

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK**

**3-9
FEB
2025**



CHILDREN'S MENTAL HEALTH WEEK 2025

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

"If you are always trying to be normal, you will never know how amazing you can be"

Maya Angelou

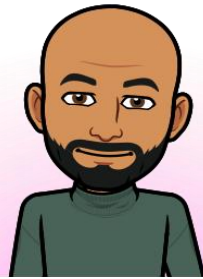


How can I get involved and improve my Mental Health & Resilience?

- Tutor Period Participation
- PSHE Lesson Participation
- Show Resilience in my Lessons
- Support a Family Member, Friend or Teacher
- Attend the Body Scan Meditation session
- Attend the Year 7 Harmony for Mind Concert
- Attend the Knockout Stress Boxing class
- Attend the Running for Resilience Run
- 'Me time' after the Diamond Anniversary service.
- Sign up to the Mindful Bites Master Chef Project

KNOW YOURSELF,
GROW YOURSELF

How can I support you?



MENTAL HEALTH



deep breaths

Body Scan Meditation Session

Body Scan Meditation

Notes: To receive your personal set of 84, please email: info@bluecoattheatre.co.uk

1. Relaxing posture, close your eyes and take 3 deep breaths in and out.
2. When you are ready, close your eyes and bring your attention to your feet. Notice the contact with the floor.
3. After a minute or so, move your attention to your legs. Notice the contact with the floor.
4. After a minute or so, move your attention to your torso. Notice the contact with the floor.
5. After a minute or so, move your attention to your arms. Notice the contact with the floor.
6. After a minute or so, move your attention to your head. Notice the contact with the floor.

Monday 3rd February 2025
3:15pm, Gym

<https://forms.office.com/e/7Xp6sCVvrt>



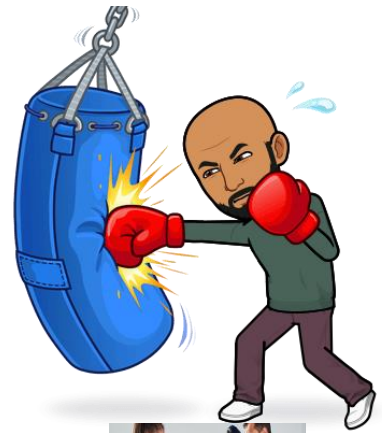
HARMONY FOR THE MIND
YEAR 7 LUNCHTIME CONCERT

ANNA MASSEY

SCHOOL THEATRE
WEDNESDAY 5TH FEBRUARY 2025

BOOKS OPEN AT 12:25

CHILDREN'S MENTAL HEALTH WEEK 2025



KNOCK OUT STRESS

TUESDAY 4TH FEBRUARY
3:15PM - 4:15PM
GYM

Punch away your worries and build resilience - join me for fitness and stress, the training session designed to boost your mental health and help find your inner strength.

#Childrensmentalhealthweek

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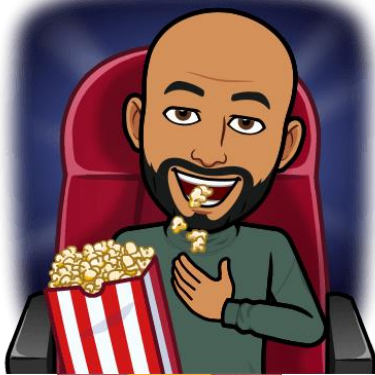
MINDFUL BITES

BLUE COAT MASTER CHEF

Unleash your creativity in the kitchen and boost your well-being - sign up for our 'Mindful Bites Master Chef' Mental Health Project.

COMING SOON

<https://forms.office.com/e/7Xp6sCVvrt>



CINEMA

FREE MOVIE NIGHT
INSIDE OUT 2

FRIDAY 7TH FEBRUARY 2025
3:30PM

BLUE COAT THEATRE

TALK A BREAK AND JOIN US FOR A SPECIAL MOVIE NIGHT TO WATCH INSIDE OUT 2 - A HEARTWARMING JOURNEY THAT REMINDS US HOW TO UNDERSTAND AND CARE FOR OUR EMOTIONS. PERFECT FOR BOOSTING YOUR MENTAL HEALTH AND RELAXING WITH FRIENDS!

<https://forms.office.com/e/7Xp6sCVvrt>



LET'S GO!

Running for Resilience

<https://forms.office.com/e/7Xp6sCVvrt>

JOIN US ON THE BEAUTIFUL CHARTERHOUSE FIELDS FOR RUNNING FOR RESILIENCE - WHETHER YOU'RE UP FOR A 5K RUN OR A FEW PEACEFUL WALKING LAPS, THIS IS YOUR CHANCE TO BOOST YOUR MENTAL HEALTH, RECHARGE, AND CONNECT WITH OTHERS!

