



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

**THIS IS
MY PLACE**

Families and Community Groups

9-15 February 2026

Everything you need to get involved in
Children's Mental Health Week 2026

[#ChildrensMentalHealthWeek](https://twitter.com/ChildrensMentalHealthWeek)

[childrensmentalhealthweek.org.uk](https://www.childrensmentalhealthweek.org.uk)

CHILDREN'S MENTAL HEALTH WEEK 2026



THANK YOU FOR TAKING PART IN CHILDREN'S MENTAL HEALTH WEEK 2026

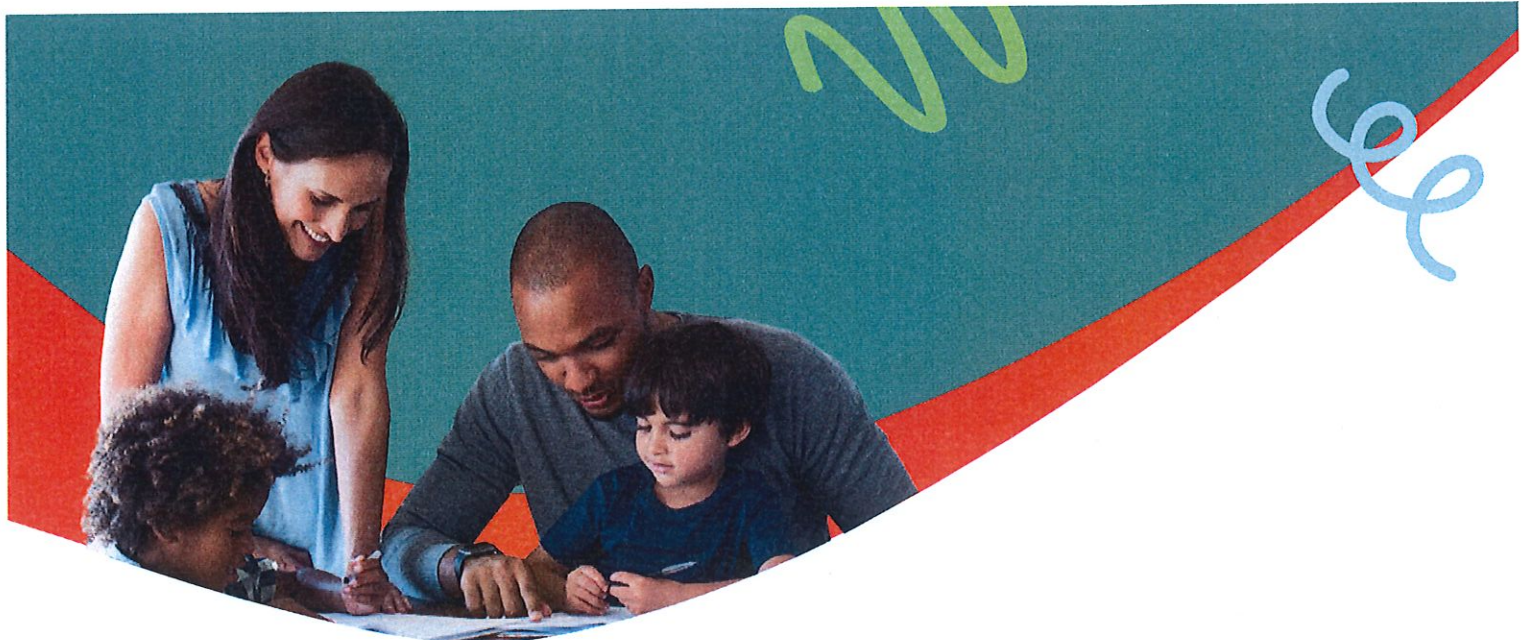
We're so delighted that you've decided to take part in Children's Mental Health Week 2026. As the largest children's mental health charity operating in schools across the UK, Place2Be created the week to empower, equip and give a voice to every child in the UK. This year's theme is **'THIS IS MY PLACE'**.

This pack contains everything you need to take part in the week – from top tips and fun activities to information on how to take part in raising vital funds for children's mental health. However you take part, we're so grateful for your support.

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'THIS IS MY PLACE'

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing.

To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.


This year, Place2Be's Children's Mental Health Week will aim to support the groups and systems surrounding our children. We'll encourage peers, families, schools and community groups to create inclusive and nurturing environments, where children and young people feel they belong and can say **'THIS IS MY PLACE'**

WHAT BELONGING MEANS TO CHILDREN AND YOUNG PEOPLE

We spoke with primary and secondary aged children to ask what they wanted from the week – to help shape the activities we create for them, the tips we give to other children, and the advice we give to parents, carers and families and groups.

What is Belonging?

- Feeling that you have a place where you are always welcome and valued as either place or set of people.
- A place you belong with your family and friends.
- Feeling included, not left out.
- Belonging means feeling a connection with something, feeling like I am meant to be there with no stresses or worries. It's all about feeling safe.
- Feeling a part of something e.g. a group or society.
- People accepting you as you are.



TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE ON HOW TO HELP THEM FEEL A SENSE OF BELONGING

- Parents, Carers or Community Groups can help belonging by asking questions about things they see us becoming passionate about.
- By checking in with you, providing support and making you feel safe and important.
- By being there and being happy
- By doing things that make you feel happy and safe
- Letting us choose our likes and interests and letting us explore new things.
- Parents taking time to listen and speak to us, reassure us.
- Making a comfortable, welcoming place for us.

A FEW MORE FROM US:

Parents and carers can foster belonging by **providing a loving and consistent family environment**, encouraging strong connections with peers and other trusted adults, and collaborating with school. A child's sense of belonging starts at home and expands to include the wider community.

Emphasise positive, trusting relationships. Create a loving, secure base by being available, emotionally supportive, and consistent. Simple acts, like listening without judgment, sharing smiles, or offering hugs, help build trust and intimacy.

Show them you know and value them.

Notice your child's personality and unique talents, and cheer for their achievements, no matter how small. This boosts their confidence and sense of self-worth.

Establish family rituals. Create a sense of security and connection through routines and traditions. These can be as simple as making a favourite meal, sharing stories in the evening, or having a special way of saying goodbye.



Encourage open communication.

Create a safe space where our children and young people can share their thoughts and feelings without fear of judgment. Talk to them about what belonging means and encourage them to explore their feelings when they feel included or excluded, using curiosity and open questions.

Embrace and celebrate heritage

to keep our children connected to their roots. This is a powerful way to strengthen their sense of self and belonging.

FUN ACTIVITIES TO DO WITH CHILDREN OF ALL AGES



To celebrate Children's Mental Health Week 2026, Place2Be is happy to share an activity to explore this year's theme **'THIS IS MY PLACE'**

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing. Belonging is the feeling of being a valued part of the groups and places that are important to us. It means feeling cared for and comfortable to be ourselves.

This resource encourages children to explore their sense of belonging by creating a personal map, which can include places, groups, or activities or something not physical where they feel they belong.



ACTIVITY AIMS:

- Increase personal sense of belonging
- Foster understanding of belonging and its importance to wellbeing

MATERIALS:

- paper or card paint, crayons/ pastels, coloured pens, or pencils
- Optional (materials to cut and paste with):*
- recycled paper (ex/ from magazines and newspapers)
 - scissors, string, glue, or tape

ACTIVITY WARM-UP:



Fun Fact

What are maps?



Maps are used to outline and describe different parts of the world. Maps have lines, colours, and symbols that help us understand important things about places and where to find them. We might notice things like countries, cities, mountains, rivers, or deserts on a map.

Before starting the main art activity, have a look through the categories below. It may help to jot down thoughts and ideas about where you experience a sense of belonging.

Food for thought: What does belonging mean?

Do you know belonging isn't felt from just one thing or one place. There are so many ways we can feel like we belong.

See some examples below:



At Home:

with supportive family members/carers who know you well, even your quirks.



At School:

in classrooms where ideas are shared, with teachers who believe in you, and among friends.



In Activities & Special Interests:

that you enjoy and are passionate about ex: arts, maths, reading...



In Communities:

religious or cultural groups, neighbourhood communities, online spaces, or volunteer organisations.



With Friends:

those special people who truly understand you, make you laugh, and stand by you through good times and difficult ones.



Within Yourself:

feeling comfortable to be you and accepting yourself as you are.



Within the Environment and Universe:

being outdoors or looking at the stars to feel belonging not only with other people but all that exists on our planet and beyond.



ACTIVITY STEPS:

Using available materials, create a map showing all the places, groups, and activities that help you feel like you belong.

Your map could look like one you've seen before with real places, or it could be completely imaginary with unusual features and outlines.

1 Draw the main outline of the land and what it looks like:

- Is it an island surrounded by sea or does the land cover the whole page?
- Maybe it is shaped like something you like (for example an island in the shape of a bird)
- Perhaps it is completely imaginary and out of this world (such as candy clouds)

What is the environment like:

- Does it have one big city or are there many villages and towns?
- Are there mountains, forests, lakes, volcanoes, beaches, etc?

2 Using your choice of words, colours, symbols and patterns, add everything that gives you a sense of belonging to your map.





Your map can be as simple or detailed as preferred.

Examples:

- *A couple of pillows and books* for that cosy corner of the library where you like to read
- *The stage in the school hall* where you feel proud, and confident
- *Game consoles, sports balls, math symbols or musical notes* etc. for activities you like
- *Friendship bracelets* representing you and your friends
- *Buildings where you meet with others* or a place of worship
- *Plants and animals* or somewhere outside where it's nice to be in nature
- *Vehicles that take you to important places* such as that bus you always take on Sunday to go shopping with family, an airplane you took on a fun trip, or a hot air balloon you'd love to have a party on



Reflection Questions:

1. Where would you most like to be on your map today?
2. If you met someone who feels left out, where is the first place you'd like to bring them on your map to help them feel like they belong too?

**Ready to
fundraise?**

Check out page 9 for
fantastic fundraising
ideas to get you started.

