



**Children's
Mental Health
Week 2017**

6-12 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Children's Mental Health Week

6 – 12 February 2017

Assembly slides for Primary Schools
Spread a little kindness



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Introduction

Can you think of a time when you had a big or difficult feeling?

How might we notice big feelings in ourselves and others?



worried



sad



angry



excited



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How do the people in the story show kindness?

Kindness



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What does kindness mean to you?

How can we spread a little kindness in our school?





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How can I be kind to myself?

Play my favourite game



Spend time with my family

Talk to a friend when I am feeling sad