



Place2Be's

**CHILDREN'S  
MENTAL HEALTH  
WEEK**

**THIS IS  
MY PLACE**

**Families and Community Groups**

**9-15 February 2026**

**Everything you need to get involved in  
Children's Mental Health Week 2026**

# CHILDREN'S MENTAL HEALTH WEEK 2026



## THANK YOU FOR TAKING PART IN CHILDREN'S MENTAL HEALTH WEEK 2026

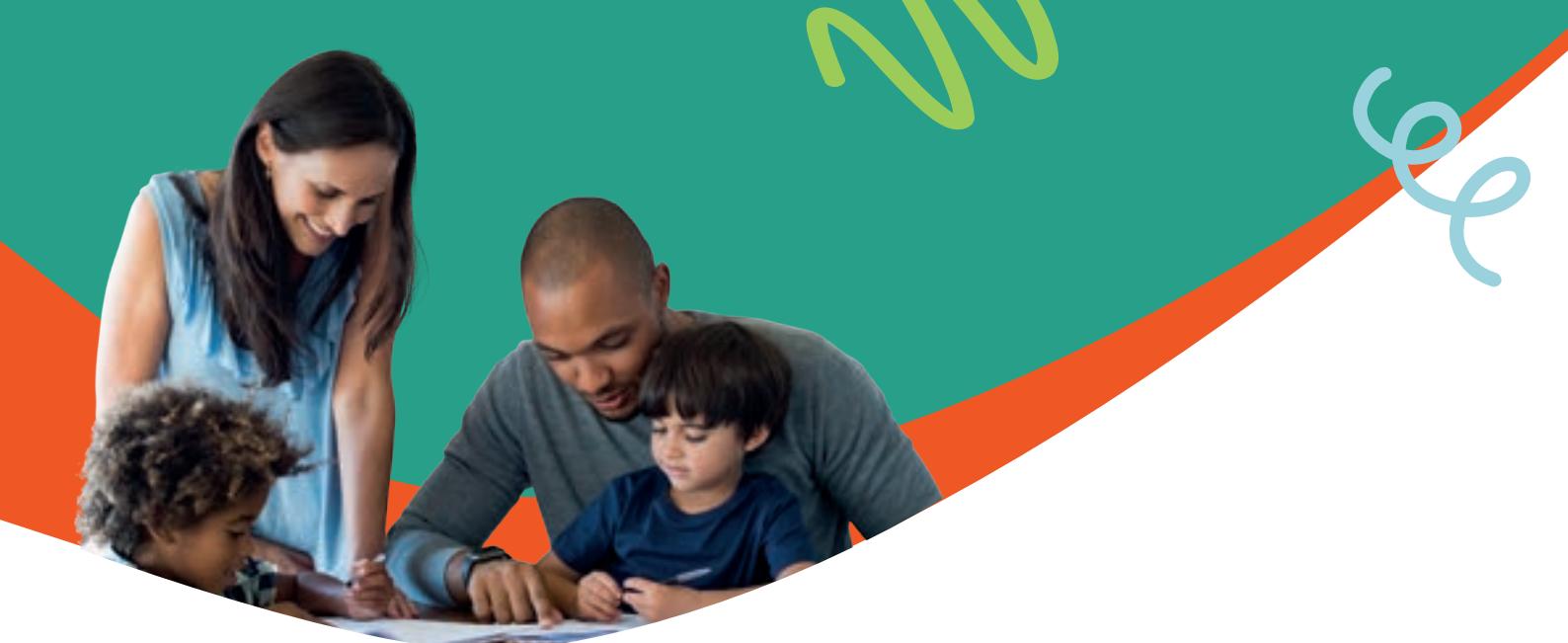
We're so delighted that you've decided to take part in Children's Mental Health Week 2026. As the largest children's mental health charity operating in schools across the UK, Place2Be created the week to empower, equip and give a voice to every child in the UK. This year's theme is '**THIS IS MY PLACE**'.

This pack contains everything you need to take part in the week – from top tips and fun activities to information on how to take part in raising vital funds for children's mental health. However you take part, we're so grateful for your support.

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## 'THIS IS MY PLACE'

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing.

To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

This year, Place2Be's Children's Mental Health Week will aim to support the groups and systems surrounding our children. We'll encourage peers, families, schools and community groups to create inclusive and nurturing environments, where children and young people feel they belong and can say '**THIS IS MY PLACE**'

## WHAT BELONGING MEANS TO CHILDREN AND YOUNG PEOPLE

We spoke with primary and secondary aged children to ask what they wanted from the week – to help shape the activities we create for them, the tips we give to other children, and the advice we give to parents, carers and families and groups.

