

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK



THIS IS MY PLACE Art Activity

INTRODUCTION

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**.

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 and connection
- Foster understanding of belonging and its importance to wellbeing

MATERIALS

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

OPTIONAL

- recycled paper (ex/ from magazines and newspapers)
- scissors
- string, glue, or tape

ACTIVITY WARM-UP:

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.

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:

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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.



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, good times and difficult ones.

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.

Fun Fact

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
- Plants and animals or somewhere outside where it's nice to be in nature
- Buildings where you meet with others or a place of worship
- Vehicles that take you to important places such as that bus or a train to meet with family, a day out or a fun trip you took with family or friends, or somewhere you feel completely relaxed such as a special walk or park.

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?

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