

# Growing Together

Worksheets for Children's Mental Health Week 2022

I water you, you water me;  
together we grow.



Ink and Scribbles 2022

# Children's Mental Health Week 2022

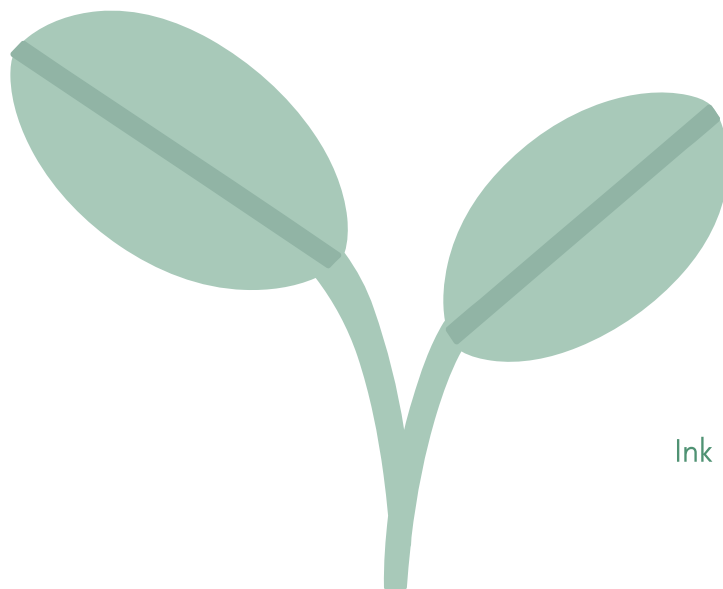
The theme for Children's Mental Health Week 2022 is 'Growing Together'.  
This theme prompts us to talk about how we change and grow.

As humans we are continually growing and changing. We are constantly learning and adapting. We often accept our physical growth more easily as we can see the changes as we grow up from babies to teenagers. We celebrate our physical growth through birthdays or achievement awards.

What isn't talked about so much is our emotional growth. As we grow up we develop emotional intelligence. Over time we learn emotional skills such as coping strategies, how to regulate our anger or how to navigate friendships.

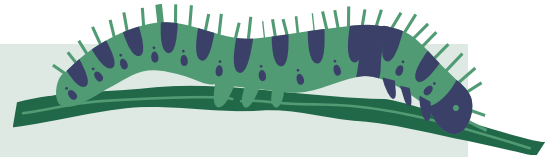
Because we can't see this growth, it's hard to know where we are in the 'growing' process. Sometimes other people think we have grown more emotional intelligence than we actually have! It's important to remember that we are all growing emotionally ... even adults! What's great about emotional growth is that we can have some control over it by learning about emotions, discovering more about ourselves and practising coping techniques.

The worksheets in this pack will help you think about your growth. You'll see how far you've come, feel proud of yourself and discover your best is yet to come! That's exciting!



# Growing my Wings

There was a time that the butterfly couldn't fly! There are things you can do now that you couldn't do when you were younger. Think about how little you could do when you were a baby! What have learned to do since then? Write or draw them here.



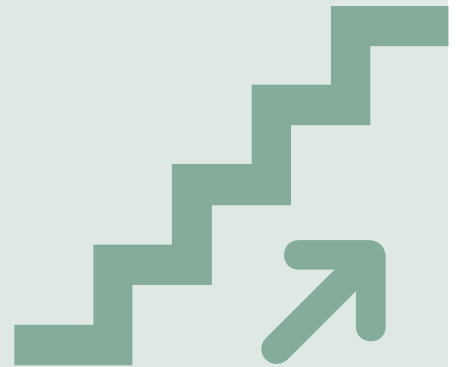
# Time to Grow

Growth takes time. Like the growth of a tree, from seed to fully grown, we also need time to grow. Can you think of something that took time for you to learn?



It took time for me to learn ...

These are the steps I took to achieve this ...



It took time but when I achieved this I felt ...



# My Growth Team

Growing and learning is something we need help with! It's OK to need support, help and guidance. People who help you grow can include parents, teachers, coaches and friends. Who helps you grow?



**Person**

**How they help me**

# Steps towards my Goal

It's important to remember that our growth is a journey. We don't always have the answers or the skills ... YET. But we can focus on a goal to achieve. Working on goals helps us feel good. As we achieve the steps towards our goal we boost our confidence! Write the steps you need to take to achieve a goal you have.



Everything is hard  
before it's easy!