



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

**THIS IS
MY PLACE**

Primary School Pack

9-15 February 2026

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

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 group activities, top tips and an assembly guide, 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.

5 WAYS TO GET INVOLVED IN THE WEEK

TOP TIPS FOR SCHOOLS –

Visit page 4 to read some tips from children and young people we spoke to about what they need from schools.

1

RUN AN ASSEMBLY –

Get your whole school (or year group) thinking about mental health, and how they can use their voices. *View our assembly slides.*

2

CLASS ACTIVITIES –

Split by age group, these activities can help you get your class or group using their voices, and understanding the importance of listening too.

3

FUNDRAISE –

Get creative and raise money whilst exploring the idea of belonging. Visit page 9 for lots of fundraising ideas for your school.

4

SPREAD THE WORD AND ADD YOURSELF TO OUR MAP –

We'd love to know what your plans are for the week. Let us - and other schools around the UK - know by adding your school to the map.

5



THIS IS MY PLACE

The theme for this year's Children's Mental Health Week is **THIS IS MY PLACE**.

That means feeling like you're part of something, such as your family, your school, your group of friends or a team. These happy moments help us feel connected, valued, and accepted. When we feel like we belong, we feel happy, safe, and ready to learn and play. It helps us grow strong in our minds and bodies, and it makes it easier to make friends, do well in school, and feel good about ourselves.

During Children's Mental Health Week, we'll be talking about how we can help everyone feel like they belong. We will share **THIS IS MY PLACE** so we can learn from each other what makes us feel happy. We'll learn how to be kind, include others, and make sure no one feels left out.

Because everyone deserves to feel like they have a place where they are accepted, cared for, and loved.

WHY DOES BELONGING MATTER FOR MENTAL HEALTH?

Our mental health flourishes when we feel connected and valued. When children and young people have a strong sense of belonging, they:

Feel more confident to be themselves and try new things.

Develop resilience to cope with challenges and setbacks.

Build stronger relationships and communication skills.

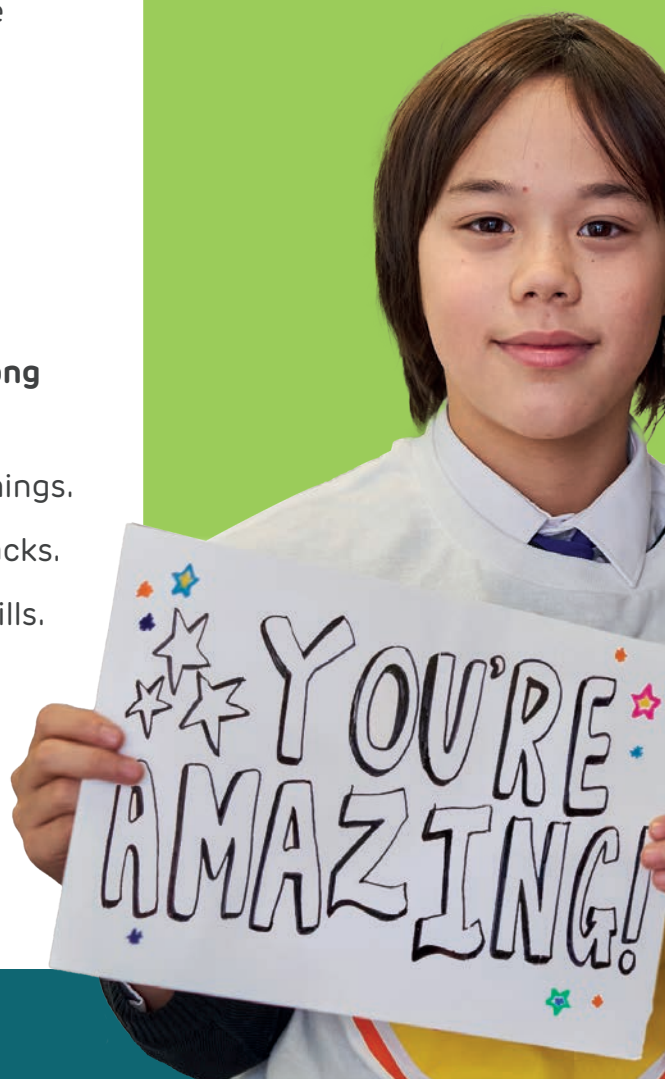
Experience less anxiety and loneliness.

