to use all these new strengths to move forward, setting new goals and challenges to take you to the next level... are you ready?

**"The first step is you have to say
you can..."**

WILL SMITH

I choose to be

MOTIVATED

I choose to be

CONFIDENT

I choose to be

BRAVE

Today I commit to
doing something
tough that I have
been avoiding.





MY GROWTH MINDSET

Think of all the things that you've learnt over the years. How to eat, walk, talk and speak for starters! Fill in the chart below to remind yourself of how far you've already come and set yourself a challenge to learn something new. Something you can't do... YET!

Things I couldn't do

How I learnt to do them



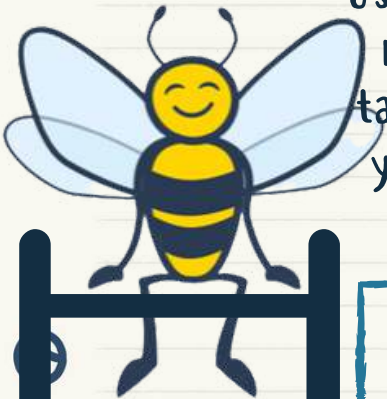
Things I can't do yet...

My next challenge



THE CHALLENGE LADDER

Using this Challenge Ladder, break down your next challenge into the little steps it will take to get there, and make your plan! Track your success below, starting at the bottom.



STEP 5

Blank lined writing area for Step 5.

STEP 4

Blank lined writing area for Step 4.

STEP 3

Blank lined writing area for Step 3.

STEP 2

Blank lined writing area for Step 2.

STEP 1

Blank lined writing area for Step 1.

MY NEXT CHALLENGE.



 Started:

Finished:

 **JOURNALING**
CHALLENGE

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Three good things today...

'The first step is you have to say you can.'

WILL SMITH



One thing I found challenging today...



Today I learnt that...



YOU ARE TRULY AMAZING!

So the challenge is over, and it's time to go back over all the activities you have done and celebrate all that you have learnt about yourself, and what makes you brilliant.

I am
HAPPY

The things that make me happy:

I am
CONFIDENT

All my feelings are important, and I can shift them if I choose by...

I am
OPTIMISTIC

Practising the art of reframing all week has shown me that...

I am
VALUED

Recognising the voice of my inner bully will help me to...

I am
MOTIVATED

Using my growth mindset will help me to...

I am
Unique

I value being self-aware and reflecting positively on myself and believe in my ability to grow

