

Children's Mental Health Week is a great time to refocus and to take time to remember who we are, to think about resilience, belonging and being loved. This pack offers a range of activities for different ages and all ages, to explore alone and together.

mental health



and well-being

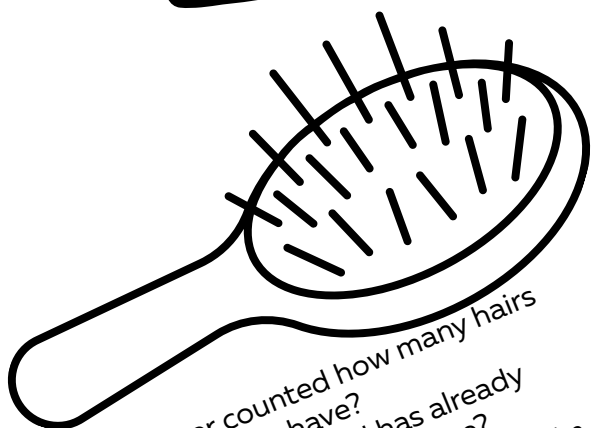


"For God has not given us a spirit of fear,  
but of love, power, and a sound mind."

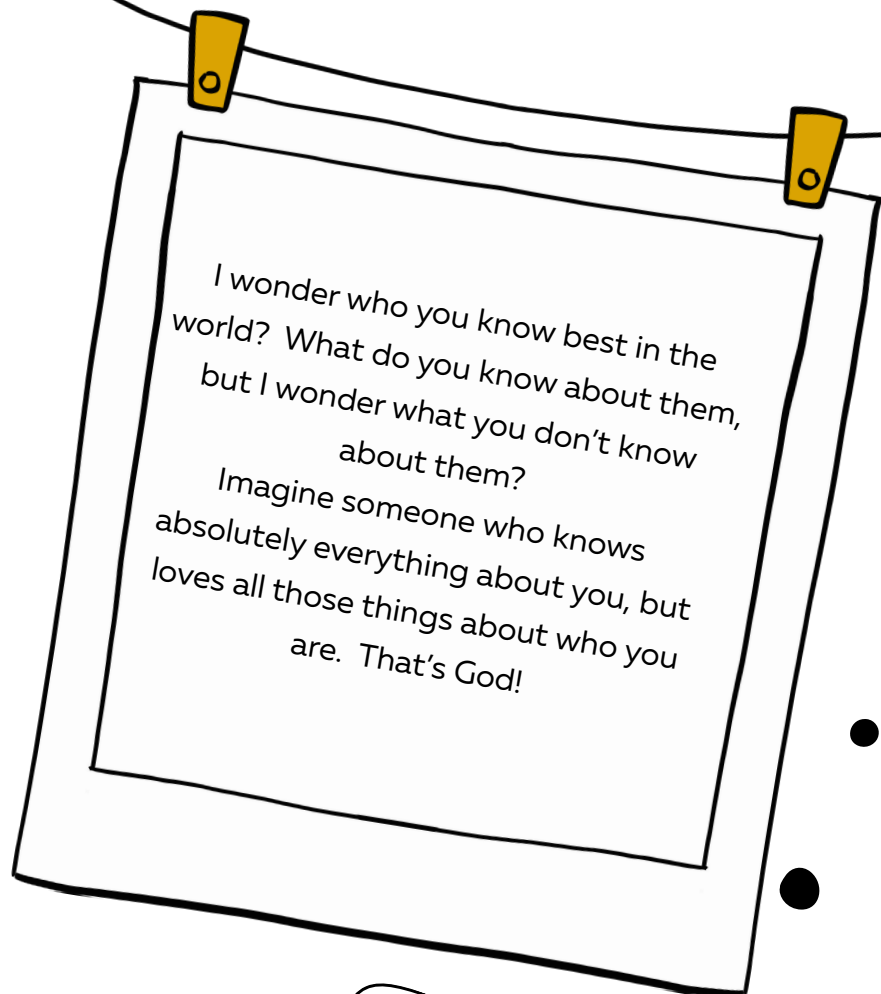
– 2 Timothy 1:7



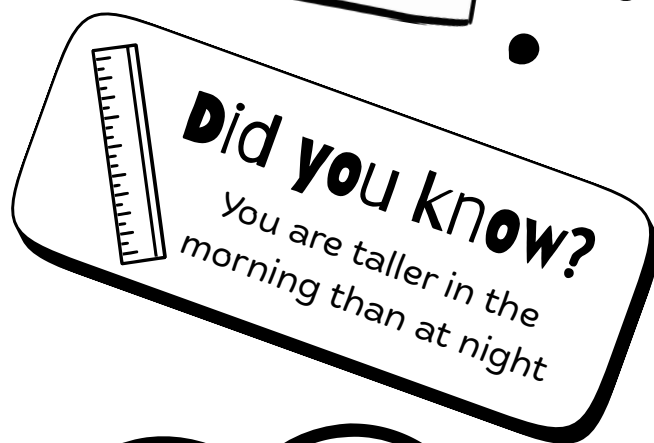
# God Knows Me



Have you ever counted how many hairs  
you have?  
Can you imagine God has already  
counted every single one?  
That's how much you matter to him.



Psalm 139:1 - "You have  
searched me, Lord, and you  
know me."  
Action idea: Point to head  
(searched), hands on heart  
(know me).



Can you make a model of yourself  
from sticks and dough?



**ACTION**

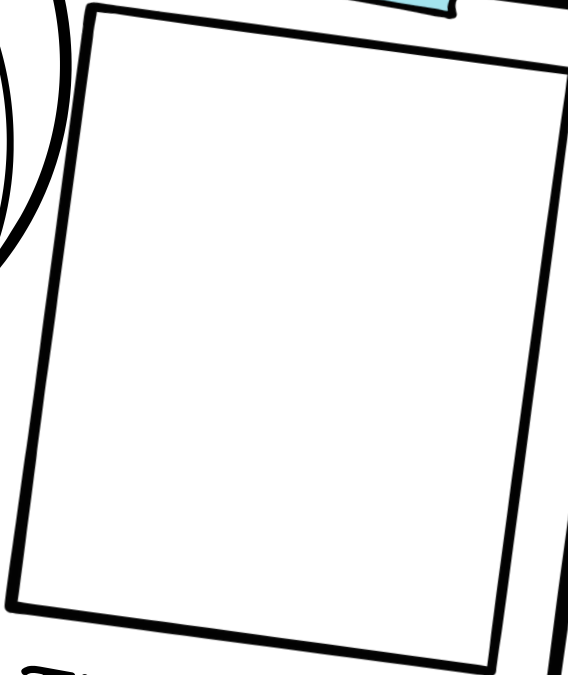
Prayer

Invite children to  
quietly thank God for  
one thing about  
themselves.  
Thank God for that  
thing

NAME :

AGE:

FAVOURITE SPORT

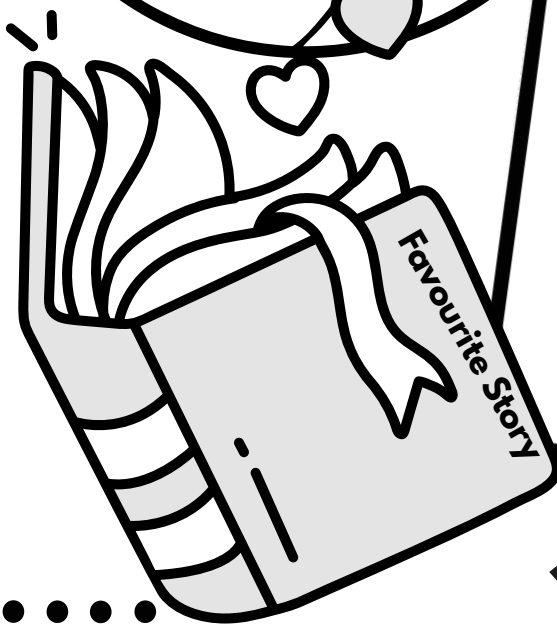
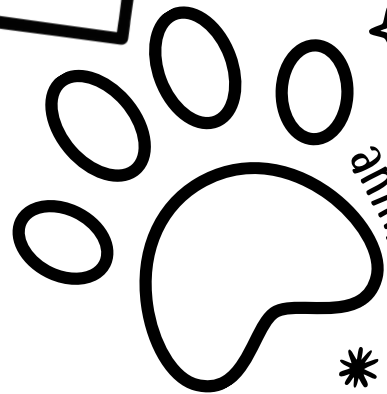


This is me...