Have better self-esteem and understand their own worth.

Feel motivated to contribute positively to their communities.

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THE MANY PLACES WE BELONG

Belonging isn't just one thing or one place. You might belong in different ways across different parts of your life:

AT HOME:

With family members who know your quirks and support your dreams.

AT SCHOOL:

In classrooms where your ideas are heard, with teachers who believe in you, and among friends.

IN ACTIVITIES:

Music, dance, art or where your passions come alive.

IN COMMUNITIES:

Religious or cultural groups, neighbourhood communities, online spaces, or volunteer organisations where you contribute and connect.

WITH FRIENDS:

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

WITHIN YOURSELF:

The most important belonging of all – feeling comfortable in your own skin and accepting yourself as you are.



FOSTERING BELONGING IN YOURSELF

TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE:

'Playing games with friends'

'Finding a place where you feel valued and welcome or people that make you feel this way'

'Doing things we enjoy'

'Try and make friends'

'Having an adult to talk to when not happy'

'By being more kind to people try new things and meet more people'

'By talking to people about feelings'

'Being around people you enjoy being with'

A FEW MORE FROM US:

Be authentic.

Rather than trying to "fit in", focus on being your true self. Belonging comes from being accepted for who you are.

Embrace your uniqueness.

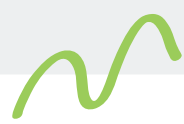
Think about your strengths and qualities. Don't be afraid to be different. Feeling comfortable with what makes you unique is key to building self-confidence.

Follow your interests.

Join clubs or groups you enjoy. Whether it's sport, video games, music, or crafts, shared interests is a great way to connect with others.

Listen to yourself.

Pay attention to your feelings and try to understand what you need. For example, if you're feeling lonely, listen to this and think about what might help you feel more connected.



TOP TIPS: WHAT CHILDREN AND YOUNG PEOPLE SAY THEY NEED FROM SCHOOLS

We spoke with primary schools to ask pupils what they wanted from the week – to help shape the activities, messaging, tips and advice we provide.

WHAT DOES BELONGING MEAN TO YOU?

'Feeling that you have a place where you are always welcome and valued as either place or set of people.'

'Places we go and are part of like clubs.'

'Belonging means that you belong in your family and you fit in with your friends.'

'Belonging is a place that you feel comfortable just to be yourself.'

HOW CAN WE SUPPORT OUR OWN SENSE OF BELONGING?

'By finding a place where you feel valued and welcome.'

'Others helping and listening to me If I have a fallout with friends, I want to spend time fixing the friendship with an adult or sit together in class.'

'By making you feel calm and help you stop carrying problems by sharing them such as at Place2Be.'

HELPING OTHER CHILDREN AND YOUNG PEOPLE FEEL THEY BELONG

'Be kind'

'If you see someone left out then you can ask them to play'

'By asking people how they are and if they are okay'

'Make sure everyone has friends and feels included'

'By reminding everyone to include everyone and put yourself in other's shoes'



ASSEMBLY SLIDES

– see here for links

THIS IS MY PLACE ART ACTIVITY



**CLICK HERE to view and
download the Art Activity**

Additional ideas from children and young people

- 'You could get everyone to draw themselves holding the earth and then draw important people on the earth like all your friends'.
- 'Drawing a human that looks like you and writing things that you enjoy and places/spaces where you feel like you belong'.
- 'The game - heads up where you put emotions or feelings on your head and people have to describe it'.

CLASS ACTIVITY:

KEY STAGE 1

"WELCOME CIRCLE" (4–7 year olds)

LEARNING OBJECTIVE: Children practise noticing others, using names, and inviting peers so everyone feels included.



