

# Growing together activity pack



Childrens Mental Health Awareness Week 2022

# Aims

- To learn the importance of growth and the impact to wellbeing
- Understand how change and support affects mental health
- Provide fun activities themed around change, support networks and future aspirations

# Objectives

- To explore feelings and emotions towards growth and change
- To complete fun activities themed around growth and change
  - Review own learning



# Activity 1



Make a list of your earliest memories  
and how they made you feel

Memories:

Feelings:





# Activity 2



Make a list of people who have helped  
you grow and supported you.  
i.e parent/carer/teacher

Example:

Dad –

Took me to my first football  
match



Write next to their name how they supported  
you or share a nice activity or day out you  
shared



# Activity 3



Within your school or home collect items below to design a sculpture/picture or plant something representing growth





# Activity 4



## What am I?

I like to crunch and bite through things, and get cleaned at least twice a day.

I fall out to make way for bigger things when I get older

I try to reach the sky, yet I'm always stuck to the ground and in a forest, you'll find me all around. What am I?

The more you use me the sharper I get and the less you use me the rustier I get. What am I?

What goes up but never comes down?

# Activity 5

Find the  
growing words



Babies

Grass

Brain

Body

Hair

Trees

Teeth

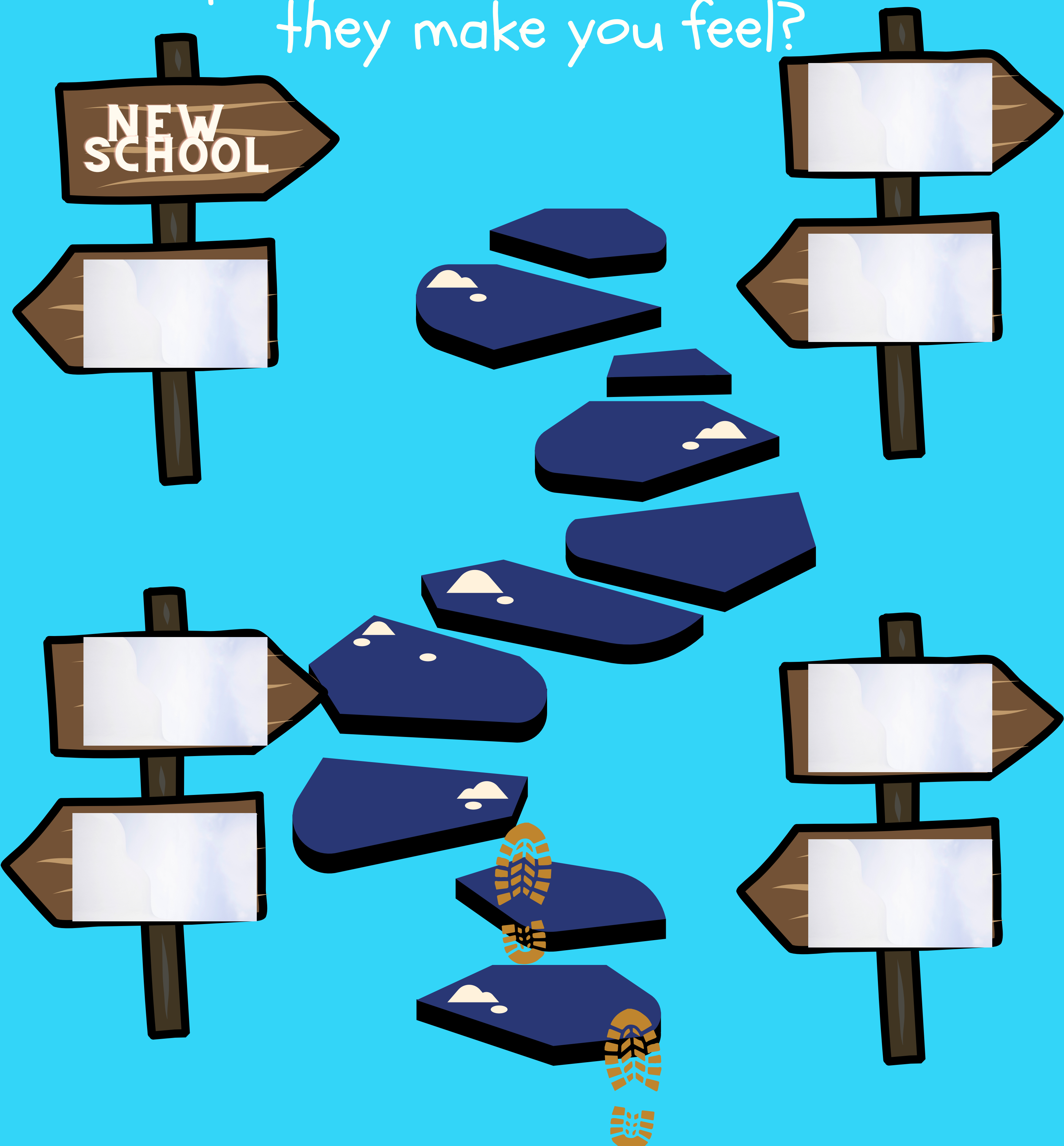
Plants

Mind



# Activity 6

Write down future activities/events you have planned & think about how they make you feel?



# Activity 7

Each day plan a new activity, try a new food or visit somewhere different.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