### What is Belonging?

- Feeling that you have a place where you are always welcome and valued as either place or set of people.
- A place you belong with your family and friends.
- Feeling included, not left out.
- Belonging means feeling a connection with something, feeling like I am meant to be there with no stresses or worries. It's all about feeling safe.
- Feeling a part of something e.g. a group or society.
- People accepting you as you are.

# TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE ON HOW TO HELP THEM FEEL A SENSE OF BELONGING

- Parents, Carers or Community Groups can help belonging by asking questions about things they see us becoming passionate about.
- By checking in with you, providing support and making you feel safe and important.
- By being there and being happy
- By doing things that make you feel happy and safe
- Letting us choose our likes and interests and letting us explore new things.
- Parents taking time to listen and speak to us, reassure us.
- Making a comfortable, welcoming place for us.

## A FEW MORE FROM US:

Parents and carers can foster belonging by **providing a loving and consistent family environment**, encouraging strong connections with peers and other trusted adults, and collaborating with school. A child's sense of belonging starts at home and expands to include the wider community.

**Emphasise positive, trusting relationships.** Create a loving, secure base by being available, emotionally supportive, and consistent. Simple acts, like listening without judgment, sharing smiles, or offering hugs, help build trust and intimacy.

**Show them you know and value them.** Notice your child's personality and unique talents, and cheer for their achievements, no matter how small. This boosts their confidence and sense of self-worth.

**Establish family rituals.** Create a sense of security and connection through routines and traditions. These can be as simple as making a favourite meal, sharing stories in the evening, or having a special way of saying goodbye.

**Encourage open communication.** Create a safe space where our children and young people can share their thoughts and feelings without fear of judgment. Talk to them about what belonging means and encourage them to explore their feelings when they feel included or excluded, using curiosity and open questions.

**Embrace and celebrate heritage** to keep our children connected to their roots. This is a powerful way to strengthen their sense of self and belonging.

# FUN ACTIVITIES TO DO WITH CHILDREN OF ALL AGES



To celebrate Children's Mental Health Week 2026, Place2Be is happy to share an activity to explore this year's theme '**THIS IS MY PLACE**'

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing. Belonging is the feeling of being a valued part of the groups and places that are important to us. It means feeling cared for and comfortable to be ourselves.

**This resource encourages children to explore their sense of belonging by creating a personal map, which can include places, groups, or activities or something not physical where they feel they belong.**



## ACTIVITY AIMS:

- Increase personal sense of belonging
- Foster understanding of belonging and its importance to wellbeing

## MATERIALS:

- paper or card paint, crayons/ pastels, coloured pens, or pencils
- Optional (materials to cut and paste with):*
- recycled paper (ex/ from magazines and newspapers)
  - scissors, string, glue, or tape

# ACTIVITY WARM-UP:

Before starting the main art activity, have a look through the categories below. It may help to jot down thoughts and ideas about where you experience a sense of belonging.

## Food for thought: What does belonging mean?

Do you know belonging isn't felt from just one thing or one place. There are so many ways we can feel like we belong.

See some examples below:



### At Home:

with supportive family members/carers who know you well, even your quirks.



### At School:

in classrooms where ideas are shared, with teachers who believe in you, and among friends.



### In Activities & Special Interests:

that you enjoy and are passionate about ex: arts, maths, reading...



### In Communities:

religious or cultural groups, neighbourhood communities, online spaces, or volunteer organisations.



### With Friends:

those special people who truly understand you, make you laugh, and stand by you through good times and difficult ones.



### Within Yourself:

feeling comfortable to be you and accepting yourself as you are.



### Within the Environment and Universe:

being outdoors or looking at the stars to feel belonging not only with other people but all that exists on our planet and beyond.

## Fun Fact

### What are maps?



Maps are used to outline and describe different parts of the world. Maps have lines, colours, and symbols that help us understand important things about places and where to find them. We might notice things like countries, cities, mountains, rivers, or deserts on a map.

# ACTIVITY STEPS:

**Using available materials, create a map showing all the places, groups, and activities that help you feel like you belong.**

Your map could look like one you've seen before with real places, or it could be completely imaginary with unusual features and outlines.

**1 Draw the main outline of the land and what it looks like:**

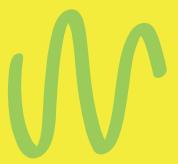
- Is it an island surrounded by sea or does the land cover the whole page?
- Maybe it is shaped like something you like (for example an island in the shape of a bird)
- Perhaps it is completely imaginary and out of this world (such as candy clouds)

**What is the environment like:**

- Does it have one big city or are there many villages and towns?
- Are there mountains, forests, lakes, volcanoes, beaches, etc?

