




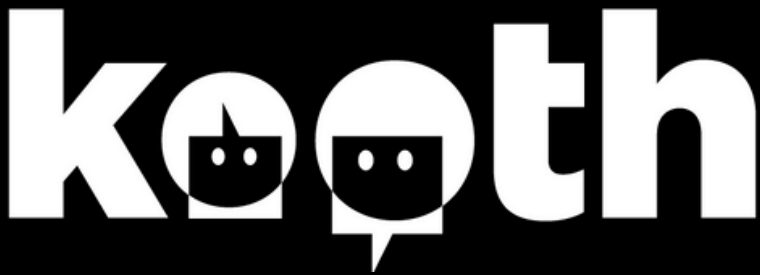




Children’s Mental Health Week

Children’s Mental Health Week 2026 focuses on the theme “This Is My Place”, encouraging children and young people to reflect on where they feel safe, supported and that they belong, whether this is in school, at home, with friends and family or with themselves.

The following resources are designed to support pupils, staff and families in building a sense of belonging, emotional safety and wellbeing.



Primary School Students		
Resources that help children explore feelings, safety and belonging		
	Activities, stories and assemblies exploring emotions, friendships and feeling safe in school.	https://www.childrensmentalhealthweek.org.uk/
	Short, age-appropriate videos and activities about feelings, kindness and managing worries.	https://www.bbc.co.uk/bitesize/articles/ztwb7v4#zmnxg2p https://www.bbc.co.uk/bitesize/articles/z64s8p3
	Mindfulness and movement sessions helping children feel calm, grounded and comfortable in their bodies.	https://cosmickids.com/childrens-mental-health-week-activities/
	Positive movement and mindfulness videos that support emotional regulation and classroom connection.	https://www.gonoodle.com/activities/IYO1M2/mental-health-awareness-pack

Secondary School Students		
Support that encourages young people to feel understood, accepted and supported		
	Mental health information written for young people, focusing on identity, feelings and self-worth.	https://www.youngminds.org.uk/young-person/
	Free online counselling and wellbeing tools providing a safe space to talk.	https://www.kooth.com/
	Support for mental health, relationships, school stress and life challenges (ages 13–25).	https://www.themix.org.uk/explore-our-topics/mental-health/
	24/7 confidential text support for anyone feeling overwhelmed or alone.	https://giveusashout.org/get-help/resources/



Teachers

Resources to help create inclusive, emotionally safe classrooms

 Anna Freud Mentally Healthy Schools	Lesson ideas, assemblies and whole-school approaches linked to belonging, inclusion and wellbeing.	https://www.mentallyhealthyschools.org.uk/resources/
 Anna Freud	Practical guidance on supporting children's emotional development and sense of safety in school.	https://www.annafreud.org/resources/

Staff Wellbeing

Creating a sense of place and belonging starts with staff wellbeing






	Confidential helpline, counselling and wellbeing resources for education staff.	https://www.educationsupport.org.uk/about/
	Guidance on managing stress and supporting mental health at work.	https://www.mind.org.uk/workplace/
	Tools to help adults manage stress, sleep and emotional wellbeing.	https://www.nhs.uk/every-mind-matters/
	resources for children and young people in one place looking for support to create more happiness for themselves and others.	https://actionforhappiness.org/children-young-people



Parents and Carers

Support for families navigating teenage mental health

	Confidential advice for parents worried about a young person's mental health.	https://www.youngminds.org.uk/parent/
	Practical tips to support teenagers' emotional wellbeing and resilience.	https://www.nhs.uk/every-mind-matters/
	resources for children and young people in one place looking for support to create more happiness for themselves and others.	https://actionforhappiness.org/children-young-people

“This Is My Place” is a reminder that everyone deserves to feel safe, valued and that they belong. In working together, schools, families and communities can encourage children and young people find and build spaces where they feel safe and heard.