

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

Each child will receive a brick worksheet which they will design with their name. In the design they can show their individuality and also include some of the key themes of 'this is my place'. They will also complete the brick with a sentence to show 'How can I make sure everyone in our class feels like 'this is my place'?'. The bricks can be arranged in a pattern to make up a class wall to display in the classroom.

Get in touch!

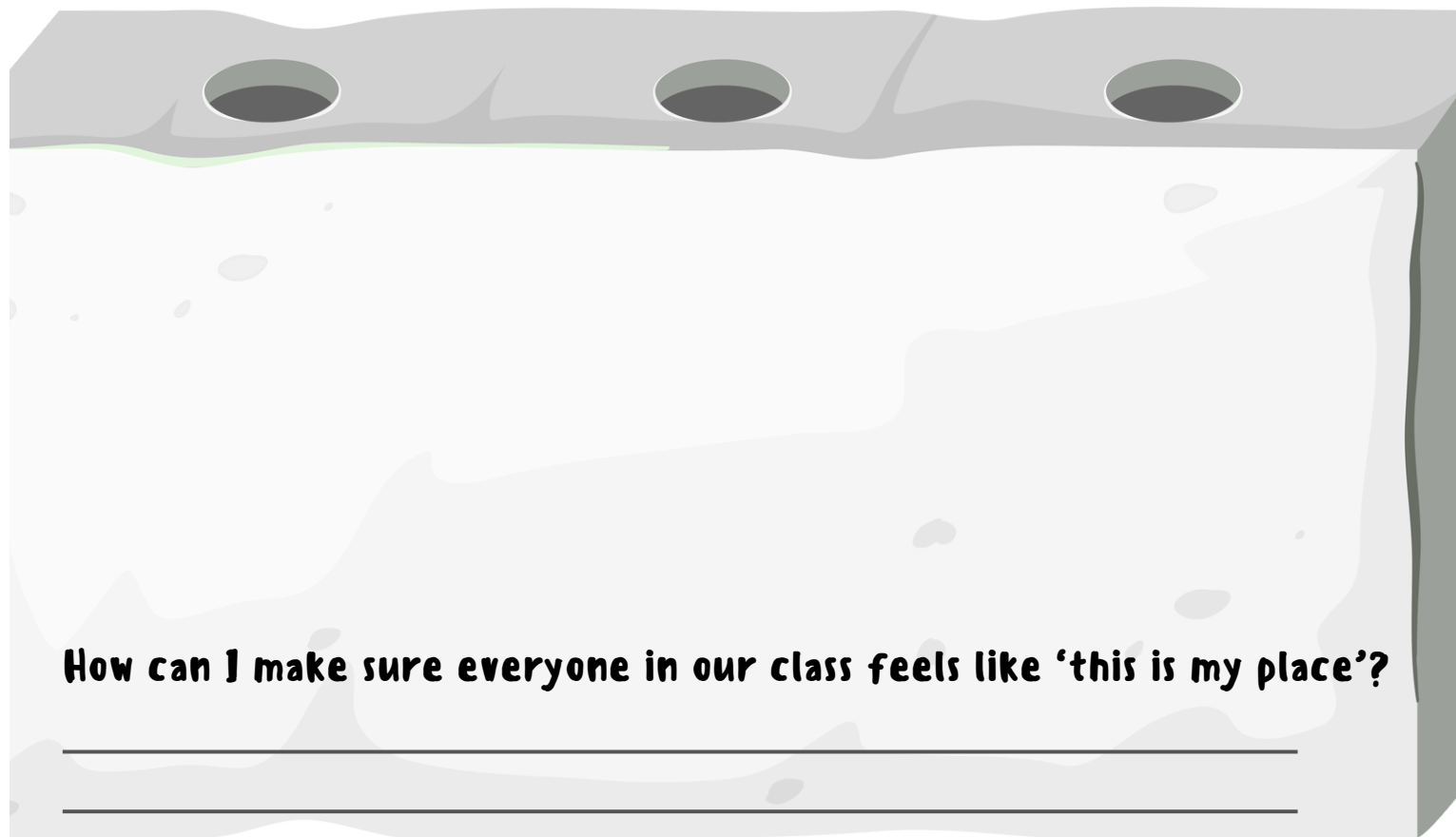
We would love to see pictures and hear feedback. Please post on our social media or email us at info@headsupkids.org.uk

 @heads-up-kids
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 @headsupkids1
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Our class is full of individuals. When we all come together we create a community.
When everyone feels like 'THIS IS MY PLACE', we all feel that we belong.

- 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.



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

THIS IS MY PLACE
CHILDREN'S MENTAL HEALTH WEEK 2026