



Children's Mental Health Week

9th – 15th February 2026

'THIS IS MY PLACE'

This Is My Place means feeling like you belong.

You might feel you belong:



When you feel like you belong, you feel:



- Happy
- Safe
- Ready to learn and play



Did You Know?
Thinking about a happy place
can help your brain relax

Belonging helps your mind grow strong

When you feel you belong, you can:

- ★ Be yourself
- ★ Make friends
- ★ Feel brave and confident
- ★ Feel less worried or lonely
- ★ Believe in yourself
- ★ Be kind and help others



Looking After Your Feelings



You don't have to do all of these – just try one!

- ★ Calm breathing: in for 4, out for 6
- ★ Listen to music that makes you feel good
- ★ Draw or write your feelings
- ★ Take a screen break
- ★ Notice nature: what can you see or hear?
- ★ Keep a routine: knowing what's next helps
- ★ Move your body: run, dance, stretch, or play
- ★ Talk to someone when something feels wrong

The Five Ways to Wellbeing



- Connect** – spend time with people you care about
- Be Active** – move your body
- Take Notice** – look around and notice your feelings
- Keep Learning** – try something new
- Give** – help others and be kind



You Are Not Alone

If big worries don't go away, talk to:

- A teacher
- A parent or carer
- A trusted grown-up

Asking for help is a strong thing to do