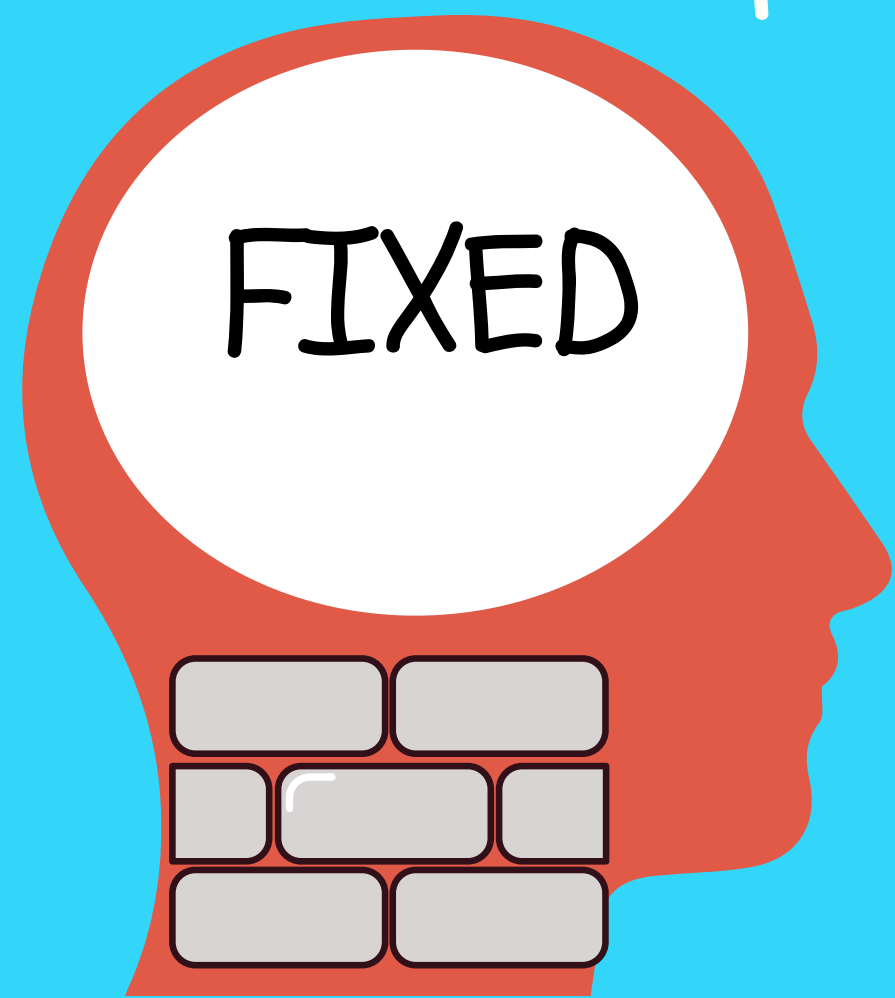
Sunday

Notes

Notes

# Activity 8

Match statements to negative (fixed) and positive (growth) mindsets



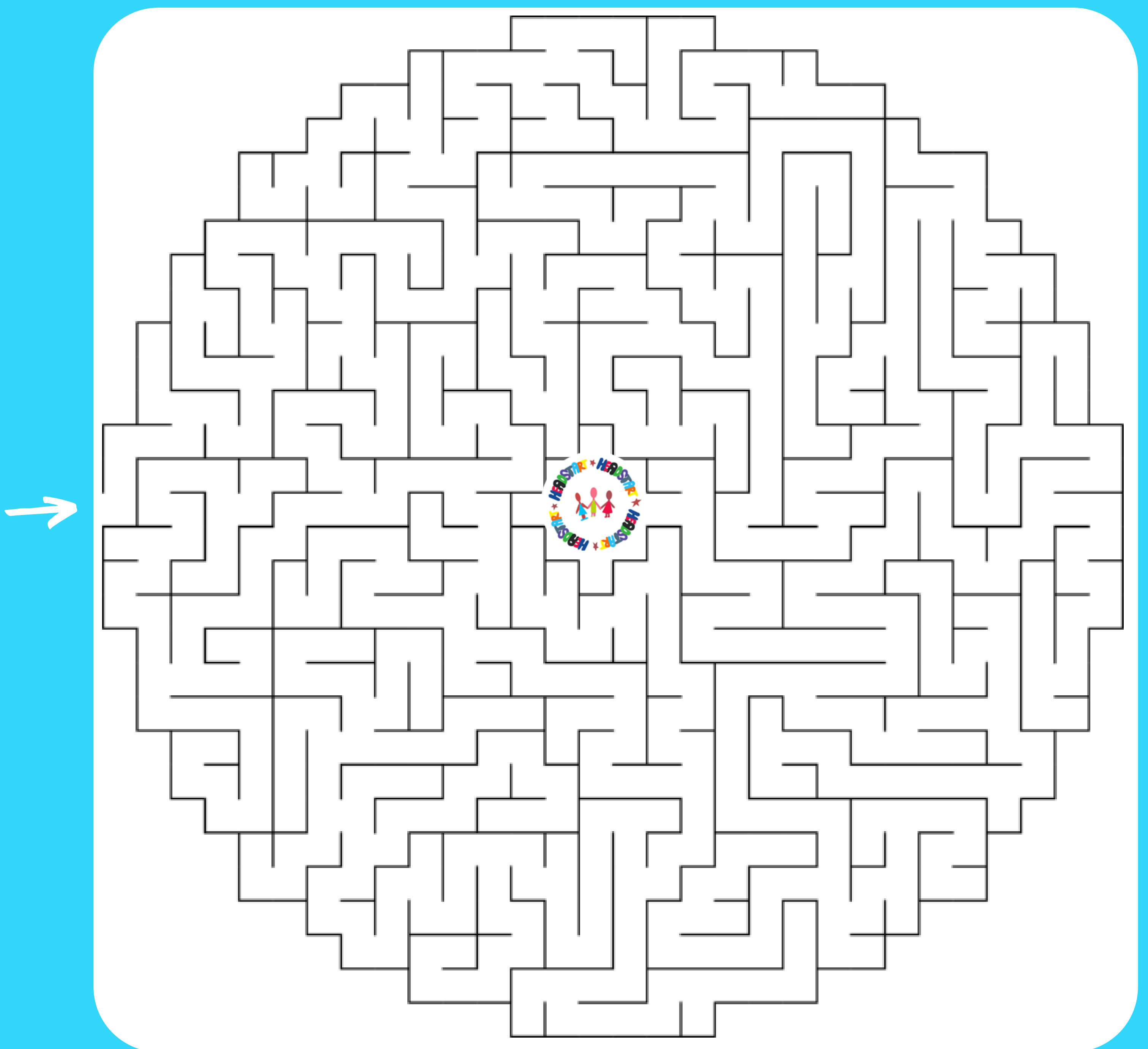
- This is too hard
- I can always improve and keep trying
- I can't make this any better
- I'm not good at this
- I made a mistake
- I'm going to figure this out
- What am I missing?
- I'm going to train my brain & practice more





# Activity 9

Work your way through the  
maze to reach the HeadStart  
Logo



# Activity 10

Complete the sentences about  
you

I'm most happy when I

I'm looking forward to

I enjoy going out to

I enjoy spending time with

My latest challenge/task I  
completed was

My greatest achievement is

