



**KNOW YOURSELF,  
GROW YOURSELF**

### Whole School Homework- 31. 01.2025

For homework we would like you to help us take part in 'Children's Mental Health Week'. This year's theme is '**Know Yourself, Grow Yourself**'. The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.

We would like children to create a '**Resilience Backpack**' picture. The backpack is an imaginary place where they can keep positive thoughts, ideas and activities which are personal to themselves. When they feel worried, nervous or even over excited they can think about their resilience backpack and pick one of the ideas to help them overcome the situation they are in.

Please complete the homework on **A4 paper**. Your child can choose whether to draw, write, use digital tools or cut and stick pictures to create their resilience backpack. A backpack template has been provided if you would like to use it.

Please hand homework in by **Wednesday 5<sup>th</sup> February** at the latest. Make sure your child's first name and class number are on the back of the work. We hope to display lots of resilience backpacks in school!

**Here are some ideas of what you could include inside the backpack:**

- What makes you happy?



- What helps you to feel calm?



- Ways we can look after ourselves?



Mrs Emma Fairley,

PSHE/RHE Leader.

# Resilience Backpack

