

Children's Mental Health Week 2027

Secondary/High Schools
(S1-S6 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 young people need from schools.

② Run an assembly

Get your whole school (or year group) thinking about mental health, and how they can use their voices. **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** whilst exploring the idea of empathy and nurturing relationships. 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 young person's point of view. The aim is to help us understand how young people feel, what they think, and what they experience.

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

When young people 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 YOUNG PEOPLE

What do you wish adults understood about being a young person today?

"Life is becoming more complex, just because we have better resources and technology doesn't make life easier."

"That we shouldn't be treated the exact same way that they did when they were our age. We are a new generation and shouldn't be forced to live like another generation."

What can teachers do to make students feel comfortable asking for help?

"Try to understand you rather than try to immediately try to search for an answer."

"Be patient."

"To ask if you are ok."

What makes you feel genuinely understood by the adults in your life?

"Listening to me and not making me feel like everything I say is wrong."

"Try to understand and be open minded."

"They let me talk and they let me have my own voice and they let me know that my feelings are valid."

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. It's easy to make assumptions about others, but real understanding comes from listening, asking questions and getting to know their experiences.

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

CLASS ACTIVITIES

KS3 & KS4, S1-S6

Step Into Our World - Approx 45-60mins

LO: To practice empathy by recognising that everyone has their own unique world of experiences, feelings and interests, and to appreciate both our similarities and differences.

In this activity, you'll create your own world that represents your experiences, emotions, ideas, values, or hopes. Through creating your design and engaging with each other's worlds, you'll be able to both share your perspective and get a chance to experience other people's worlds.

Design Your World

You can:

- Use one of the provided templates or design your own shape.
- You can think beyond the traditional idea of a planet. Your world could be inspired by a landscape, object, symbol, creature, memory or abstract idea or a picture/drawing of yourself.
- You can add features that float around your planet such as moons, rings, floating structures, hidden spaces, portals, or other elements that help tell the story of your world.
- Use colour, texture, pattern and imagery to communicate important ideas about life there.

Explore Someone Else's World

Choose another person's world and spend time observing it carefully before making any assumptions about what it represents.

Reflection Questions:

- What details do you notice first?
- What mood, atmosphere or emotions does the world create?
- What seems to be important to the people on this world?
- Which aspects feel familiar to you, and which feel different?



CLASS ACTIVITIES

KS3 & KS4, S1-S6

"Different Perspectives" discussion -
Approx 30 mins

Using real-life scenarios to explore how the same situation can feel very different to different people.

Discuss:

What does empathy mean to you?

Use these prompts:

- Can you think of a time when someone really understood how you felt?
- What did they do that helped?
- How can you tell when someone is trying to understand your feelings?

Discussion Questions

Give an example:

- Is it easier or harder to be kind to others than to ourselves? And what sense do we make of that?
- What could we say to a friend facing challenges that isn't advice or about us?
- How could we say something similar to ourselves?

Outcomes

- Empathy and understanding different perspectives.
- Managing emotions and developing self-compassion.
- Healthy relationships and a sense of belonging.
- Trusted adults and their role in supporting wellbeing and independence.



Potential resource

Dr Tara Porter's book *You Don't Understand Me*, specifically the chapters 'Friends' and 'Emotions, Thoughts and Feelings'.

CLASS ACTIVITIES

KS3 & KS4, S1-S6

Iceberg of Emotions - Approx 30-40mins



This activity helps young people understand that what we see on the surface is often only a small part of what someone is feeling.

Discuss:

- What emotions or behaviours do people usually show on the outside?
- What feelings might be hidden underneath?
- Why do people sometimes hide their true feelings?
- Can you think of a time when someone's behaviour made more sense once you understood how they were feeling?
- How can we respond with curiosity and empathy instead of making assumptions?

Above the surface

Angry

Irritable

Defensive

Below the surface

Tired or
overwhelmed

Feeling
left out

Stressed
about exams

Worried about
family issues

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, stacked cookies, or a showstopping cake, hosting a bake sale is an easy (and delicious) way to top up your fundraising total!



CREATE:

Whether it's a creative workshop, a music event, or a whole-school sports challenge, design a legendary fundraiser that no one will forget in a hurry!
No rules - just make it yours!

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!**

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. Not using JustGiving? No problem! Fundraise in the way that works best for your school community.