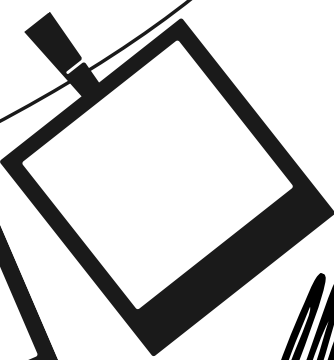
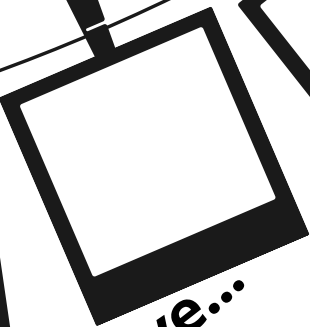
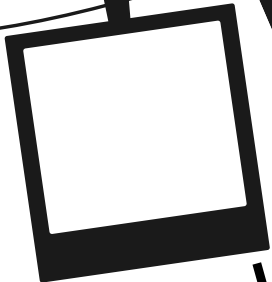


FAVOURITE TOY

FAVOURITE animal



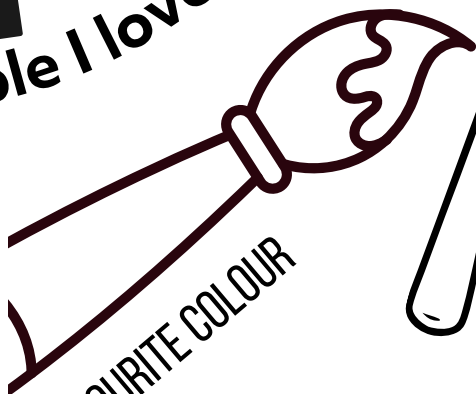
Favourite Story



People I love...



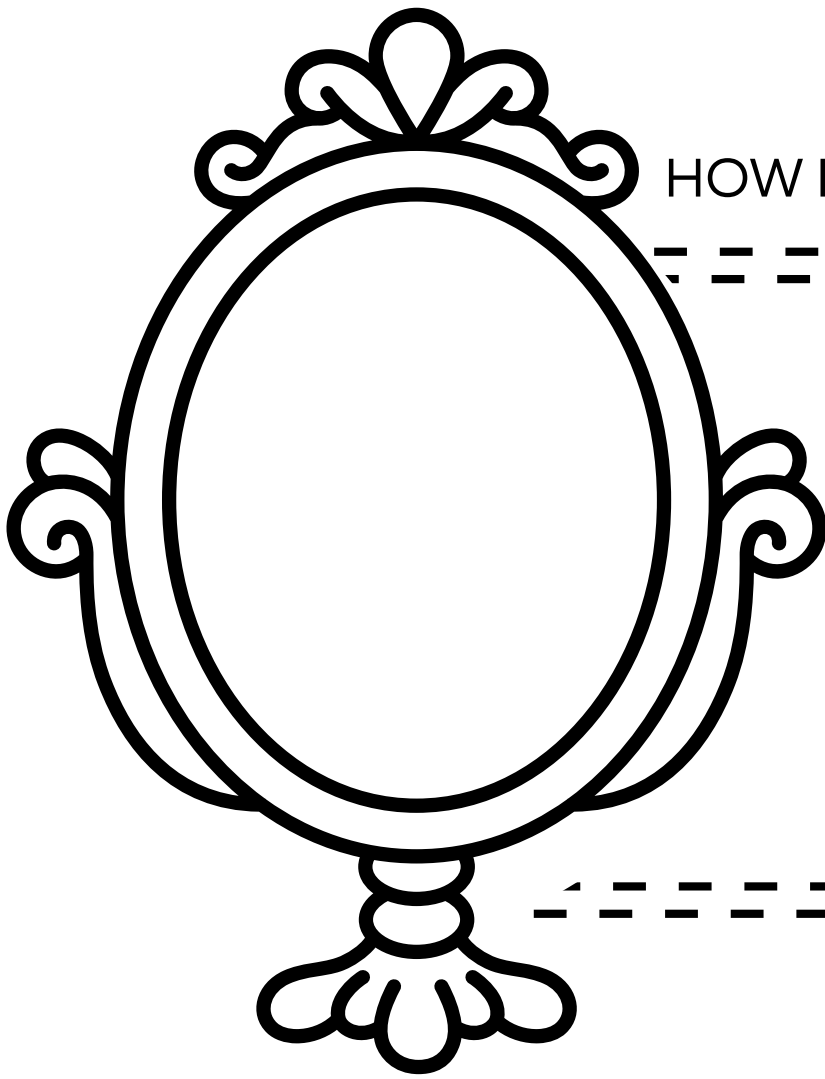
Favourite Food



FAVOURITE COLOUR



MUDDY CHURCH



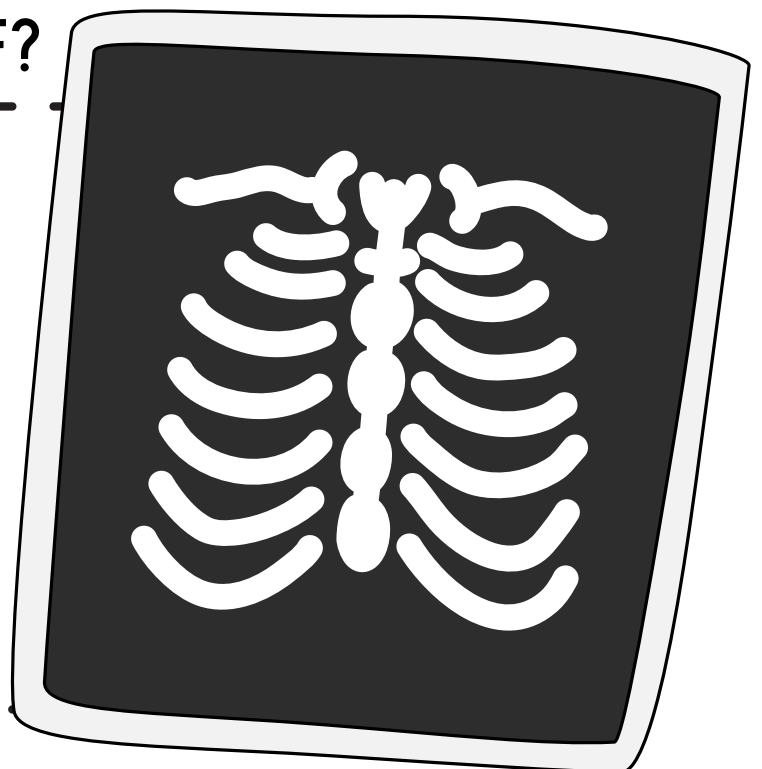
HOW DO OTHERS SEE YOU?

