



**Children's
Mental Health
Week 2018**
5-11 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Being Ourselves!

Did you know that there are more than 7.4 BILLION people in the world? That's a lot of people! No two people are the same, but do you know what makes you unique? How about your friends, family and classmates?

The children's charity Place2Be wants all children and adults to celebrate their uniqueness. Remembering all the good things that make us who we are can help us feel better when things go wrong.

Here are 3 tips from Place2Be on 'Being Ourselves'

- **Try to think of 3 things that you like about yourself: It might be that you are kind and help your friends, you like to make people laugh or maybe you keep trying even if you find something difficult. We all have different things that make us who we are.**
- **If you notice something that makes your friend or classmate unique, let them know: It can feel really nice when you receive a compliment, it can also feel pretty great giving one too!**
- **Next time you are part of a group: have a think about how you might all be different – whilst we are all similar in lots of ways, we are also interested in and good at different things.**

Always remember, if you're not sure about something, you can find an adult who you trust to talk to – it could be someone in your family, a teacher, or someone else in school. It can be helpful to think of all the adults you know who you might be able to ask for help.

