

CHILDREN'S MENTAL HEALTH WEEK 2025



At Bridgewater, we are committed to improving children's mental health and wellbeing. We promoted and marked **Children's Mental Health Week** in Spring. Children across the school focussed on the theme of the week '**Know yourself, grow yourself**', engaging in activities that supported skills around developing our self-awareness and strategies to recognise and regulate our own emotions.

Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way