A large dashed rectangular box for writing answers to the question "HOW DO OTHERS SEE YOU?".

# REFLECTIONS OF ME

HOW DO YOU SEE YOURSELF?

A large dashed rectangular box for writing answers to the question "HOW DO YOU SEE YOURSELF?".



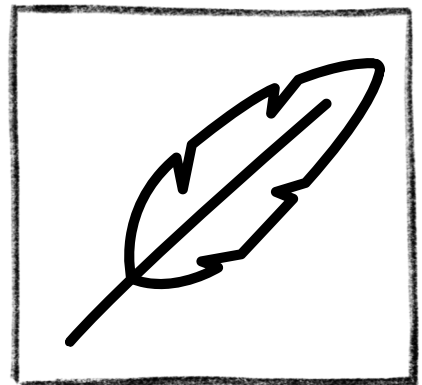
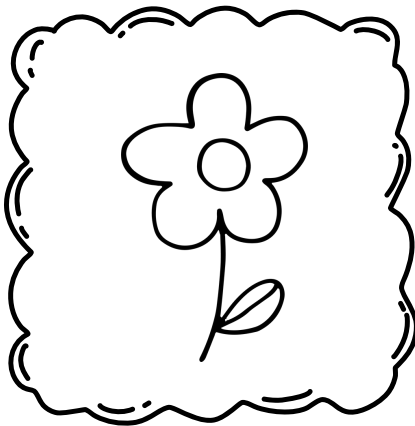
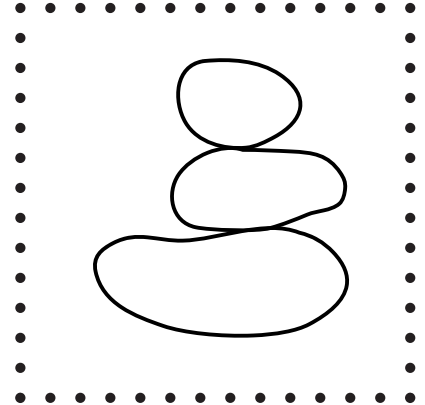
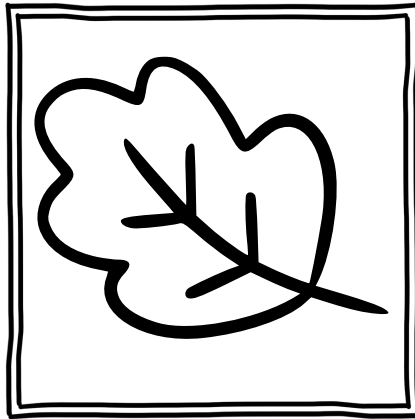
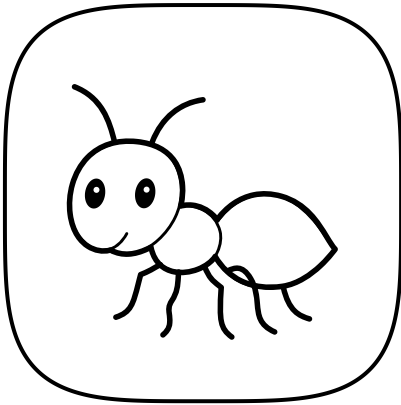




## Go outside or look out a window.

We are going to try to find some little things, amazing things and special things. Sometimes we don't notice all the tiny things around us, but God made them all and they are precious, just like you.

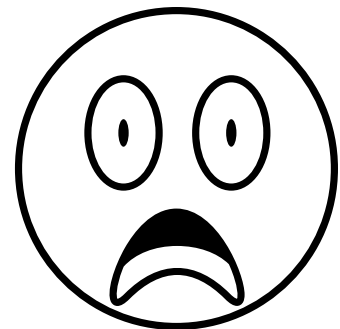
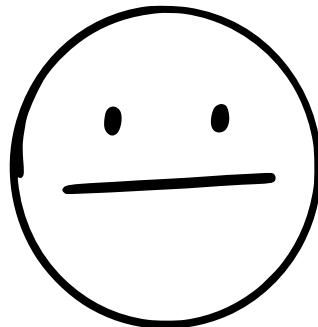
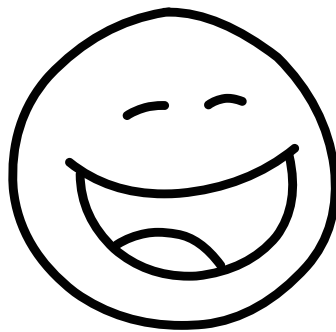
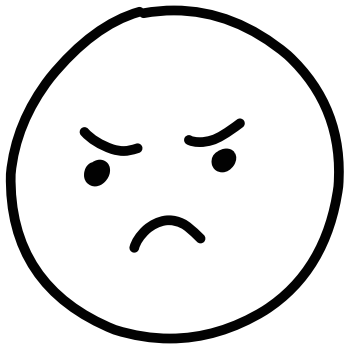
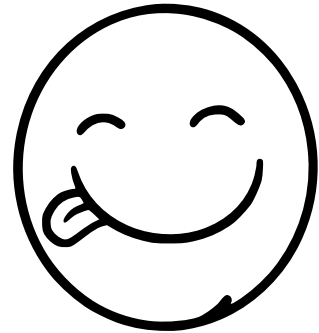
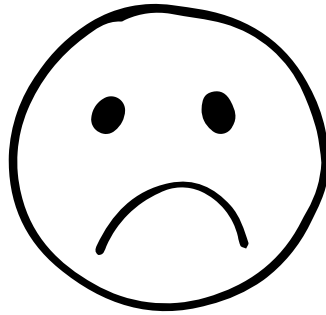
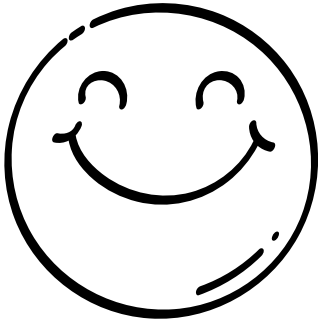
# A LITTLE DISCOVERY



God notices every little thing He made.  
And He notices everything about you too!



# How do you feel?



God knows when we're happy, when we're sad,  
when we're excited, and when we're tired.  
He knows what we like and what we don't like. God  
knows everything about us because He loves us.



# God Is With Me



## Did you know?

Eye contact between people in love can cause their heartbeats to synchronize.

### Joshua 1:9

Be strong and brave. Do not be afraid. Do not lose hope. I am the Lord your God. I will be with you everywhere you go

According to the "five love languages," by Gary Chapman, there may be five different ways that people feel connected and show emotional care.

- ♥ Acts of service
- ♥ Words of affirmation
- ♥ Physical touch
- ♥ Quality time
- ♥ Gift giving

Discovering your emotional language may help you express your needs to others, providing valuable relationship insights.



## ACTION

### FOLLOW THE LEADER

One person takes the lead and other people follow behind. Add funny walks, wiggles or other actions for everyone to copy

Why not create a pathway of praise using chalk? You could add some fun actions to do as you walk along.



## Prayer

Thank you God that you are with me.  
Surround me with your love.  
Let me see you all around.  
Amen.





UU

☐ horse



rat



☐ dog



mouse



pigeon



squirrel



duck

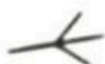


hedgehog



cat

sparrow



fox



# Love Languages

Everyone gives and receives love differently, and all of these ways help us show the love of Jesus to one another. How many of these can you do?

