

Mental Health Awareness Week 2026

At BBC Children in Need we know that meaningful everyday conversations are a powerful form of early intervention that help to protect children's mental health. Simply having someone to talk to about worries and feelings can help get ahead of serious mental health issues developing.

Follow the below steps in your PSHE lesson or as part of your Mental Health Awareness Week activities

- 1. Download our Mental Health Awareness Week toolkit** which includes; a 5-minute PowerPoint presentation, a video of Pudsey speaking for the first time and a variety of Twinkl resources for KS1 and KS2.



- 2. Play our video message from Pudsey** (you'll find this in the PowerPoint) and complete the rest of the slides which includes an introduction to Mental Health Awareness Week and some thought starters.



- 3. Use our Twinkl resources** to help your children understand the importance of speaking to a trusted adult. We've got verbal and non-verbal resources for KS1 and KS2, including a 'who listens to me' activity sheet and a 'sharing your feelings' circle time activity pack.

