

Children's Mental Health Week

A Change4Change Project

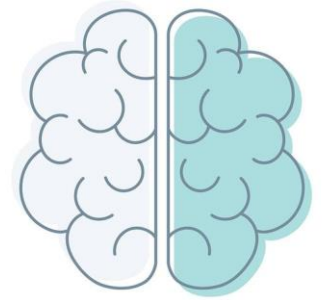


**Save the
Children**



All about children's Mental Health

Children's mental health is very important because it helps the body stay healthy, active and ready to learn. This is very important for children as they need a good active body and mind to be able to do activities such as learning.

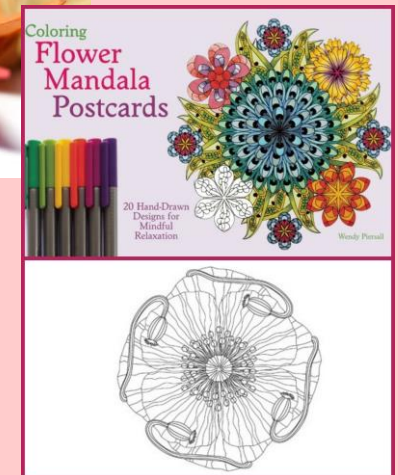


What we are doing for Children's Mental Health Week?

Change4Change have decided to do mindful colouring and origami during lunchtimes in the KS1 and KS2 playgrounds.

Children can buy colouring sheets or paper for **20p** from the Change4Change headquarters before and after school during the ***week beginning 3rd February***. Then all you need to do is come along during lunchtimes with your sheet to support your well-being.

Together we can make a difference!



Why are we doing this?

You may not know why we are doing this or where the money will be donated.

Change4Change are raising money for charity, for children who aren't as fortunate as us, including those suffering war as a result of war.

Please do make a contribution if you are able to.



VOLUNTEER



THANK YOU!

**Thank you for listening to our
presentation**

