



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 place we
spend time

A private space
(like a bedroom
or playroom)

A place we
do activities



CARED FOR

SAFE

BELONGING

WHAT ARE THE FEELINGS

WE HAVE IN THESE

PLACES?

HAPPY

UNDERSTOOD

CONNECTED

NOTICED



**WHERE ARE THE
PLACES WE FEEL
THOSE THINGS?**

HOME

**DANCE
CLASS**

**WITHIN
OURSELVES**

**FOOTBALL
TEAM**

**ORCHESTRA
OR BAND**

**DRAMA
CLUB**

**PLACE OF
WORSHIP**

**CUBS OR
BROWNIES**

SCHOOL



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Kids
GMHW 2026

**WITHIN
OURSELVES**

WHAT DOES THAT MEAN?

**When we have a sense of belonging within ourselves, we
feel acceptance - that we are who we are and that's OK**



WHO ARE THE PEOPLE WE FEEL THOSE THINGS WITH?



OUR

CLASS

IS

FULL

OF

INDIVIDUALS



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WHEN WE ALL COME TOGETHER WE CREATE



Something solid



Something that helps us feel safe



A place where everybody feels important



A place where everybody feels happy



A community



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WHAT CAN WE DO TO MAKE SURE
EVERYONE FEELS

"THIS IS MY PLACE"

IN OUR CLASSROOM ?



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noticing others

support

empathy

patience

joy

to be
welcoming

play

forgiveness

inclusion

kindness

WHAT DO WE

smiles

tolerance

helpfulness

NEED?

compromise

respect

class goals

to share

care

encouragement

collaboration

laughter



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**SOMETIMES WE FORGET TO DO
THESE THINGS**

LET'S BUILD A CLASS WALL



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WITH A BRICK FOR EACH PERSON



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**WE ARE EACH GOING TO CHOOSE
ONE THING THAT WE WILL TRY TO
DO MORE OF
IT WILL BE DIFFERENT FOR EVERYBODY**

- 1 On the brick, create a design using your name which shows your individuality.
Include some ideas about 'this is my place' and what it means to you.
- 2 At the bottom add a sentence about 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 out the brick to be added to your class wall.





A REMINDER OF WHAT WE NEED...

noticing others

support

empathy

patience

joy

to be

welcoming

play

forgiveness

inclusion

kindness

WHAT DO WE

smiles

tolerance

helpfulness

NEED?

compromise

respect

class goals

to share

care

encouragement

collaboration

laughter



GET IN TOUCH!

We'd love to see a
picture of your
class display



headsupkids1



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**Heads Up
Kids**