MATERIALS

- A soft toy or "talking pebble" to hold while speaking
- Name cards (optional)
- A simple poster with the sentence

SETUP

Arrange children in a circle on the carpet so everyone can see each other. Place the soft toy in the centre.

STEPS

1. EXPLAIN (1 minute) Say the activity is called "Welcome Circle." Explain that when someone holds the toy they get to speak and everyone else listens.

2. MODEL (1 minute) Teacher holds the toy, says their name and one thing they like (e.g., "I'm Ms. Lee and I like drawing"), then passes the toy to the child on their right.

3. ROUND 1 (3–5 minutes)

Names

Each child who holds the toy says their name clearly. Teacher praises and helps any child who needs a prompt.

4. ROUND 2 (3–5 minutes)

Invite and Share

Do a second quick round: invite those children who would like to, to say their name and invite someone to join them in a short, activity today (e.g., "I'm Sam and I'd like to invite Ava to build with me at the blocks").

5. CLOSURE (1 minute) Teacher highlights two or three examples of invites heard and says, "That's how we help everyone belong." Teacher encourages those who haven't shared out loud to think about who they might like to invite to join with an activity.

SIMPLE RULES TO REINFORCE

- Wait your turn with hands quiet.
- Listen when someone has the toy.
- Use friendly words: "Would you like to...?" or "Come play with me."

DIFFERENTIATION

- For younger or shy children, let them pass the toy and wave instead of speaking, then encourage one-word responses.
- Use name cards for children learning to recognise names.
- Pair speech with visuals (picture of activity) for children who need it.

EXTENSION IDEAS

- Create a "Welcome Wall" where each child puts a drawing of someone they invited that week.
- Repeat the activity at the start of each week and celebrate when everyone has been invited at least once.

OUTCOME

Children practise naming, inviting, and listening—small, repeatable actions that build everyday belonging in the classroom.

CLASS ACTIVITY:

KEY STAGE 2



BELONGING MOSAIC

(Ages 8-11)

LEARNING OBJECTIVE:

Children practise noticing similarities and differences, using names, and inviting others so everyone feels included.

MATERIALS

- Coloured paper squares (one per pupil) or paper pre-cut into squares
- Pens, crayons, stickers
- Large sheet of heavy paper or a board for the class mosaic
- Name labels (optional)

SETUP

Arrange children in small mixed groups (3–5) so each group will make a section of the mosaic. Place materials on a central table so groups take what they need.

DIFFERENTIATION

- Provide templates or stickers for children who need support.
- For children who are shy, let a partner read for them.
- Use larger tiles or pre-drawn symbols for fine-motor support.

EXTENSIONS AND FOLLOW-UP

- Display the mosaic in the classroom with a label: "Everyone Belongs" and add new tiles when new pupils join.
- Weekly "tile time": invite one child to bring a new tile that represents something they tried that week.
- Use the mosaic as a prompt for writing: a short sentence or poem about belonging.

STEPS

1. WARM-UP (5 minutes)

Quick circle: each child says their name and one thing they like (one word). **Teacher models:** "I'm Ms. Lee and I like drawing."

2. CREATE PERSONAL SQUARE (10 minutes)

Each pupil decorates their paper square to show something about themselves: a hobby, a favourite colour, a family pet, a symbol, or a short word that matters to them. Encourage pictures and labels.

3. SHARE IN GROUPS (5–7 minutes)

In groups of 3–5, pupils place their tiles in a small circle and take turns saying one sentence about their tile while others listen. Each child says, "My name is ____ and this shows ____."

4. BUILD THE CLASS MOSAIC (5–7 minutes)

Groups place their tiles together on the large sheet to form the class mosaic. Encourage groups to arrange tiles so similar colours or themes touch, showing connection across differences.

5. REFLECTION AND NAMING (3–5 minutes)

Teacher points to 3–4 tiles and asks the owner to share how it felt to be noticed. Finish with a class sentence: "Our mosaic shows we all belong."



