# London South East Children's University
# February 2022 Challenge 2

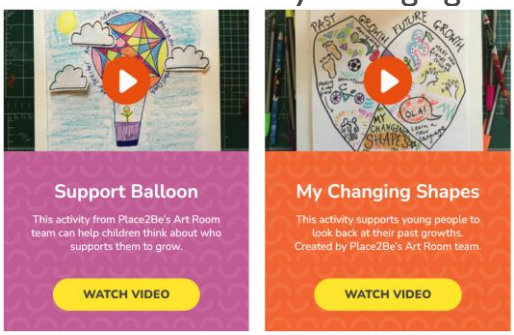
# Children's Mental Health Week

The theme of this year's Children's Mental Health Week is **Growing Together**.

**Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

For this challenge, we would like you to complete one of the following activities: "Support Balloon" or "My Changing Shapes".

Support Bubble link: https://www.youtube.com/watch?v=9XVOnukmI5Y




My Changing Shapes link: https://www.youtube.com/watch?v=zZ7oMeEE8NM

You can find these via this link: https://www.childrensmentalhealthweek.org.uk/parents-and-carers/ or via the links above.

We know that this work may be private for you and you may not wish to fully share it with us, so once you have completed your work, please email a picture of a part of your work you are willing to share to Kate at BexleyCU@LSEAT.org.uk and she will email you a 1hr Learning Credit Slip! We promise not to share your work with anyone or on any social media.