**2 Using your choice of words, colours, symbols and patterns, add everything that gives you a sense of belonging to your map.**





**Your map can be as simple or detailed as preferred.**

**Examples:**

- *A couple of pillows and books for that cosy corner of the library where you like to read*
- *The stage in the school hall where you feel proud, and confident*
- *Game consoles, sports balls, math symbols or musical notes etc. for activities you like*
- *Friendship bracelets representing you and your friends*
- *Buildings where you meet with others or a place of worship*
- *Plants and animals or somewhere outside where it's nice to be in nature*
- *Vehicles that take you to important places such as that bus you always take on Sunday to go shopping with family, an airplane you took on a fun trip, or a hot air balloon you'd love to have a party on*



### **Reflection Questions:**

1. Where would you most like to be on your map today?
2. If you met someone who feels left out, where is the first place you'd like to bring them on your map to help them feel like they belong too?

**Ready to  
fundraise?**

Check out page 9 for  
fantastic fundraising  
ideas to get you started.



# FABULOUS FUNDRAISING IDEAS

This year's theme '**THIS IS MY PLACE**' encourages you to get creative and fundraise in a way that allows you to explore the idea of belonging. We invite you to support us in a way that encourages your family, friends or group to get together and reflect on what makes them feel a sense of belonging.

We've included some ideas and inspiration below to get you started – but feel free to get creative and come up with your own unique activities that suit you!



## GET ACTIVE

This could be anything from a sponsored walk, a running challenge, or a dance-a-thon. Whatever you choose, get active and raise valuable funds for children's mental health.



## BAKE A DIFFERENCE

Whether it's a bake sale or coffee morning, showcase your baking skills, share your favourite recipes and sell your sweet treats to your friends, family or group. You could even decorate your cakes with positive messages or fun designs!



## HOST AN EVENT

Host a quiz night, set up board games, or organise a craft afternoon. Invite your friends, family or group to showcase their knowledge or skills whilst raising funds. Take a look at our art project for inspiration!



## 'DRESSED BY THE KIDS' DAY

Let the children take charge of your wardrobe for a day – from mismatched socks to superhero capes, whatever they choose, wear it proudly and fundraise with flair!



# KICKSTART YOUR FUNDRAISING JOURNEY!

By fundraising for Place2Be's Children's Mental Health Week, you are helping to give a voice to children across the UK and we are so grateful.

Follow our easy-to-use checklist to organise your fundraiser and make it a huge success!



## CHOOSE YOUR FUNDRAISER

You want to get involved and now for the fun part – deciding what to do! Set your date and start planning. If you're looking for inspiration, you'll find lots of ideas on the previous page.



## SET UP YOUR JUSTGIVING PAGE

Tell people about your fundraising event, set a target and personalise your page with pictures and videos! Follow the step by step guide on page 10 to get started!



## SPREAD THE WORD!

Use our posters to spread the word – and don't forget to share the fun on social media using #ChildrensMentalHealthWeek. Check out page 13 for more information.



## RAISE MONEY

Every pound you raise, will take us one step closer to a future where no child has to face mental health problems alone.



## SHARE YOUR SUCCESS

Share your photos and stories with us—we'd love to shine a spotlight on your amazing efforts and brilliant involvement!



## PAY IN YOUR FANTASTIC FUNDS

Check out 'Paying in your funds' on page 11 to find out how.



**Free resources**  
If you haven't signed up to fundraise yet, visit [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk) to receive your fundraising materials

# SET UP YOUR FUNDRAISING PAGE

The easiest way to collect your donations is to set up a JustGiving page. Head to [www.justgiving.com/campaign/cmhw2026](http://www.justgiving.com/campaign/cmhw2026) (or scan the QR code below) and select 'Start Fundraising'. Then follow our simple tips below to be on your way to fundraising success!

## DID YOU KNOW?

**Fundraising pages with a personalised story raise a whopping 65% more!**

### Personalise your page with photos and a special message

- Say why you are raising money for Place2Be
- Fundraising pages with pictures or videos raise 13% more per photo!

### Set a fundraising goal

- Don't be afraid to go big! Fundraisers with a target raise up to 17% more

### Share, Share, Share

- Share the link with your community, family and friends via email and social media. Once a donation is made, it comes straight to Place2Be.

### Thank your community

- A simple thank you can go a long way, make sure you thank everyone who donates to your fundraiser.



Scan here to set up your JustGiving page.

For even more success check out **JustGiving Top Ten tips** - [www.justgiving.com/for-fundraising/top-10-fundraising-tips](http://www.justgiving.com/for-fundraising/top-10-fundraising-tips)

# PAYING IN YOUR FANTASTIC FUNDS

There are several ways you can send us any money you raise during Children's Mental Health Week, and the sooner you're able to send it in, the sooner we can put it to work giving a voice to children and young people across the UK.

## ONLINE FUNDRAISING PAGE

You can set up a JustGiving page to collect and pay in any cash donations you receive.