## Love Helps

Helping shows love through actions.



TIDY UP TOYS



PICK UP RUBBISH



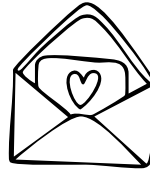
WATER THE PLANTS

## Love Speaks

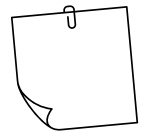
Love is shown through kind and encouraging words



SAY SOMETHING KIND TO SOMEONE



WRITE A CARD TO SOMEONE



WRITE POST IT NOTES OF THANKS TO GOD

## Love Shows Care

Safe, appropriate touch helps people feel cared for and secure.



HIGH-FIVE PRAISE



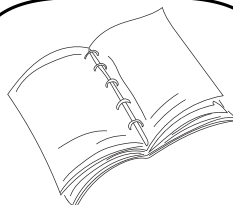
HOLD A STONE, SAY A PRAYER AND PASS IT ON



SHARE A HUG

## Love Pays Attention

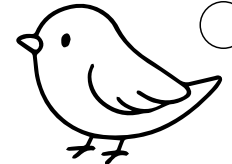
Love is shown by giving someone your time and focus



READ A STORY



GO FOR A WALK TOGETHER



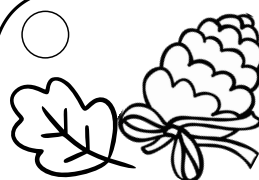
SIT AND LISTEN TO NATURE TOGETHER

## Love Gives

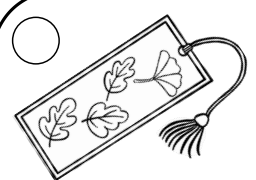
Love is expressed by giving thoughtfully, not expensively



BAKE A CAKE



FIND GOD'S TREASURES IN NATURE

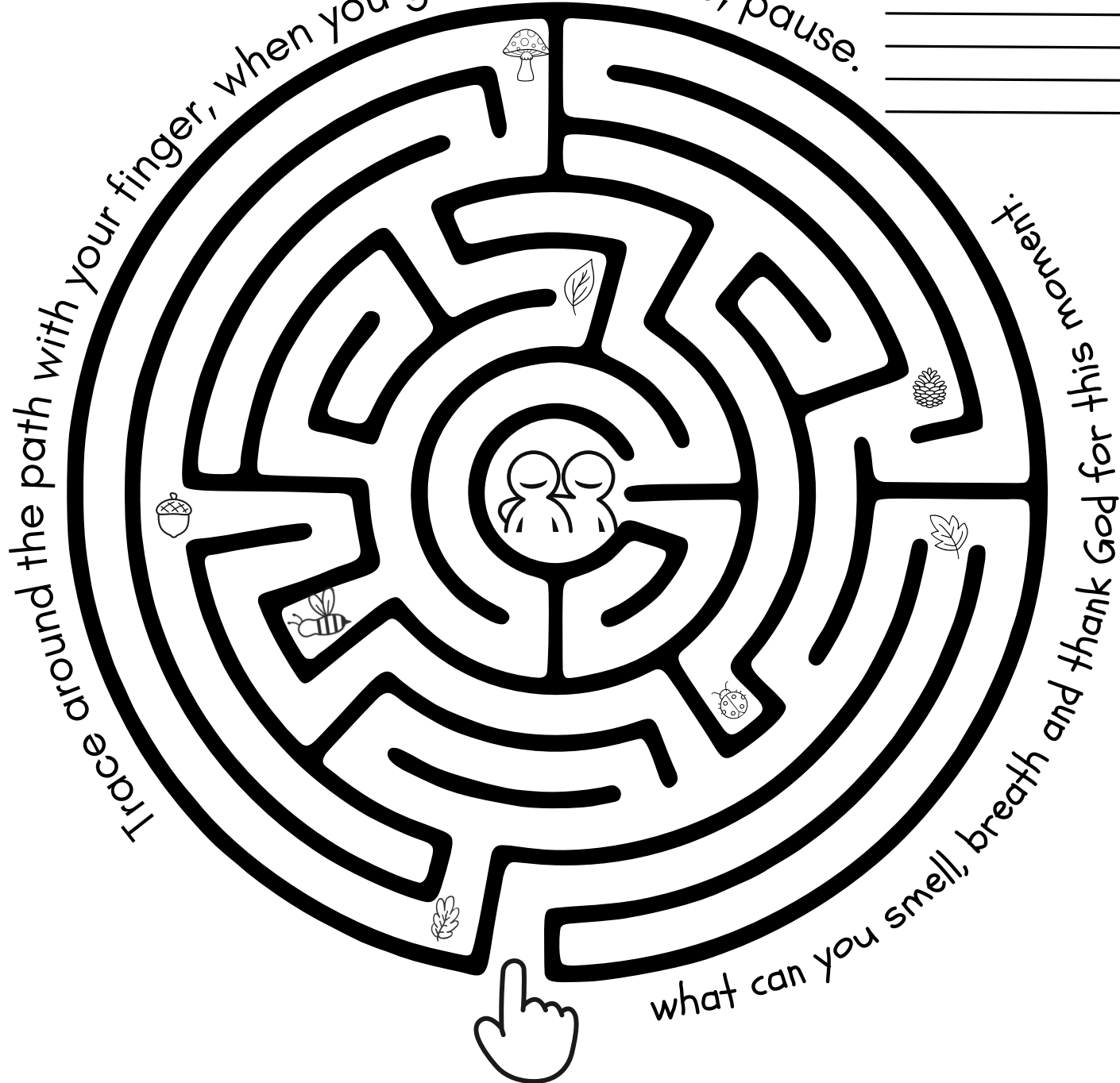


MAKE A BOOKMARK



# LABYRINTH

Trace around the path with your finger, when you get to a picture, pause.



God Is With Me

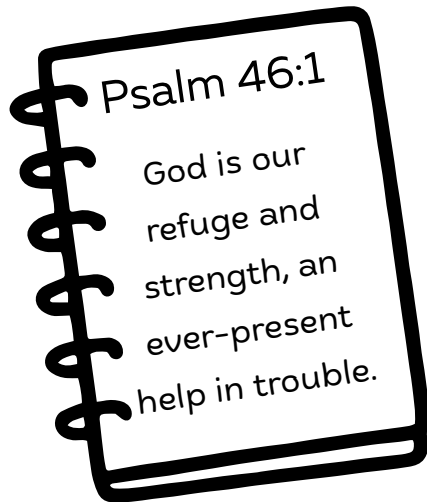


**YOU ARE  
NOT ALONE**





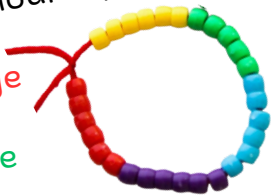
# God Gives Me Strength



Use yarn, beads, or paper strips.

Each bead/colour represents:

Blue = peace  
Red = courage  
Yellow = joy  
Green = hope



"Every time you see this, remember God is giving you strength."

Strength is a really strange thing, we often think of it being about someone's muscles, how much they can lift or carry. But strength is actually often something you cannot see at all, the ability to keep going when things are tough, to smile and find joy even on tough days, to be able to help other people. Strength really is an invisible superpower.

The Bible reminds us lots of times that God is our strength, our help, always with us and taking care of us. I wonder where you will see strength today?

## STRENGTH SHIELD

Paper plates or cardstock  
Markers, stickers, foil



Kids write:  
"God is my strength"

One thing they need God's strength for this week

Find a stone, you could even write or draw on it. The stone reminds us that God's strength is steady and strong, even when we don't feel strong.



