

Children's Mental Health Week 2026

Connect-Ed



This year's theme...

'This is my place'

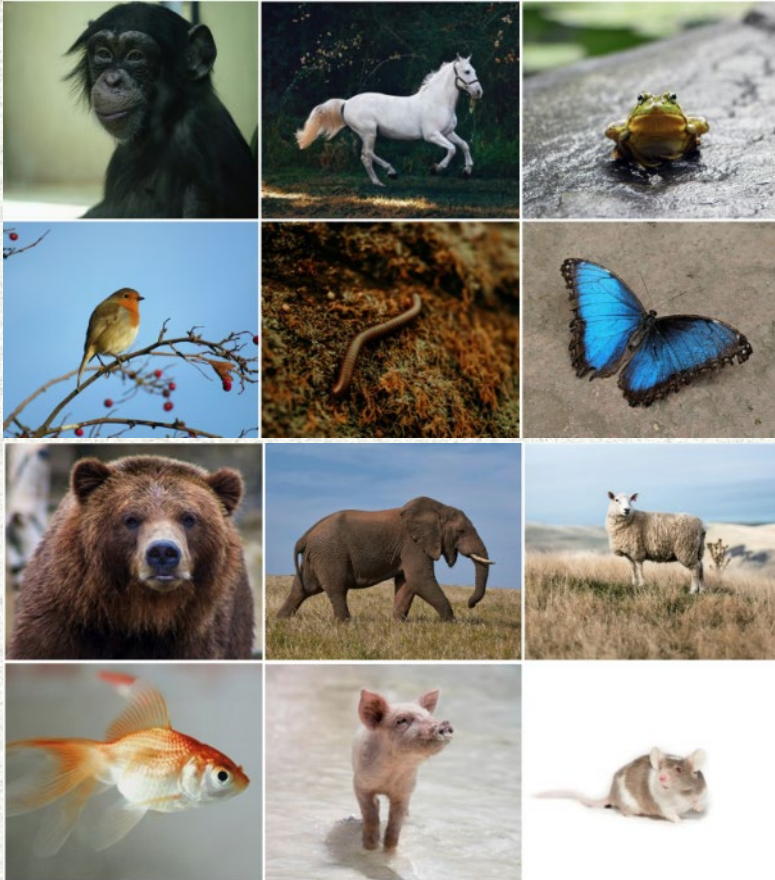
This year's theme is all about knowing our place in the world. When we feel connected to the people and environment around us it helps us to feel happy, safe and ready to take on new challenges.



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.



Check-in



If you were an animal
what animal would you
be?



What is Mental Health?

Why do we dedicate a whole week to it?



What is Mental Health?

Mental health is about how we think, feel and act.

Just like physical health, we all have it and we need to take care of it.



Group Agreement

Look after yourself: expanding our understanding around mental health can sometimes bring up difficult feeling or memories.

Take a break if you need it.

Everyone is welcome to contribute.

Respect each other's opinions even/especially if you don't agree with them.

Can you think of anything else?



Understanding about what makes you feel safe

‘This is my place’ reminds us that everyone needs supportive environments to feel safe, valued and understood.



The tree, the animal and the nest



The egg represents **YOU** and your thoughts and feelings.

The tree represents the world, the animal who lives in the tree represents **YOU** and your thoughts and feelings.

The nest, the animal's home in the tree, represents your safe space, people, places and habits.

Understanding safe spaces.....

Safe spaces help us grow, recover and feel safe.

Why mental health matters...

Key stages 3 and 4 can be stressful with exams, friendships and expectations.

Understanding mental health helps us to build resilience.

What or who helps you feel safe?

E.g. friends, family, music, hobbies, quiet spaces...

RESILIENT

STRONG

CAPABLE

BALANCED



Building your own safe space and supporting other's nests...

Think about and discuss in pairs, how you can strengthen your own nest.



- What do you need to live comfortably and safely in the tree?
- Think about your routines, health habits and positive relationships (creatively, physically, relationally)
- Finally, think about how you can help someone else feel safe?



Designing your own nest...

Creative Activity:

Reflect first, on what your egg (or animal) will need to feel supported.

Then...

Design your own nest using keywords, colours and symbols

You will have 30 minutes to get creative!



Strategies for emotional well-being



What strategies can you use for emotional well-being?

From the list below – choose what strategies you would use to support your nest.

- Mindfulness
- Exercise
- Sleep routines
- Journaling
- Talking to someone
- Reducing screen time...

Anything else?

Who could support you? (trusted adult, school counsellor/therapist, helplines, friends and family)



Check- out

Game of pass the clap!

We are going to play a quick focus game called Pass the clap – it's simple but needs your concentration.

1. Stand in a circle (everyone facing inwards)
2. Start the clap (one person will start by turning to the next person to them, making eye contact and clapping once)
3. Pass it on (that person turns to the next person and claps once passing the clap around the circle)
4. Keep the rhythm – keep the clap moving smoothly
5. **If it breaks – reset it and start again**

Remember:

**Everyone deserves a safe space to grow.
Take care of your egg, build your own nest**



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/>

