

Children's Mental Health Week 2026

Connect-Ed



This year's theme...

'This is my place'

This year's theme is all about knowing our place in the world. When we feel connected to the people and environment around us it helps us to feel happy, safe and ready to take on new challenges.



A feeling of belonging can come from many different places; **in our class, a team, our family or our group of friends.** We can share fun times together and help each other when we need it. We don't always feel like we belong and that's ok, this week is also about learning more about who can support you.



What does belonging mean?



Welcome Activity

Think silently for 3 minutes:

- Where do you feel most **like yourself**?
- Where do you feel **safe, accepted or calm**?



What does my place mean?

My place can be:

- A physical place (home, school, a room or a club).
- A social place (a friendship group, a team).
- An emotional place (feeling understood, valued).
- Even a future place (who you are becoming).

**Everyone's 'place'
looks different –
and that's okay!**



When we don't feel that we have a place

Not feeling like you belong can affect how we feel about ourselves. It can make us anxious, lonely or disconnected – even when we are surrounded by people.

This can sometimes mean that:

- We feel left out.
- Feel like we don't fit in.
- Feel invisible or misunderstood



We can all help to create a 'Place'

A place isn't just found, it's created. Everyone of us helps shape the kind of place our school is.

With the person next to you – spend 3 minutes reflecting:

- How do we make **others feel** they belong?
- How do **small actions** affect someone's sense of place?

Can you think of **concrete examples**?

- Using someone's name correctly.
- Letting someone join in.
- Listening without judgement.
- Standing up quietly not loudly.



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Quiet reflection



Click icon to play music

Whilst listening to the music, think about...:

- One **place** you feel you belong.
- One **person** who helps you feel that way.
- One **thing** you can do to help someone feel they belong.



My place...

Your place matters!

Even if you are still figuring out where that is.

You matter!

Even on days it doesn't feel like it.

This week, let's ask ourselves:

How can I help make this a place where everyone belongs?



Helplines

Childline: 0800 1111, www.childline.org.uk

The Samaritans: 116 123, www.samaritans.org

Kooth: www.kooth.com or download the Kooth app

HOPELINEUK: 0800 068 4141,
<https://www.papyrus-uk.org/papyrus-HOPELINE247/>

SHOUT: Text SHOUT to 85258, www.giveusashout.org

The Mix: <https://www.themix.org.uk/>