Wednesday 5th February 2025
3:30PM

Meets by P.E. changing rooms

MIND OVER MILES

Body Scan Meditation Session

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 3-9 FEB

Body Scan Meditation

Purpose: To reconnect to your physical self and become more aware of sensory experiences.



- 1 Find a relaxing position, close your eyes and bring awareness to your body.
- 2 Move attention towards your breath and feel where your body makes contact with the floor/chair.
- 3 Take a breath in and shift your awareness to a part of your body you want to investigate. You can systematically scan head to toe or move to any part that draws your attention.
- 4 Notice the sensations you feel such as buzzing, tingling, or pressure. Release your attention from this body part and move your focus onto the next.
- 5 If you feel your attention wandering, notice this is happening and gently shift it back without judgment.

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 3-9 FEB

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 3-9 FEB

Monday 3rd February 2025
3:15pm - 4:00pm, Gym

<https://forms.office.com/e/7gP6zCVyrE>

Children's Mental Health Week
Sign-up E-form





KNOCK OUT STRESS

TUESDAY 4TH FEBRUARY

3:15 PM - 4:15 PM

GYM

'Punch away your worries and build resilience -
Join me for Knock out Stress, the boxing session
designed to boost your mental health and help
find your inner strength'

#Childrensmentalhealthweek

<https://forms.office.com/e/7gP6zCVyrE>



YEAR 7!

COME ALONG TO A

LUNCHTIME CONCERT.

Tuesday 4th February

12:35-13:10

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK**

**3-9
FEB
2025**

**Join Blue
Coat's music
group to
support
Children's
Mental Health**

Running for Resilience

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JOIN US ON THE BEAUTIFUL CHARTERHOUSE FIELDS FOR RUNNING FOR RESILIENCE – WHETHER YOU'RE UP FOR A 5K RUN OR A FEW PEACEFUL WALKING LAPS, THIS IS YOUR CHANCE TO BOOST YOUR MENTAL HEALTH, RECHARGE, AND CONNECT WITH OTHERS!"

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3:15PM - 4:15PM

Meet by P.E changing rooms

MIND OVER MILES



CINEMA



Children's Mental Health Week
Sign-up E-form



Children's Mental Health Week
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FREE MOVIE NIGHT INSIDE OUT 2

FRIDAY 7TH FEBRUARY 2025

3:30PM -5:30PM

BLUE COAT THEATRE

"TAKE A BREAK AND JOIN US FOR A SPECIAL MOVIE NIGHT TO WATCH INSIDE OUT 2—
A HEARTWARMING JOURNEY THAT REMINDS US HOW TO UNDERSTAND AND CARE
FOR OUR EMOTIONS, PERFECT FOR BOOSTING YOUR MENTAL HEALTH AND RELAXING
WITH FRIENDS!"

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MINDFUL BITES

BLUE COAT

MASTER CHEF

Unleash your creativity in the kitchen and boost your well-being—sign up for our 'Mindful Bites Master Chef' Mental Health Project.

COMING SOON

Children's Mental Health Week
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CHILDREN'S MENTAL
HEALTH WEEK 2025

