

# Children's Mental Health Week 2027 Assembly

This week is Children's Mental Health Week. The theme is 'Step into my World' which is all about empathy, which means seeing things from others' point of view.



## Talk:

Discuss why awareness weeks are important, and that it's useful to talk together especially about how we are feeling.



## Hands up/Talk:

Talk to a partner about what it means to see something from someone else's point of view and when this might be a useful thing to do. Have you ever needed to 'step into someone's World' and see something from their point of view?

## Optional:

Add a story/reading here depending on the time available and age of the children. We suggest books like 'The Invisible String' by Patrice Karst, 'Meesha Makes Friends' by Tom Percival and poems from 'The Same Inside' by Liz Brownlee.

Let's watch the Relationships animation together >



It has been good to think about how we can step into someone's world and notice how they are feeling, what they do and what they say. Empathy is so important in helping us to develop relationships that are healthy and make us happy.

## Let's stormbreak!

Lead Copy Cats stormbreak >

Choose a handful of children from across different classes and year groups to come to the front and take turns to do a movement for all children to copy. Watch a video (click link above) of some young people doing this stormbreak to help you to plan how to deliver it.

Other suitable stormbreaks include Cloud Faces (you will need a video of some clouds on a screen for this one) Don't Listen to your Body and Friendship and Empathy.

For further information, ideas and resources on Children's Mental Health Week please click [here](#).

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