

Children's Mental Health Awareness Week
1st-7th February 2021



This week (1st-7th February 2021) is this year's Children's Mental Health Awareness Week. As parents and teachers, we're always aware of Children's Mental Health, but it's great to have a week to really shine the spotlight on such a crucial area. Every year there's a theme to the week, and this year it's *Express Yourself*. This week, there will be a focus on self-expression, and your child's class teacher will be posting ideas to help support children to express themselves.

Looking for more advice on children's wellbeing? Try one of these links:

[Children's Mental Health Week](#)

[BBC](#)

[Young Minds](#)

[Mental Health Foundation](#)

[Partnership for Children](#)

[NHS](#)

[MindEd for Families](#)

[Emotional Logic Centre](#)