



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

CHALLENGE

By challenging ourselves, we learn that we can work towards a goal, overcome obstacles and be persistent even when something is difficult.

A **growth mindset** can help us take on new challenges, as it builds our confidence to have a go at things, increases our self-esteem and encourages us to try again if it doesn't work out the first time!

Our tips for strengthening a growth mindset and challenging ourselves:

1- Read books with characters who overcome challenges. What strategies did the characters use to push through them? Follow the QR code to a list of books that help children face challenges!



2- Ask for help when needed. Challenging ourselves is not about getting through difficult times alone...sometimes we need a helping hand and that is okay!

3- Celebrate the small steps, not just the big wins!

4- Set yourself a **SMART goal** to do something out of your comfort zone this week. You might want to try a new food, learn a new hobby, start a conversation with a different friend, or put your hand up in a lesson at school. Can you think of a goal you would like to challenge yourself with this week?



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.