

Questions

1. When did Children's Mental Health Week begin?

2. Explain, using evidence from the text, how The Duchess of Cambridge feels about Children's Mental Health.

3. Match the following sentences.

The Duchess of Cambridge

Low self-esteem

Friendly people around

Place2Be

promotes mental wellbeing in schools.

help you with your own wellbeing.

has been a Royal Patron of Place2Be for at least 5 years.

means that you think negatively about yourself.

4. Which of the following words is closest in meaning to 'futility'. Tick **one**.

- hope
- uselessness
- fun
- fear

Questions

5. According to Place2Be, what percentage of children are affected by low self-esteem?

6. Explain what you think HRH The Duchess of Cambridge meant when she said “[In our childhood, we] learn to be ourselves.”

7. What do Place2Be believes happens when children do not ask for help?

8. ‘Place2Be also encourage children to push themselves out of their comfort zone...’ Explain in your own words what this means.

9. According to the text, what is bravery?

10. Explain what you think the positive impact of having Children’s Mental Health Week as an event could be.