Hold the stone  
Think about something hard right now,  
Say quietly:  
"God, You are my strength."

## Did you know?

A standard plastic LEGO brick can withstand the pressure of 375,000 other bricks stacked on top of it before breaking.

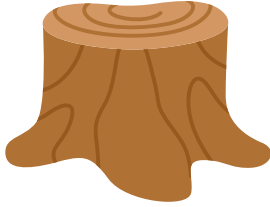
## Prayer

GOD, THANK YOU FOR  
BEING MY STRENGTH.  
HELP ME TRUST YOU WHEN  
I FEEL WEAK.  
THANK YOU FOR ALWAYS  
BEING WITH ME.  
AMEN.

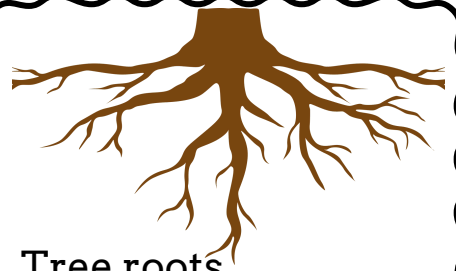


# ? Can you find?

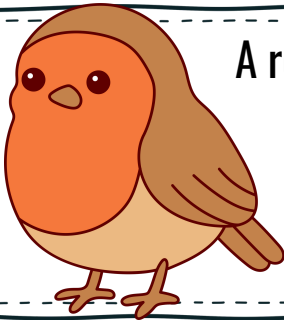
Going for a wander is so very good for us, it helps us with our fitness, it also helps our minds. Wandering is a wonderful opportunity to notice the amazing world that God created.



**A big tree trunk**



**Tree roots**

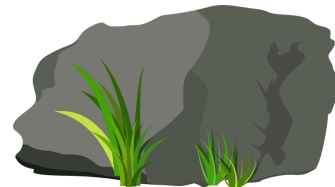
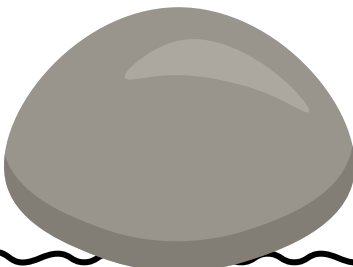


**A robin**



**A sparrow**

**A small stone**

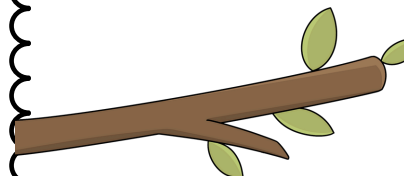


**A big rock**

**A shoot  
pushing  
through the  
earth**



**A bud on a branch**

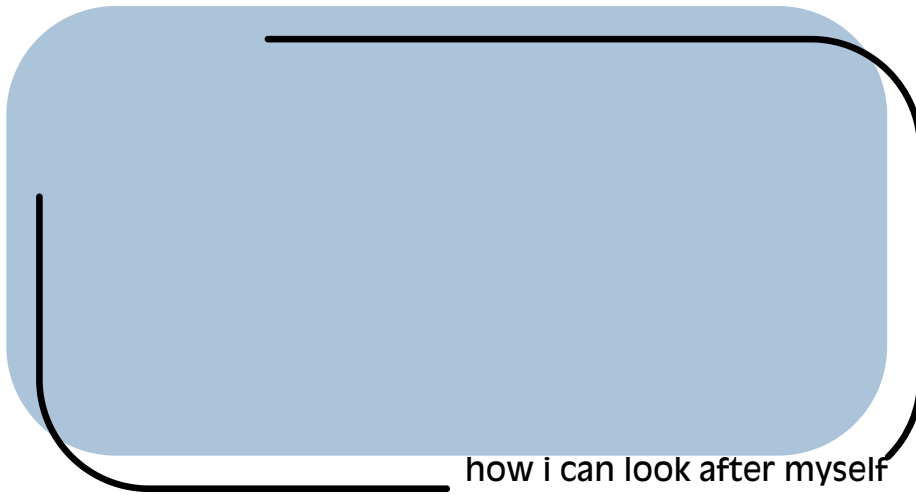


Can you think about how each thing is strong?

The same God who gives strength to creation gives strength to you.



# my Resilience PLAN



how i can look after myself

Who can I talk to?



## MY STRENGTHS

1

2

3

THINGS I HAVE ACHIEVED IN THE PAST

ACHIEVEMENT



What COULD change in a month?

KEEP GOING



Philippians 4:7

Then, because you belong to Christ Jesus,

God will bless you

with

Peace

that no one can  
completely understand.

