

SUPPORT BALLOONS

Who supports you to grow?

Watch this two minute video tutorial from our Art Room team: bit.ly/3m2R9ib 



Encourage pupils to create their own 'Support Balloons' and consider the people in their lives who help them to grow. Who might they turn to when things get tough or they need support? This may include their parent, carers, siblings, teachers, coaches etc.

Be aware that some children may feel they don't have much support in their lives – so this will need to be built up over time. Make sure you plan in extra support for children who feel isolated.



OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK



- 1 Hold a '**Dress to Express**' day to raise vital funds for children's mental health bit.ly/3C9RAwM 
- 2 Tune in to our free '**Growing Together**' virtual assembly during your form or registration time [Available from Monday 7 Feb]
- 3 Watch our series of '**Growth Stories**' featuring some famous faces, and even be inspired to create your own [Available from January]
- 4 **Share our tips** for parents and carers with your school community bit.ly/3C8wHC7 
- 5 **Spread the word** by sharing how you plan to take part on social media! Don't forget to use #ChildrensMentalHealthWeek