Visit [www.justgiving.com/campaign/cmhaw2026](https://www.justgiving.com/campaign/cmhaw2026) to get started. All donations made to your fundraising page come straight to us, making it super easy for you.

## DONATE ONLINE

You can transfer any money raised online at [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)



## BY POST

Cheques and CAF vouchers can be made payable to Place2Be and sent to: Children's Mental Health Week Team, Place2Be, 175 St John Street, London, EC1V 4LW

**Don't Forget!** Please include a note with your name as well with any cheques or CAF vouchers.

**Do not send cash in the post.**

# THANK YOU FOR YOUR INCREDIBLE SUPPORT!





# Meet Anna \*

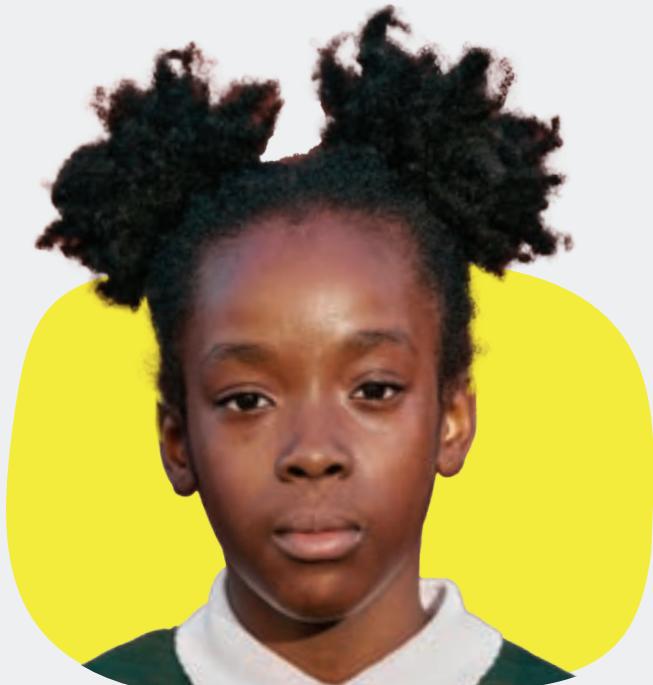
Anna experiences anxiety. Often, she did not have a narrative to explain why she felt anxious. Her experience of anxiety was physical rather than cognitive. When our Mental Health Practitioner explored this, Anna described sensations such as tingling in her hands and feet, feeling sick in her stomach, and tightness in her chest. She found it even more frightening because she didn't understand why it was happening. When people asked what was wrong, she was unable to explain.

When working with children and young people, we explore who their safe person is and identify their safe place where they feel relaxed, happy, and content; a place they go to feel calm.

After assessing Anna, our MHP decided a cognitive approach was not going to support her; instead, we needed ways to help calm Anna's nervous system. One approach we used was to help Anna connect with a place that she loved—a place that made her feel calm. Since physically being in that place wasn't always possible, we used her imagination.

Together, we created a script. After taking some long, deep breaths, Anna would bring her safe place to mind. Going through each of her senses, she described what she could see, hear, touch, smell, and taste. Then, she reflected on how she felt. Once Anna felt calm, she would open her eyes and carry that sense of calm into her day.

Anna chose the harbour in her hometown as her safe place.



\*Names have been changed to protect the privacy of the children and families we support.

## Donate Today

Can't hold an event? You can still donate so no child should have to face mental health problems alone.

[bit.ly/3ZZL7Bu](https://bit.ly/3ZZL7Bu)  
Or by scanning the QR code.





## IMPORTANT INFO

### TAG US

When posting on social media, tag us so we can see and share your amazing efforts!

### USE OUR HASHTAG

Don't forget to use **#ChildrensMentalHealthWeek** to join the conversation and have an even bigger impact.

SPREAD  
THE WORD



 [@Place2Be](#)

 [@Place2BeCharity](#)

 [@\\_Place2Be](#)

 [@Place2Be](#)

By helping us spread the word, you are playing a vital role in building a future where every child has access to the mental health support they need.

**Thank you for making children's mental health a priority.**



**WE'D LOVE TO  
HEAR ABOUT  
YOUR PLANS!  
GET IN TOUCH.**

**Contact the Children's Mental  
Health Week team**

hello@childrensmentalhealthweek.org.uk  
020 7923 5000  
[childrensmentalhealthweek.org.uk](http://childrensmentalhealthweek.org.uk)

Place2Be is a charity registered in England and Wales (1040756) and Scotland (SC038649), a Company limited by guarantee registered in England and Wales (02876150), registered office: 175 St. John Street, London, England, EC1V 4LW



Growing education  
for generations

With thanks to Findel – proud sponsor of  
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