And this

peace

will control the way you

think

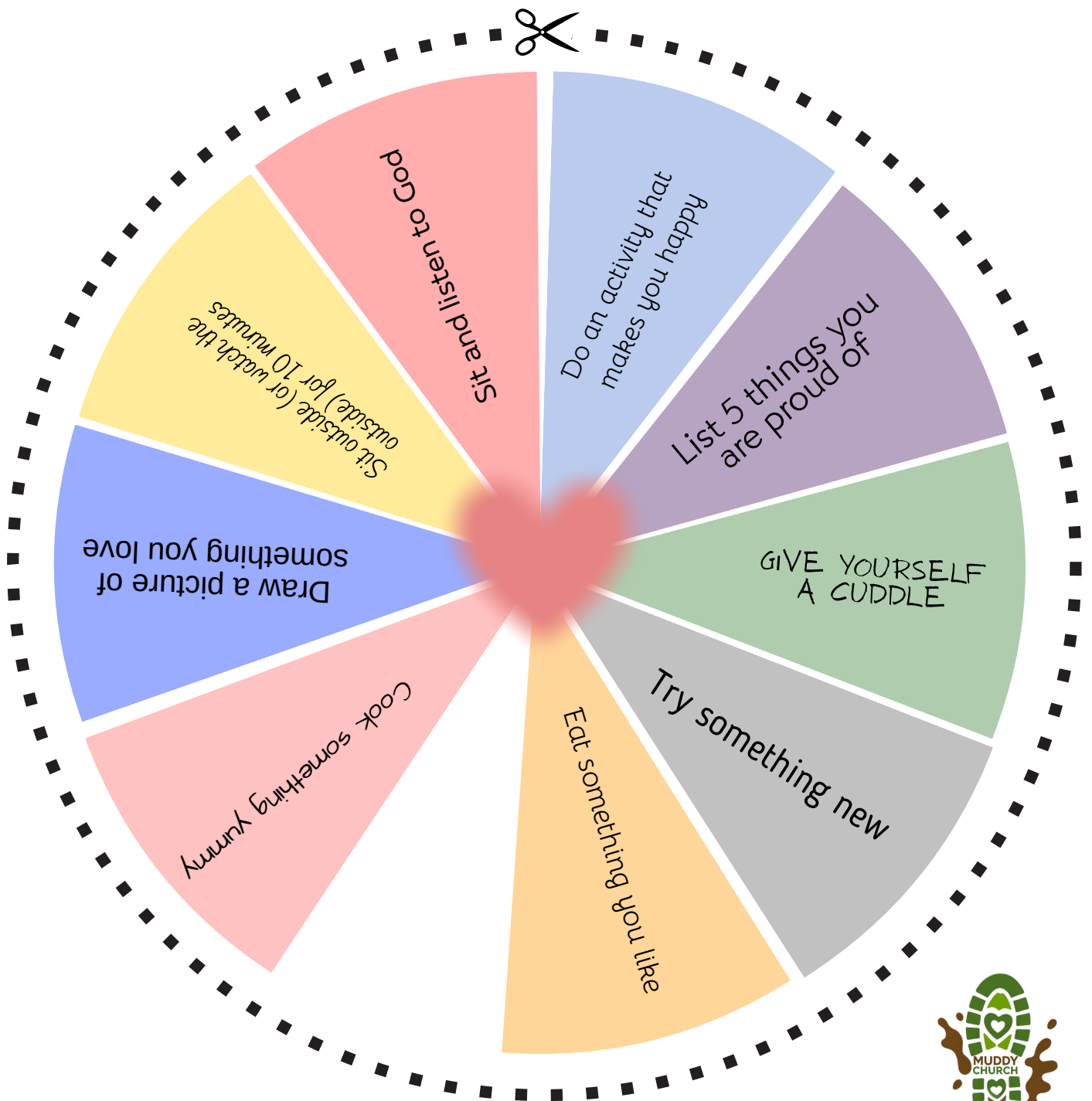
and

feel



# WHEEL of Care

We can all feel challenged, stressed, too busy at different times. Our emotions can overwhelm us or we feel like we are not good enough. This isn't what God says, He is our Peace, Philippians 4:7, reminds us that He will give us all that we need. Cut out and spin the wheel for ideas to help you refocus.



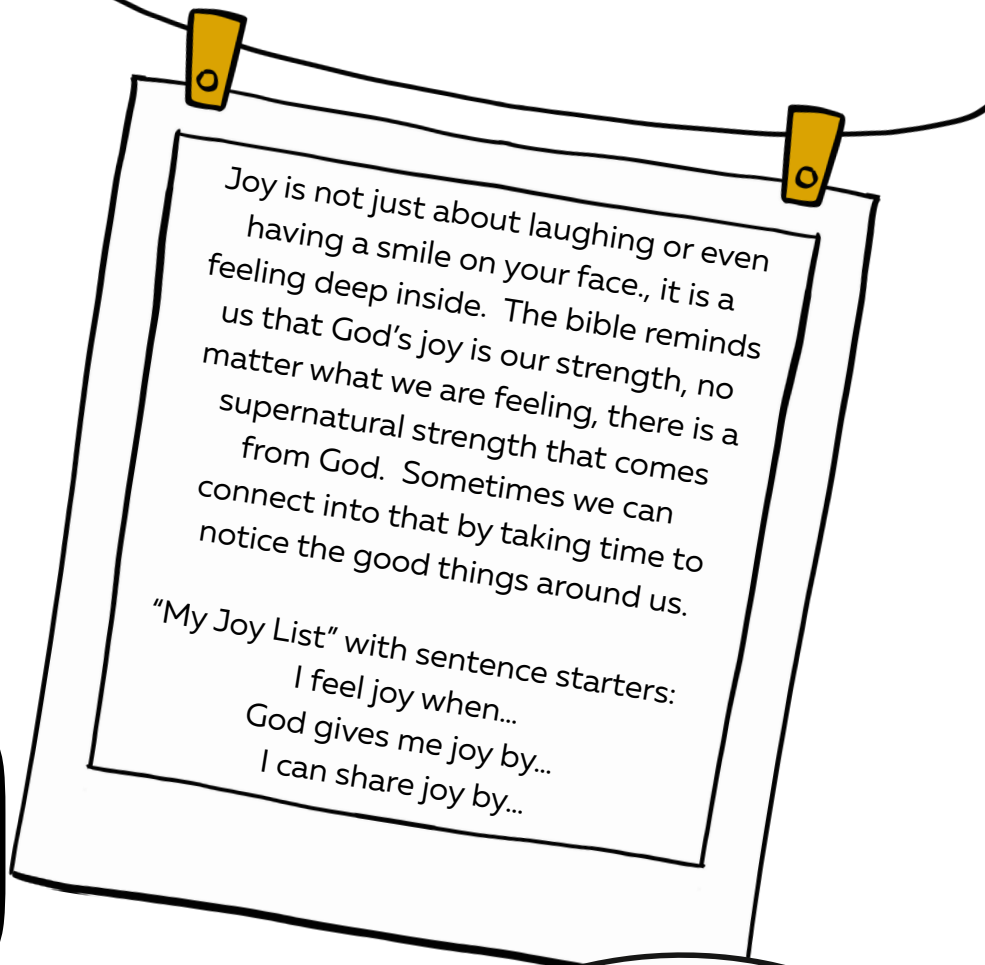


# God Gives Me Joy



## Did you know?

Being around happy people can increase your own happiness by 15%



Joy is not just about laughing or even having a smile on your face., it is a feeling deep inside. The bible reminds us that God's joy is our strength, no matter what we are feeling, there is a supernatural strength that comes from God. Sometimes we can connect into that by taking time to notice the good things around us.

"My Joy List" with sentence starters:

I feel joy when...

God gives me joy by...

I can share joy by...



Decorate jars (or paper jars) and fill them with drawings or words of joyful moments, people, and things.

Add notes or items during the week.



Cut out a heart shape from cardboard and then on your wander add on the things that bring you joy.

Nehemiah 8:10: The Joy of the Lord is my Strength  
Action idea: Point to write (joy), arms flexed like muscles (strength).

## ACTION



## Can you collect 10 jokes?

Laughing is good for us, but sharing a joke is even more fun.

## Prayer

Thank you God for for joy and laughter. Fill me with your joy and help me spread it to others.

# what **BRINGS** me *joy*

Sometimes we forget to notice the wonder filled little things around us. Can you list some of the things that make you feel happy inside?

