

This week is Children's Mental Health Week – the theme this year is Growing Together.

The charity, Place2Be is encouraging children and adults to consider how they have grown and how they can help others to grow. Their free resources can be used across a variety of settings.

Their resources include Growth Stories: <https://www.childrensmentalhealthweek.org.uk/growth-stories/>

Human beings change and grow – we do it all the time and in many ways. Emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. At these times, we are reminded of how much we need others in our lives to help us to keep growing.

In exclusive interviews with presenter and Place2Be Ambassador Josh Smith, familiar faces from the world of TV, music and sport have shared their stories of emotional growth with us.

These videos can be used in class, or at home with your child, to help start a conversation about growth and the different challenges we may face.

For more information about Children's Mental Health Week, please visit:

<https://www.childrensmentalhealthweek.org.uk/>