

Children's Mental Health Week

great
prospects

Useful websites and resources

- <https://www.childrensmentalhealthweek.org.uk/>
 - Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself.
 - Watch our Royal Patron [HRH The Duchess of Cambridge's video message](#) to mark the start of the week.
 - Our [Virtual Assembly](#) with BAFTA and Oak National Academy is now available to view and share - featuring Jodie Whittaker, Oti Mabuse, Matthew Lewis and many more...
- <https://www.bbc.co.uk/newsround/55890449>
 - It's Children's Mental Health Week all this week and we've got the rundown on all you need to know.
 - This year's theme is 'Express Yourself' and is focused on getting children and adults to find creative ways to share your thoughts, feelings and emotions through activities like music, art, dance or photography.
- <https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/>
 - Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.
- <https://www.redcross.org.uk/get-involved/teaching-resources/kindness-resource-list>
 - Celebrate the power of kindness. Children and young people are encouraged to learn about and practise kind acts with our range of kindness resources. They will learn the importance of being kind to others as well as themselves. It also explores resilience as kindness can help us to cope with any challenges and changes.