1

2

3

4

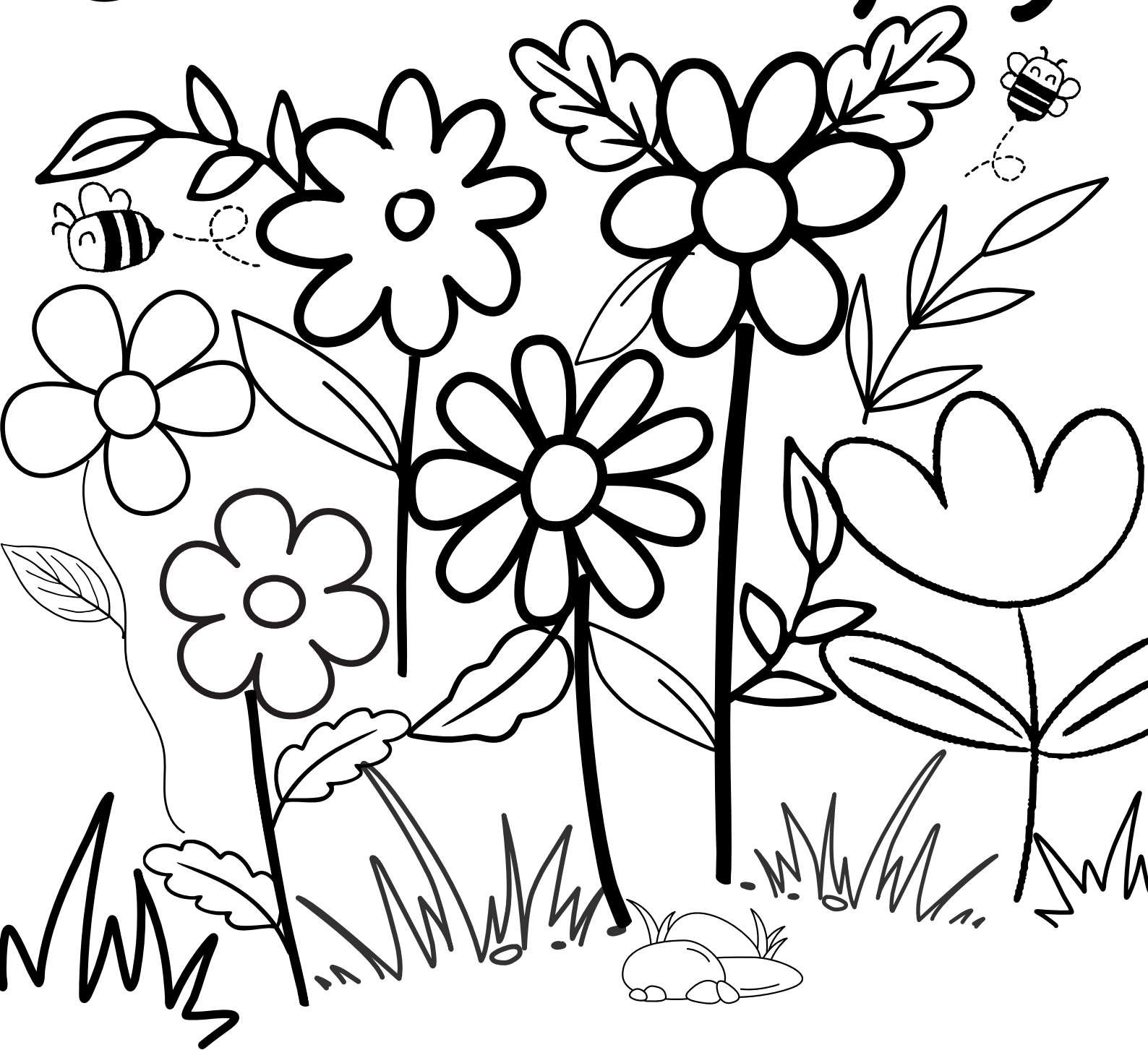
5

6





# Breathe in joy



## breathe out thanks.

Write on the flowers or choose colours that are happy memories that are growing in your heart.



# Happiness Planner



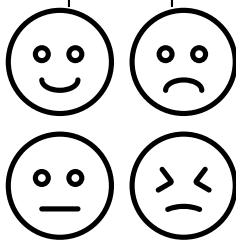
What moments brought you a sense of peace, calm or happiness today?

What was something you saw today that made you happy?

What was something that felt hard today?

Where did you see or hear God today?

WHEN DID YOU FEEL...



DATE :

# I Belong



Romans 12:5

In the same way, we are many people, but we all belong to Christ, like one body. We also belong to each other, like the different parts of one body belong to each other.

**Did you know?**

Your heart beats about 100,000 times a day



Make a Mask

You can make any kind of mask, a nature filled one or even a superhero. Think about how other people see you and how you see yourself.

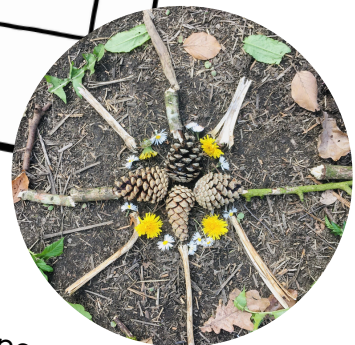
**ACTION**

Point to self (me), open arms (belong), big circle gesture (together).  
"So in Christ we belong."

I wonder where do you feel safe?  
Who helps you feel welcome?

We can feel like to belong to something we have to look/sound/act the same as other people. But belonging isn't about fitting in or being the same—it's about being accepted and loved.

The Bible doesn't talk about us being the same but recognising how our differences make us important when we work together.



Everyone can join in to make a nature mandala. Collect an item that you like, notice, think is important and add it to make a picture.

## Belonging Web

Stand in a circle. Hold a ball of wool or string.

One person holds the end, says their name, and throws the ball to someone else while saying something kind (or "I'm glad you're here").

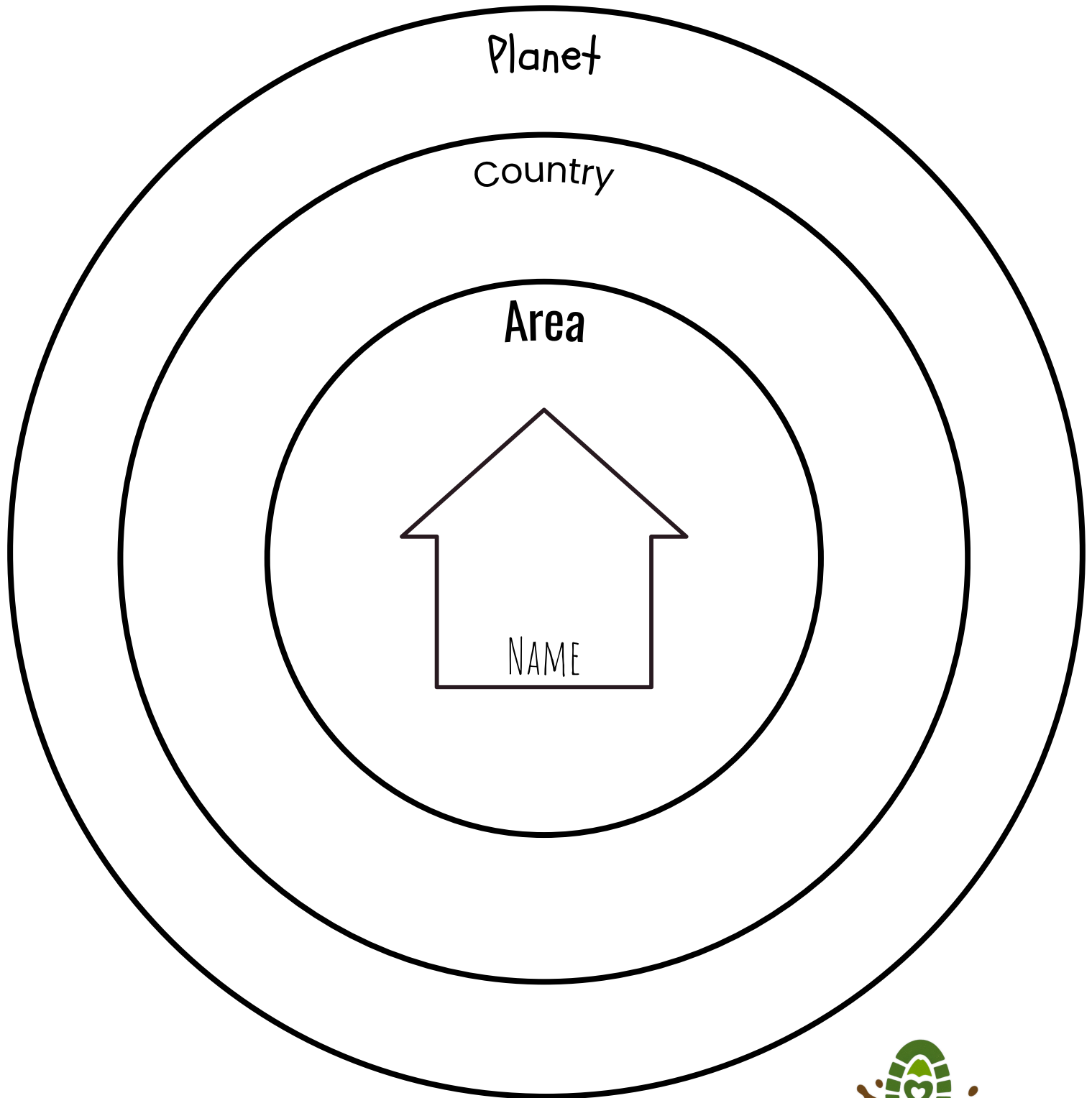
Keep going until a web forms.