Children's Mental Health Week Sign-up E-form



CHILDREN'S MENTAL
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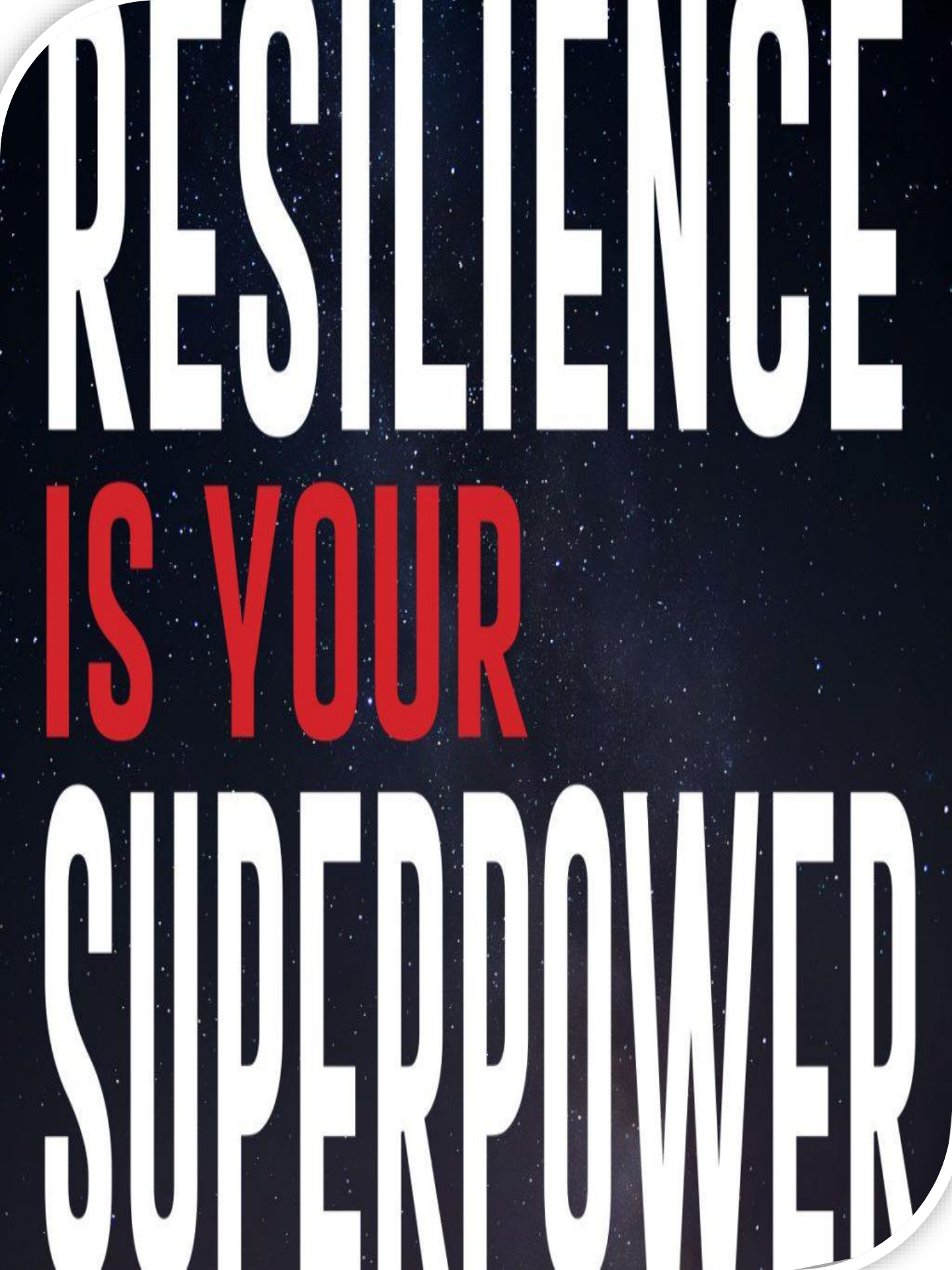
**BE SMARTER
THAN YOUR PHONE...**



