

THIS IS my PLACE

Children's Mental Health Week 2026

This year's theme for children's mental health week 2026 is

This Is My Place

Our aim is to support the systems around children and young people to help them feel they belong.

(Place To Be - CMHW 2026)

Class Discussion

The power point and interactive slides will give you the opportunity to discuss what helps us feel we belong and supports us to feel 'this is my place.'

Activity

Option 1 - Handprint

Using paint, each child will print their hand onto a large piece of paper (big enough to fit a handprint for every child in the class). Each child will then complete their label using the worksheet below. They will cut these out to be attached to the handprint display. Labels can be positioned on the child's own handprint or scattered across the display.

Option 2 - Hand Outline

If teachers choose not to do handprints with paint they can ask each child to draw around their hand and cut it out to be attached to a display. Children can fill the outlines with colour or drawings if there is time. As above, children will complete their label to be added to the display with the outline.

Get in touch!

We would love to see pictures and hear feedback. Please post on our social media or email us at info@headsuptokids.org.uk



@heads-up-kids



@HeadsUpKidsTeam



@headsuptokids1



@headsuptokids1287

THIS IS my PLACE

Children's Mental Health Week 2026

- 0 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:

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