3 SPREAD THE WORD



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

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.

5 SHARE YOUR DAY



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

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!

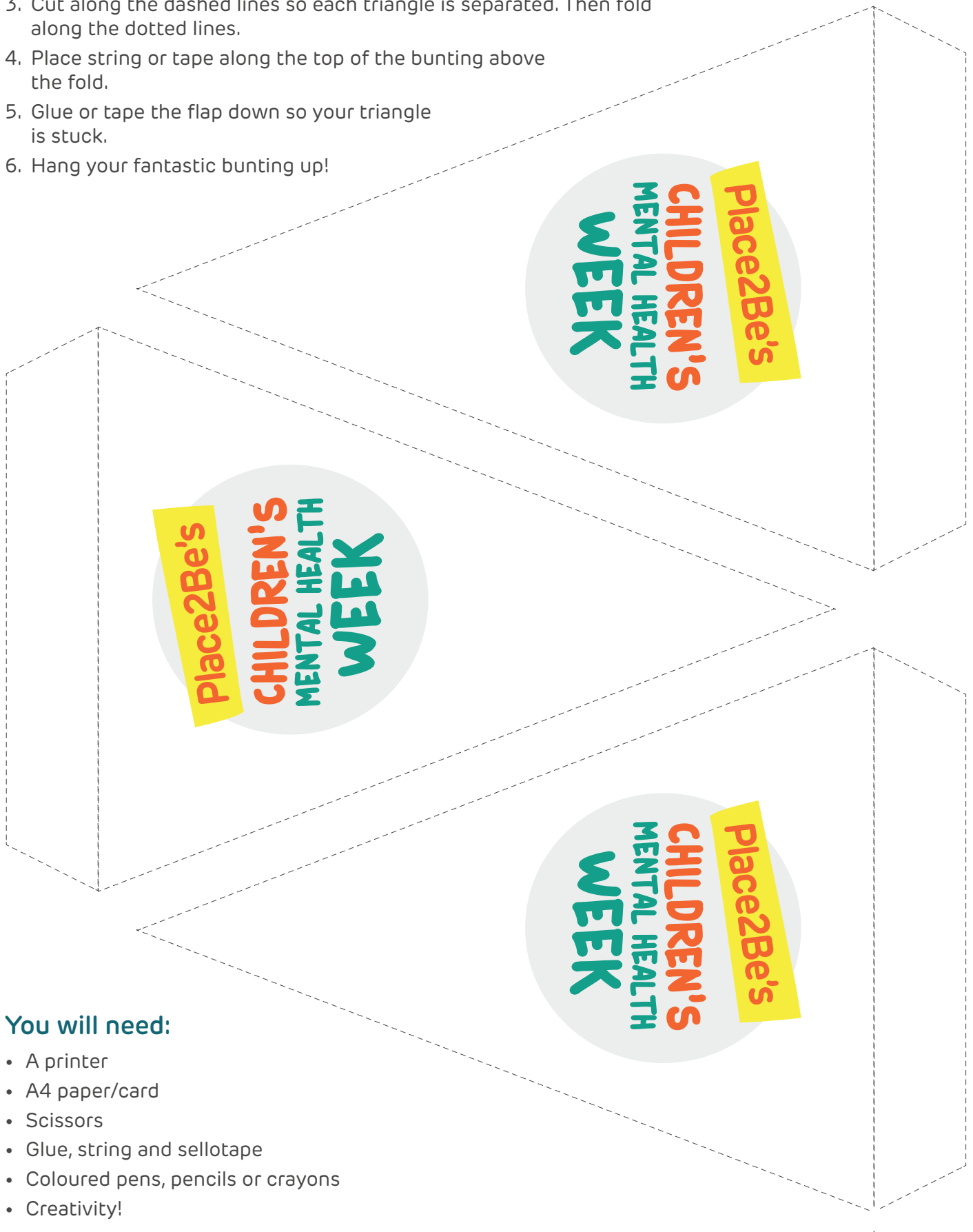
Scan the QR code or visit childrensmentalhealthweek.org.uk/2027-resources/#fundraising to download your pack!



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!

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1-7
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STEP INTO OUR WORLD

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

childrensmentalhealthweek.org.uk
#ChildrensMentalHealthWeek

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CHILDREN'S
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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



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



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