

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

3-9  
FEB  
2025



## Art Activity: Know Yourself, Grow Yourself

Wellbeing activity for primary-aged children, from Place2Be's Art Room.

## Introduction

To celebrate Place2Be's Children's Mental Health Week 2025, the Art Room is happy to share this short activity to explore this year's theme: Know Yourself, Grow Yourself!

This resource encourages children to learn more about themselves by imagining a plant in growth. It starts off by inviting children to reflect on the roots of their identity, what is important to them, and what helps them grow. They will then think about what is growing from these roots, as with greater understanding of oneself also comes an increased capacity for personal growth, resilience, and connection with others.

### Activity Aims

- Embrace self-discovery and self-awareness
- Promote personal growth

### Materials

- paper or card
- paint, crayons, coloured pens, or pencils

### Optional

- recycled bits and bobs
- scissors
- string, glue, or tape

### Activity

The activity has two parts, so make sure you separate your page into a bottom half for the roots and a top half for the plant.

Imagine that you are a plant that has just started growing...

#### Part 1: Know Yourself - Roots

1. Let's begin at the roots. What do they look like and where are they growing? Perhaps these roots are in a flowerpot, forest, or near a pond? Sometimes plants grow in the least expected places, like a crack in the pavement!

Fun fact: Did you know that roots can be twice (or more) as big as the plant itself?

*Think of these roots as important parts of who you are, as well as the things that shape you and matter most to you. Everything grows from those roots!*

2. Now it's time to make your art! Use your choice of art materials to create a picture of the roots you imagined. This can include drawing, painting, or even cutting/tearing and pasting recycled paper and materials. You can use words too.
3. You can also draw the areas surrounding the roots. What is helping them to grow? Are there any animals or insects underground where your roots are growing?

#### Part 2: Grow Yourself - Plant

1. Time to imagine the plant that would be growing from these roots. It could be anything from a type of flower; to a cactus; to a tree. It could even be completely imaginary! Perhaps your plant has something growing on it like fruit, or blossoms. Maybe there are animals or birds living in it.

*Think of it as what you would look like if you were a plant! It represents the person you have grown into and would like to be. Consider what makes you similar and different from others.*

2. Using your choice of art materials, now you can create the plant you imagined growing from the roots in your picture.

#### Reflection Questions:

Plants go through many changes and types of weather; adjusting to their environment as they grow.

1. What special features does your plant have so it can keep growing as things change, even in difficult times?
2. Is there anything else around your plant that is also helping it grow?



More resources from  
Children's Mental Health Week:

Visit: [childrensmentalhealthweek.org.uk](https://childrensmentalhealthweek.org.uk)  
or scan the QR code.



This project includes a video by Place2Be Ambassador Ricky Martin, also known as CBBC's Art Ninja. [Watch our accompanying video before heading into the creative activity so Ricky can guide you through the project!](#)