FUNDRAISE AND TRANSFORM LIVES

We are so grateful that your school is joining the Children's Mental Health Week 2026 community.

By getting involved and raising money, you can make a massive difference and help ensure that no child has to face mental health problems alone.

THANK YOU!

HOW YOUR FUNDRAISING MAKES A DIFFERENCE

£54

could pay for a child struggling with trauma to have a 50-minute one-to-one session with a counsellor.

£252

could pay for four specialised parent coaching sessions for a parent and child to have together.

£500

could allow over 31 children to speak to a counsellor about their worries in a lunchtime session.

£1,080

could help fund a full programme of one-to-one counselling sessions for two vulnerable children.

"When I feel worried, it's like I'm in a maze and coming to Place2Be is like a person with a torch is there who is showing me the way"

Year 6 pupil



FABULOUS FUNDRAISING IDEAS

This year's theme **THIS IS MY PLACE** encourages you to get creative and fundraise in a way that allows you to explore the idea of belonging. We invite you to support us in a way that encourages your whole school community to get together and reflect on what makes their school a safe and welcoming place for all.

There are countless ways to fundraise that enable every child to feel proud of their place in their school community. Here are some of our favourite ideas for a Fundraising Friday at your school (or any day that works for you)!



'COME AS YOURSELF' DAY

Encourage everyone to donate a suggested £2 to wear an outfit which makes them feel most comfortable, confident, and like they truly belong — whether that's cosy clothes, cultural dress, favourite colours, or something totally unique. Celebrate what makes you, you!



BAKE A DIFFERENCE

Get students, parents, and staff together to showcase their baking talents by bringing in homemade goodies for a school bake sale. Why not include an extra prize for the best decorated cake.



SPONSORED CHALLENGE

From a walk-a-thon or dance-a-thon to a sponsored silence or a fun-filled students vs. teachers' showdown — there's something for everyone. Take part, get sponsored, and bring your school community together through friendly competition and creative fun.



HOST AN EVENT

Bring your school community together for quizzes, board games, or team challenges that celebrate what makes your school special. Whether it's trivia about your local area, a scavenger hunt around the school grounds, or games that encourage teamwork and connection.

KICKSTART YOUR FUNDRAISING JOURNEY!

By fundraising for Place2Be's Children's Mental Health Week, you are helping to give a voice to children across the UK, and we are so grateful.

Follow our easy-to-use checklist to organise your fundraiser and make it a huge success!



CHOOSE YOUR FUNDRAISER

Your school wants to get involved and now for the fun part – deciding what to do! Set your date and start planning. If you're looking for inspiration, you'll find lots of ideas on the previous page.



SET UP YOUR JUSTGIVING PAGE

Tell people about your fundraising event, set a target and personalise your page with pictures and videos! Follow the step by step guide on page 11 to get started!



SPREAD THE WORD!

Use our posters to spread the word – and don't forget to share the fun on social media using #ChildrensMentalHealthWeek. Check out page 14 for more information.



RAISE MONEY

Every pound your school raise, will take us one step closer to a future where no child has to face mental health problems alone.



SHARE YOUR SUCCESS

Share your photos and stories with us—we'd love to shine a spotlight on your amazing efforts and brilliant involvement!



PAY IN YOUR FANTASTIC FUNDS

Check out 'Paying in your funds' on page 12 to find out how.

Free resources
If you haven't signed up to
fundraise yet, visit
www.childrensmentalhealthweek.org.uk
to receive your fundraising
materials

SET UP YOUR FUNDRAISING PAGE

The easiest way to collect your donations is to set up a JustGiving page. Head to www.justgiving.com/campaign/cmhw2026 (or scan the QR code below) and select 'Start Fundraising'. Then follow our simple tips below to be on your way to fundraising success!



DID YOU KNOW?

Fundraising pages with a personalised story raise a whopping 65% more!

