

Children's Mental Health Week 2022

Growing Together - I can now...

Using the activity sheet below or a sheet of paper:

- Ask children to write about or draw how they've grown - things they are good at or things they have learnt to do that they couldn't do when they were younger.
- If they have trouble coming up with ideas, you can make suggestions or give examples such as: I remember things easily, I can walk to school on my own, I can tell the time, I can tie my shoelaces, I can run for a long time, I can solve sums, I am good at telling jokes, etc.
- Ask children to talk about what they have created and add new ideas using the following prompts:
 - What do you think you are good at?
 - What do other people say you are good at?
 - Who helped you to be able to do this?
 - How did you overcome any challenges?
 - How can we help each other and work together to reach our goals and learn new skills?
- If completing in a group setting, ask children to swap with a friend and discuss what else they could add.
- Explain to children that this list will grow and change over time. They should focus on what they can do right now.
- **Extension Activity:** Ask children to set a goal for something they would like to do or learn this year and create a display from it.

Children's Mental Health Week 2022

Growing Together - I can now...

Instructions:

Write or draw about things you are good at or things you have learnt to do that you couldn't do when you were younger.

How did you overcome any challenges?

What do other people say you are good at?

How can we help each other to reach our goals and learn new skills?

© 2022 Partnership for Children. All rights reserved. Registered Charity number: 1089810

✂

My goal for this year...

Name: _____