

Children's Mental Health Awareness Week



SCAN ME to see more information on our activity camps

THE UK'S FAVOURITE  
**BARRACUDAS**  
Activity Day Camps  
Visit [barracudas.co.uk](http://barracudas.co.uk)  
or call 01480 467567



### TRY NEW THINGS!

Help Billy tick everything off his list!

Tick when complete

What was your new food?

TRY A NEW FOOD

What book did you read?



GO FOR A WALK!



Where did you go?

Hi! I'm Billy Barraucda!  
Making new friends, trying new things and learning new skills are all fantastic for your mental health



### COUNT THE BRAINS!

How many brains can you see on this page?



SOMETIMES YOU NEED A LITTLE HELP

Answers  
IF WE'RE FEELING SAD, PEOPLE CAN HELP US. IF WE'RE FEELING SAD, WE CAN ALWAYS TALK TO A TEACHER, FRIEND OR PARENT. IT'S ALWAYS BRAINS BEFORE THERE'S A BRAIN. YOU ARE AMAZING!



### WHILE ON YOUR WALK DO A NATURE HUNT!



ACORN



SNAIL



BERRIES



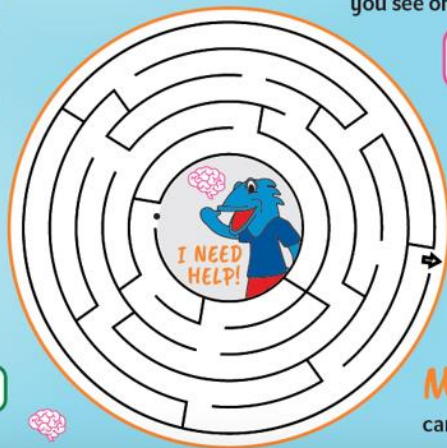
BIRDS NEST



LEAF



SQUIRREL



### MAZE GAME!

can you help Billy escape?

### MISSING WORDS

IMPORTANT HELP YOU PARENT

IF WE'RE FEELING SAD, PEOPLE CAN

YOU CAN ALWAYS TALK TO A TEACHER, AND

FRIEND. IT'S THAT WE LOOK AFTER

YOUR MENTAL HEALTH.

ARE AMAZING!

### FILL IN THE GAPS