Personalise your page with photos and a special message

- Say why your school are raising money for Place2Be
- Fundraising pages with pictures or videos raise 13% more per photo!

Set a fundraising goal

- Don't be afraid to go big! Fundraisers with a target raise up to 17% more

Share, Share, Share

- Share the link with the school community, friends and family via email, social media, and newsletters. Once a donation is made, it comes straight to Place2Be.

Thank your community

- A simple thank you can go a long way, make sure you thank everyone who donates to your fundraiser.



Scan here to set up your JustGiving page.

For even more success check out **JustGiving Top Ten tips** - www.justgiving.com/for-fundraising/top-10-fundraising-tips



PAYING IN YOUR FANTASTIC FUNDS

There are several ways you can send us any money you raise during Children's Mental Health Week, and the sooner you're able to send it in, the sooner we can put it to work giving a voice to children and young people across the UK.

ONLINE FUNDRAISING PAGE

You can set up a JustGiving page to collect and pay in any cash donations you receive.

Visit www.justgiving.com/campaign/cmhw2026 to get started. All donations made to your fundraising page come straight to us, making it super easy for you.

DONATE ONLINE

You can transfer any money raised online at www.childrensmentalhealthweek.org.uk



BY POST

Cheques and CAF vouchers can be made payable to Place2Be and sent to: Children's Mental Health Week Team, Place2Be, 175 St John Street, London, EC1V 4LW

Don't Forget! Please include a note with your name as well as your school's name (if applicable) with any cheques or CAF vouchers. **Do not send cash in the post.**

**THANK YOU FOR
YOUR INCREDIBLE
SUPPORT!**



Meet Anna^{*}

Anna experiences anxiety. Often, she did not have a narrative to explain why she felt anxious. Her experience of anxiety was physical rather than cognitive. When our Mental Health Practitioner explored this, Anna described sensations such as tingling in her hands and feet, feeling sick in her stomach, and tightness in her chest. She found it even more frightening because she didn't understand why it was happening. When people asked what was wrong, she was unable to explain.

When working with children and young people, we explore who their safe person is and identify their safe place where they feel relaxed, happy, and content; a place they go to feel calm.

After assessing Anna, our MHP decided a cognitive approach was not going to support her; instead, we needed ways to help calm Anna's nervous system. One approach we used was to help Anna connect with a place that she loved—a place that made her feel calm. Since physically being in that place wasn't always possible, we used her imagination.

Together, we created a script. After taking some long, deep breaths, Anna would bring her safe place to mind. Going through each of her senses, she described what she could see, hear, touch, smell, and taste. Then, she reflected on how she felt. Once Anna felt calm, she would open her eyes and carry that sense of calm into her day.

Anna chose the harbour in her hometown as her safe place.



*Names have been changed to protect the privacy of the children and families we support.

Donate Today

Can't hold an event? You can still donate so no child should have to face mental health problems alone.

bit.ly/3ZZL7Bu

Or by scanning the QR code.





IMPORTANT INFO

TAG US

When posting on social media, tag us so we can see and share your amazing efforts!

USE OUR HASHTAG

Don't forget to use **#ChildrensMentalHealthWeek** to join the conversation and have an even bigger impact.

 [@Place2Be](#)

 [@Place2BeCharity](#)

 [@_Place2Be](#)

 [@Place2Be](#)

**SPREAD
THE WORD**



By helping us spread the word, your school is playing a vital role in building a future where every child has access to the mental health support they need.

Thank you for making children's mental health a priority.





**WE'D LOVE TO
HEAR ABOUT
YOUR PLANS!
GET IN TOUCH.**



**Contact the Children's Mental
Health Week team**

hello@childrensmentalhealthweek.org.uk

020 7923 5000

childrensmentalhealthweek.org.uk

Place2Be is a charity registered in England and Wales (1040756) and Scotland (SC038649), a Company limited by guarantee registered in England and Wales (02876150), registered office: 175 St. John Street, London, England, EC1V 4LW



With thanks to Findel – proud sponsor of
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