

# CARERS WEEK IDEAS AND INSPIRATION FOR SCHOOLS AND COLLEGES

## Celebrate Carers Week 2025

For Primary, Secondary & College Young Carers School Champions



Use Your Toolkit

Explore the [Centre 33 Young Carers Resource Hub](#) for tools like:

- Awareness-raising lesson plans
- Assembly PowerPoints
- Young Carers Posters & Display Packs
- Support group activities
- Template letters to families



Ideas to Celebrate Carers Week (9–15 June 2025)

Here are some adaptable ideas for different settings:

Primary School:

- Host a “Thank You” card-making session
- Run a “Guess Who Helps at Home” display
- Read a carers-themed storybook in class
- Set up a Young Carers Colouring Station

Secondary School:

- Lunchtime drop-in or quiz with snacks
- Host a young carers-focused PSHE session
- Use our assembly slides to start conversations
- Launch or relaunch your Young Carers group

College:

- Coffee morning or chill-out space
- Share real-life stories (with permission)
- Social media shoutouts for awareness
- Student Voice: Ask young carers how they want to mark the week!



# CARERS WEEK 2025 - WHAT CAN YOU DO?

## Carers Week 2025 – Quick Checklist

- ✓ I've reviewed the Centre 33 Resource Hub
- ✓ Our school/college has planned at least 1 activity
- ✓ We've shared an assembly, display, or noticeboard
- ✓ We've invited feedback from our young carers
- ✓ We've promoted support available (like Centre 33!)
- ✓ We've considered running a one-off or trial group session
- ✓ We'll share what we've done via our newsletter/socials

## Fun & Meaningful Activities (All Ages)

- 👋 “Five Things I’m Proud Of” handprint poster
- 📷 Photo booth with props + “I’m proud to be a young carer” signs
- 🧠 Mindful moment: breathing or colouring activity
- 💡 Create a “Wall of Strength” – what makes young carers strong
- 💌 Thank You Tree – notes from teachers/staff
- 🔄 “Pass the Positivity” – chain of kind messages across classrooms
- 🎭 “Super Carer” Self-Portraits – design yourself as a superhero
- 🎵 My Power Playlist – songs that make you feel strong and proud
- 🧩 “Pieces of Me” Puzzle Wall – create a collaborative display
- 🎤 Expression Station – share a talent, poem or story (anonymously if preferred)
- 🖼️ Gratitude Gallery – add drawings or notes of what you’re thankful for
- 👤 Calm Jars – make glitter jars to help with focus and relaxation
- 📖 Storytime Circle – read a book that features young carers or caring themes

 Don't forget!

Take photos (with permissions) and celebrate your week!

Tag Centre33 or email [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk) to share what you've done.



# GREAT JOB

