



THIS IS my PLACE

children's mental health week 2026

**This week is Children's Mental
Health Week and the theme is**

'This is my Place'

**We are going to think about what
'this is my place' means.**



**Somewhere
we live**

**A place where
we know
people**



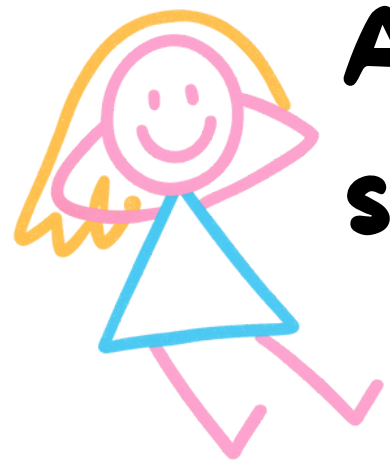
**A group we
belong to**

THIS IS my PLACE

**A private
space
(like a
bedroom or
playroom)**



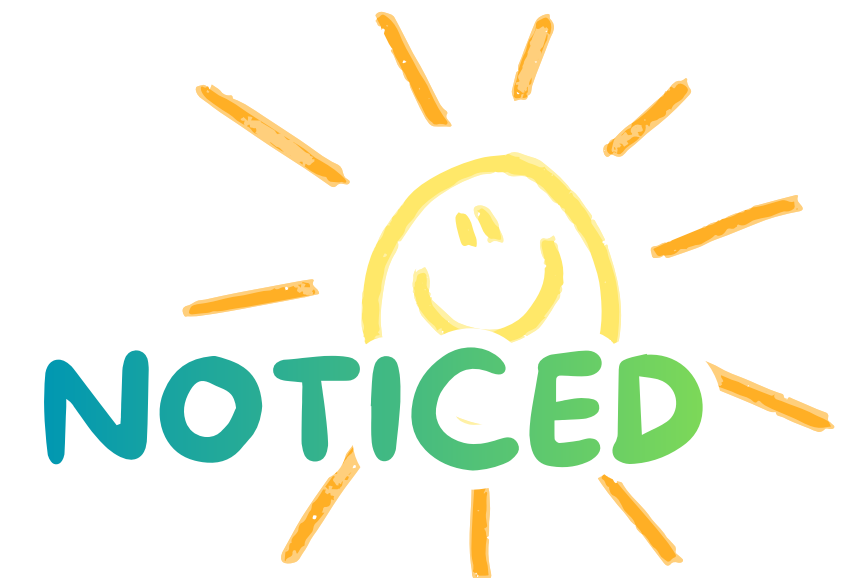
**A place we
do activities**



**A place we
spend time**



**What are the feelings
we have in these
places?**



Where are the
places we feel
those things?



dance class

home

football
team

within
ourselves

drama
club

place of
worship

orchestra
or band

cubs or
brownies

school

**Who are the people we
feel those things with?**





Our class is full of individuals



**When we all
come together
as a class
we create a community**



What can we do
to make sure
everyone feels
'this is My place'
in our classroom?



How do we
treat each
other?



How do we
make it
welcoming?



How do we
want it to
feel?

notice
others

be kind

support
others



Heads Up
Kids
CMHW

be patient

play

forgive

include

be welcoming

What can we

smile

help

do?

compromise

respect

share

care

laugh

encourage

work together



**sometimes we forget to do
these things**



Let's join all our hands
together to make a
class display.

Our display will have a handprint
for each person



**We are each going to choose
one thing that we will try to
do more of
it will be different for everybody**

- 1 Create your handprint or hand outline.
- 2 On the label, write your name and write or draw ONE thing you can do more of to make sure everyone in our class feels like 'this is my place.'
- 3 When you are finished cut it out to be added to your class display.



Name: Alex

How can I make sure everyone in our class feels like 'this is my place'?

I can try to be more patient...



A reminder of what we can do...

notice
others

be kind

support
others

be patient

play

forgive

include

be welcoming

What can we

smile

help

do?

compromise

respect

share

care

laugh

encourage

work together



Heads Up
Kids

GET IN TOUCH!

**we'd love to see a
picture of your
class display**



info@headsupkids.org.uk



[headsupkids1](https://www.instagram.com/headsupkids1)