

Children's Mental Health Week 2027

Primary and Early Years
(Nursery-P7 Scotland) Pack

1-7 FEBRUARY 2027

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK



Everything you need to get your school
involved in Children's Mental Health Week 2027

Thank you for taking part in Children's Mental Health Week 2027

Place2Be delivers expert, embedded, timely mental health support in schools so every child can thrive. We created Children's Mental Health Week to empower, equip and give a voice to every child in the UK. This year's theme is **Step into Our World**, based upon empathy and nurturing relationships.

This pack contains everything you need to take part in the week - from **class activities, top tips** and **assembly guides**, to taking part in raising vital funds for children's mental health by hosting your own **Express Yourself Day**.

However you take part, we're so grateful for your support.



① Top tips

Read about what children and young people need from schools.

② Run an assembly

Get your school (or year group) thinking about mental health.
Visit our assembly slides.

③ Class activities/discussions

Split by age group, these activities can help you get your class or group understanding empathy, the importance of listening and putting themselves into someone else's shoes.

④ Fundraise

Get creative and raise money with **Express Yourself Day on Friday 5 February**. Visit page 8 for lots of fundraising ideas and how to join in.



STEP INTO OUR WORLD

About the theme

Step Into Our World is all about empathy and nurturing our relationships. It encourages us to see things from a child's point of view. The aim is to help us understand how children feel, what they think, and what they experience.

Positive and caring relationships are so important for children's wellbeing. Support from parents, carers, family members, teachers, friends, and the wider community helps children feel safe, confident and valued.

When children have people around them who listen, care and show understanding, they are more likely to share their thoughts and feelings. This helps them grow, learn, and thrive both in school and in life.

Empathy reminds us that while we may not share the same experiences, we can still seek to understand and support one another.

During Children's Mental Health Week 2027, we will celebrate how important it is to understand other people's feelings and build caring, supportive relationships.



TOP TIPS FROM CHILDREN AND YOUNG PEOPLE



What helps you feel listened to and supported by your teachers?

"When they are kind and calm with me."

"When they listen to us and give us time to talk."

What helps when you're having a difficult day?

"Being able to talk things through with someone I trust."

"When it feels like someone has understood what's going on for me."

"Ask me if I'm okay."

How would you want your friends to support you if you are feeling sad or worried?

"Let me talk about what's worrying me."

"I would want them to ask how I am and calm me down."

TOP TIPS FROM OUR EXPERTS

Listen

To what someone is saying to you so you can imagine how they might be feeling.

Be curious

We are all different. We only really get to know someone when we talk and listen to them.

Imagine

Putting yourself in someone else's shoes - how or what would you feel?

CLASS ACTIVITIES

EARLY YEARS & KS1, NURSERY-P3

Feelings in a hat - Approx 15-20 mins

LO: Everyone has feelings, and all feelings are okay. Today we're going to explore different emotions and think about when people might feel them.

You will need:

- A hat, box or bag
- Emotion cards (happy, excited, proud, nervous, worried, sad, frustrated, angry, calm, surprised, lonely, hopeful)
- Optional emotion faces or emojis to support understanding

Place the emotion cards in the hat, box or bag. Invite children to take turns choosing a card.

For each emotion:

1. Ask the child to name the feeling.
2. Invite them to share a time when they, a friend or a story character might have felt that way.
3. Encourage the class to discuss what that feeling might look like and what might have caused it.

Discussion Questions:

- What might make someone feel this way?
- What clues might tell us someone is feeling this emotion?
- Have you ever felt like this?
- How might someone's face, body or voice change when they feel this way?
- What could we do if a friend was feeling this emotion?
- What kind words could help?



CLASS ACTIVITIES

KS1 & KS2, P1-P7

Step Into Our World - Approx 45-60mins

LO: To explore what makes us unique by creating our own world that shows our feelings, interests, ideas, and dreams. Share your artwork with a partner and explore what makes them unique.



Let's get started:

1. Choose the shape of your world.

Pick an outline to get started or draw your own shape for your world.

2. Decide what your world will look like and what is on it.

It could be a planet, a place, an object, an animal, a symbol, or made of patterns.

3. If you want, add extra things around it.

You could add moons, floating satellites or objects, or portals. Your world can be as simple, detailed, or imaginative as you like!

For example:

- If you are active or enjoy sport or teamwork, your world might include things like spinning rings, a basketball, or handprints from friends.
- If you are calm, caring and love nature, your world might be surrounded by plants, trees, and gentle rivers.

Time to step into our worlds!

Talk to your partner about their world.

- What are some of the things you notice first? Any colours, shapes, objects, and details?
- Is there anything you feel while looking at it?
- Does it have any similarities or differences from your world?
- What do you think is important to the person who made it?
- Imagine what it might be like to be in that world.



CLASS ACTIVITIES

EARLY YEARS, KS1 & KS2,

NURSERY-P7

Discussion activity - Approx 15 mins

EYFS and KS1, Nursery-P3 (age 4-6) Carpet time

Story: A New Friend in Class

Mila's First Day

Today is Mila's first day at school. She doesn't know anyone in the class. At playtime, she stands quietly by herself and watches the other children playing together.

Sam notices Mila is looking sad and wonders what might be wrong. Then he thinks how he would be feeling if it was his first day at a new school.