**10 ACTIVITIES YOU COULD DO
AFTER THE DIAMOND
ANNIVERSARY**

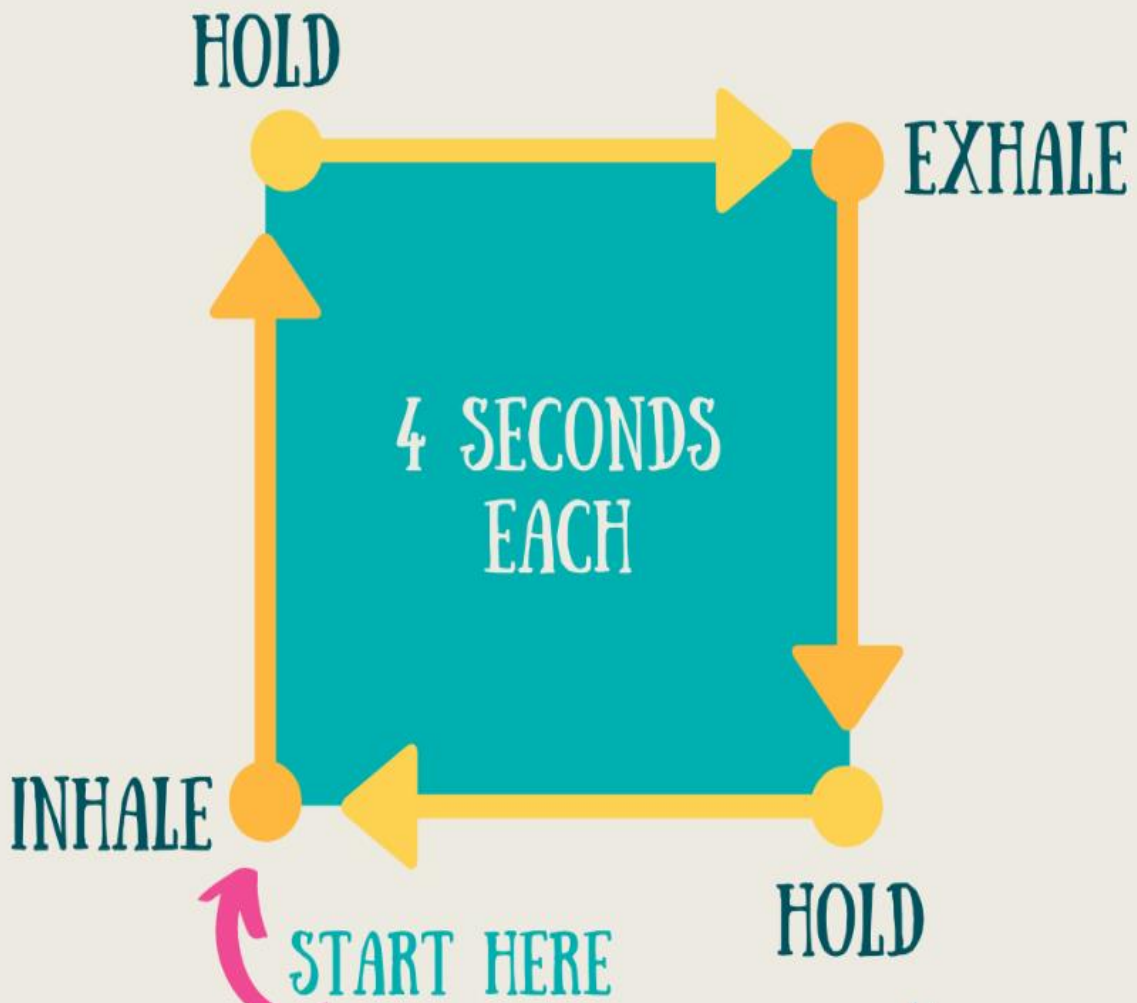
- 1. EXPLORE COVENTRY'S
PARKS**
- 2. WATCH A FILM**
- 3. JOIN A SESSION AT
COVENTRY YOUTH CLUBS**
- 4. READ A BOOK**
- 5. EXERCISE**
- 6. COOK A RECIPE**
- 7. LISTEN TO MUSIC**
- 8. PRACTICE SOME
MINDFULNESS**
- 9. TACKLE SOME HOMEWORK**
- 10. RELAX, REFLECT & REVIVE**

**CHILDREN'S MENTAL
HEALTH WEEK 2025**



RESILIENCE
IS YOUR
SUPERPOWER

BOX BREATHING



The breathe box is a breathing tool to help encourage a slower/ deeper breathing technique which aids relaxation of the body and mind. Print & cut out the box below and keep it handy to remind you to use it when needed.

4 Simple Steps:

- Start at the left hand corner and work your way round the box.
- Try to inhale using your nose and then exhale through your mouth as if you were blowing through a straw
- Ensure you are breathing from your diaphragm (belly). If you put a hand on your stomach you should feel it moving in and out as you breathe.
- To use the box as a sleeping aid, hold for 7 seconds instead of 4

Seeking Support @ Blue Coat School

Are You Ok? Let's Talk 2gether

Tutor

Pastoral Team

Teachers

Mr Johal

Miss Routley

Chaplain



children's mental health

what is mental health?

mental health is a person's condition regarding their emotional well being



did you know?

in 2023 20.3% of children and young people aged 8-16 had a mental disorder



mental health ambassadors

YEAR 11

- Gasan Abakar
- Deborah Adeboye
- Eniola Eso
- Angel Fazaldin
- Valyna Gadagli
- Abigail Howells
- Ellie Huggins
- James Metcalfe
- Jack O'Brien
- Folasade Odofin
- Florian Semeni-Moungang



happiness can be found in the darkest of times, if one only remembers to turn on the light - Albus Dumbledore

give all your worries and cares to God, for He cares about you. 1 Peter 5:7



TIPS TO HELP:

try exercise - a 30 minute walk each day can improve your well being

sleep - make sleep a priority

relax - try things that help you to be calm because reducing stress can help better your mood

practice gratitude - focus on positivity and try to be grateful

Mental Health Prayer Space

Lunchtimes in Children's Mental Health Week

Come along to the Chaplaincy (Next to G2) at your lunchtime to interact with 2 special additional prayer space activities around our emotional health and wellbeing.

Lou will be around as always to chat, offer individual prayer, and to signpost to places to help you if you need or would like that.



**Are you feeling
down?**

**Are you worried
or stressed?**


**Chat to a wellbeing
adviser.**


**Tell them how you feel, and they'll
find help with you.**



**If you're aged 11-24, find out more at
cwmind.org.uk/wellbeing-advisers
Or call **024 7655 2847**.**



 **mind** Coventry and Warwickshire

 **mind**