



**Children's  
Mental Health  
Week 2018**

**5-11 February** #childrensmhw  
ChildrensMentalHealthWeek.org.uk

# **Children's Mental Health Week** **5 – 11 February 2018**

**Assembly slides for Secondary Schools**

**Being Ourselves**

## What 3 words would we use to describe ourselves?



# Similarities and differences



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## Why is it important to understand our similarities and differences?

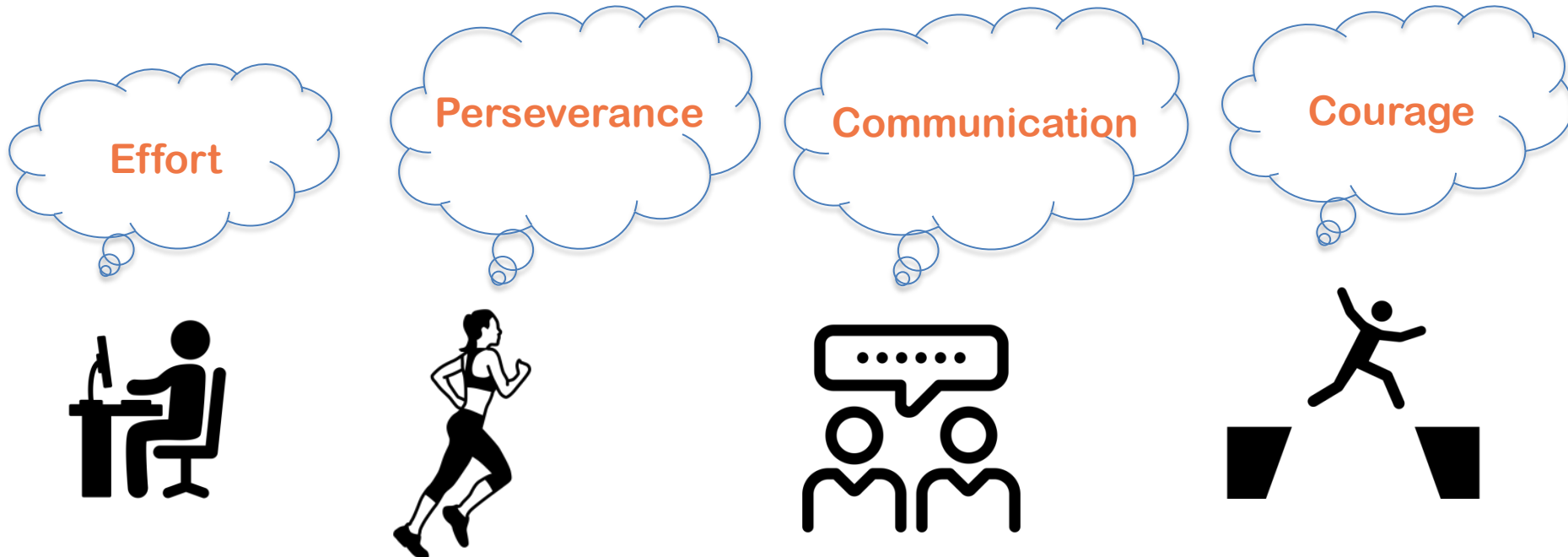


# A “growth” mindset



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## Are we born with certain skills or can they develop over time?





# Comparing in a negative way



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- Comparing ourselves with others
- What's 'real' online?
- Thinking traps





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