**Prayer**

"Thank you God  
That I belong  
I am loved  
I am welcome  
Amen"

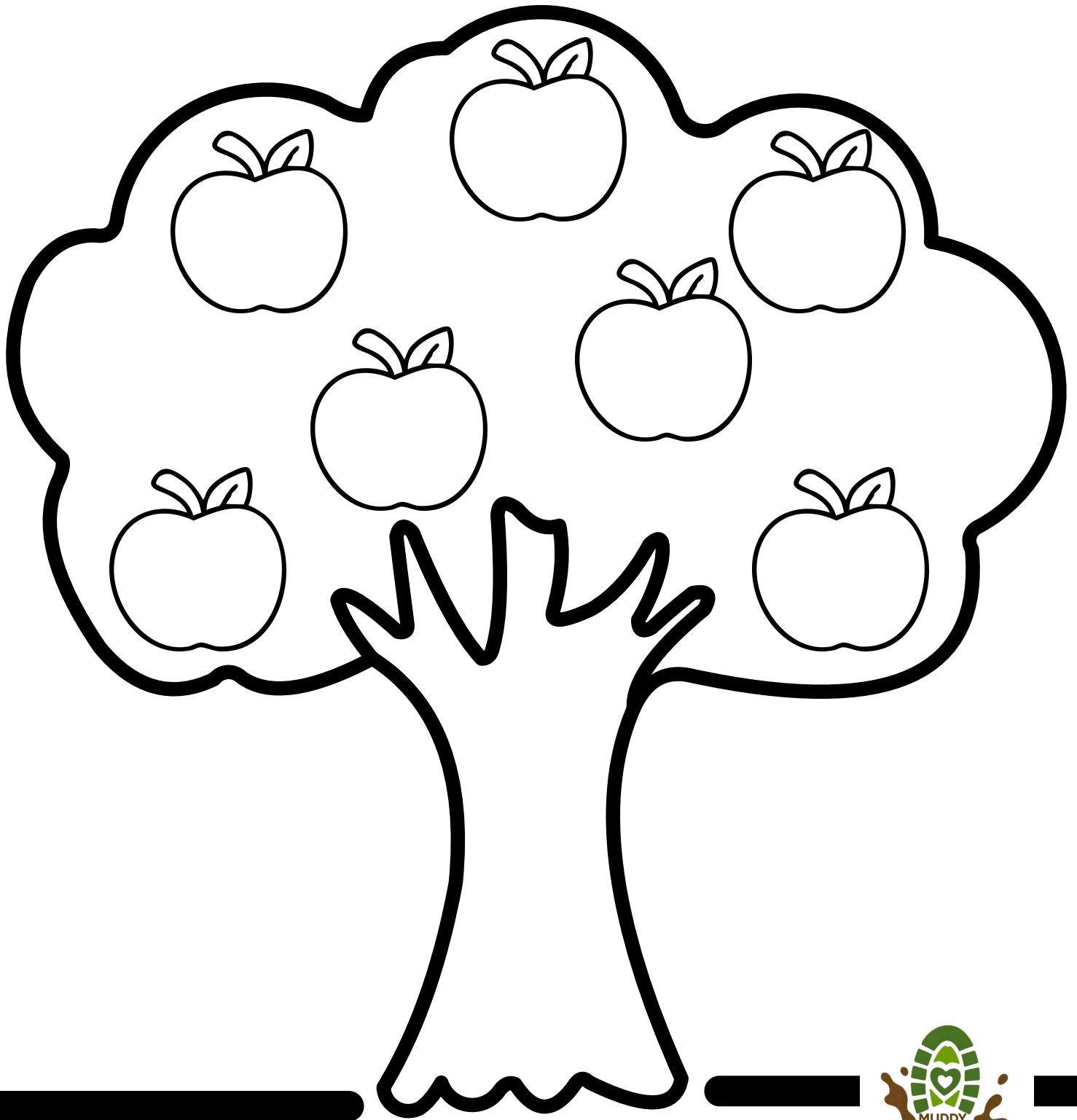
# Circles of Belonging

Can you think of different ways you belong to different places? Draw or write in each circle the ways that you belong or the people and things that are important to you in that place.



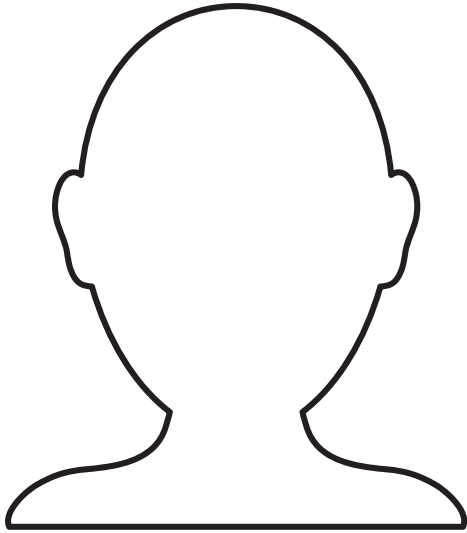
# Belonging Tree

Where are the places you belong who who belongs with you?



# SAME AND Different

We are all created uniquely, special, wonderful and amazing. There are things about us that are different to other people, but some things that are the same. How are you the same and different?



**My name is...**

I am unique because....

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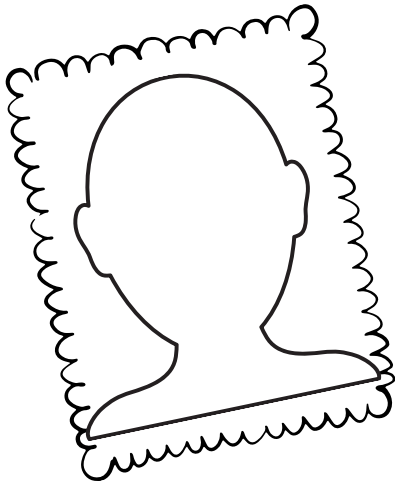
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**I am the same as....**

because....

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**I am different to....**

because....

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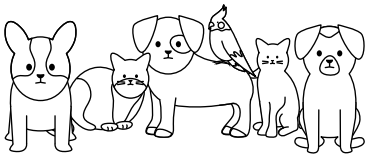


# GET TO KNOW YOU

# BINGO

Can you find someone to tick off the sheet?

Winner finds them all first!



Has a pet



Speak another language



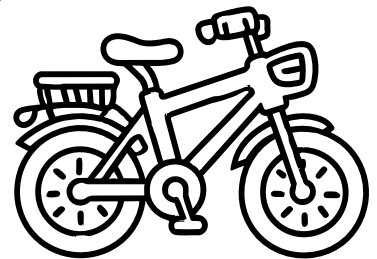
Loves ice cream



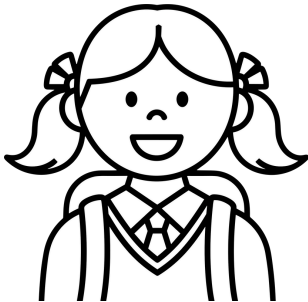
Lost a tooth



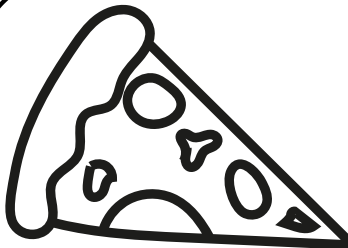
Can swim



Can ride a bike



Got a sister



Likes pineapple on pizza



Play an instrument