So, he walks over to Mila and asks "Would you like to play with us?" Mila smiles and joins the game.

Discussion Questions:

- How do you think Mila felt when she arrived at school?
- What clues tell us how she was feeling?
- How do you think Mila felt when Sam invited her to play?

KS2, P4, P5-P7 (age 7-11)

Story: The New Class Pupil

Mila's First Week

Mila joined the school on Monday. By Thursday, she still hadn't made any close friends. At break time, she often stood by herself or walked around the playground.

Some children noticed Mila but assumed she wanted to be alone. Others wanted to talk to her but felt nervous about starting a conversation.

One day, Sam and Aisha invited Mila to help with a football challenge. Soon, she began talking more and getting to know other children.

Discussion Questions:

- How do you think Mila was feeling during her first week?
- Why might some children not have approached Mila?
- What could her classmates have done differently?



FUNDRAISE

Host an Express Yourself Day!



Join Express Yourself Day on Friday 5 February 2027

and help raise £100,000 for children and young people's mental health.

Express Yourself Day celebrates individuality and reminds children and young people that they deserve to feel seen, heard and valued for who they are. Whether you choose a simple or creative fundraising activity, every effort helps support children across the UK.

Here are some easy fundraising ideas to get you started...



DRESS:

This isn't your average non uniform day! Encourage everyone to donate a suggested £2 to wear an outfit which expresses who they are – think bright colours, cultural dress, or your go to t-shirt. **However you express yourself - your way is the right way.**



BAKE:

Whether you're serving gooey brownies, colourful cupcakes, or a showstopping cake, hosting a bake sale is a super fun (and delicious) way to top up your fundraising total.



CREATE:

Dream up your own fundraising idea and make it completely your own. From arts and crafts activities to silent discos or a fun run on your school field - anything goes!

KICKSTART YOUR FUNDRAISING JOURNEY

6 simple steps. 1 incredible day

Follow our easy-to-use checklist to organise your fundraiser and make your Express Yourself Day a big success:

Be sure to mention GiftAid to your supporters! Every £1 they give could be worth 25% more.

1 PLAN YOUR DAY



- ☐ Pick your activities and suggested donation amount, set timings and locations, put together a team of people to help, and get everyone excited to take part. **Be sure to send event details out early!**

4 HAVE FUN & RAISE FUNDS



- ☐ Enjoy the day and raise money to support children with their mental health. However your fundraising, be sure to share your activity and how people can donate far and wide.

2 SET UP YOUR JUSTGIVING PAGE



- ☐ Create your JustGiving page, set a fundraising target, and personalise it with photos and your story. Get started by visiting [justgiving.com/campaign/cmhw2027](https://www.justgiving.com/campaign/cmhw2027). Not using JustGiving? No problem! Fundraise in the way that works best for your school community.

5 SHARE YOUR DAY



- ☐ Tag us in your photos - we love seeing your creativity and celebrating your impact. Use hashtag #ExpressYourselfDay!

3 SPREAD THE WORD



- ☐ Pop up a poster, send emails and texts, and share your plans on social media to build buzz!

6 PAY IN YOUR FUNDS



- ☐ Money collected through JustGiving is transferred straight to us. To pay in other donations visit our website or contact hello@childrensmentalhealthweek.org.uk

Download your dedicated fundraising pack

Our free fundraising packs are overflowing with more inspiration and fun activities, including a delicious recipe and a fantastic colouring sheet, to make your day extra special!

Scan the QR code or visit childrensmentalhealthweek.org.uk/2027-resources/#fundraising to download your pack!



CREATE YOUR OWN BUNTING

Instructions:

1. Print this page onto paper or card, as many times as you'd like.
2. Colour/design your bunting (this is your chance to Express Yourself!)
3. Cut along the dashed lines so each triangle is separated. Then fold along the dotted lines.
4. Place string or tape along the top of the bunting above the fold.
5. Glue or tape the flap down so your triangle is stuck.
6. Hang your fantastic bunting up!



You will need:

- A printer
- A4 paper/card
- Scissors
- Glue, string and sellotape
- Coloured pens, pencils or crayons
- Creativity!



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1-7
FEB
2027

STEP INTO OUR WORLD

We're taking part
in Children's Mental
Health Week

childrensmentalhealthweek.org.uk
#ChildrensMentalHealthWeek

6

STEP INTO OUR WORLD

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1-7
FEB
2027

6

We're taking part in
Children's Mental Health Week

WHEN

WHERE

FIND OUT MORE



childrensmentalhealthweek.org.uk

#ChildrensMentalHealthWeek



Thank you for making children's mental health matter!

Get in touch:

hello@childrensmentalhealthweek.org.uk
childrensmentalhealthweek.org.uk

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

Tag us on social media and tell us your plans!

 Place2BeCharity

 @_Place2Be

 Place2Be

 @_Place2Be

#ChildrensMentalHealthWeek #ExpressYourself

Spread the word and add yourself to our map: We'd love to know what your plans are for the week. Add yourself to our map to let us and other schools around the UK know what you are doing to celebrate and take part.

To find out more about Place2Be and our work, visit place2be.org.uk



Registered with
**FUNDRAISING
REGULATOR**

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.