



Children's Mental Health Week

9th - 15th February 2026

Helping Your Child Feel “This is My Place”: Activities for Primary Families



This year's **Children's Mental Health Week** theme - **This Is My Place** - focuses on helping children feel they **belong**: in their home, at school, in their community and within themselves. Here are simple, practical ways families can use the **Five Ways to Wellbeing** to build belonging every day.



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By focusing on connecting, we build warm, secure relationships. Children feel they belong when they feel seen, heard and valued

ACTIVITIES TO TRY AT HOME:

- **Family Belonging Board**: Create a board (whiteboard, corkboard or fridge door) where everyone adds photos, drawings or notes about people and places that make them feel they belong.
- **Family Playlist**: Make a playlist of songs that make everyone feel happy or connected. Play it during meals or drives.
- **Our Family Daily Check-In**: Create a quick family ritual where everyone shares:
 - One High (something good)
 - One Help (something they need support with)This helps children feel heard and supported.
- **“You & Me” Time Tokens**: Make tokens that children can redeem for special time together, e.g. 10 minutes of playing a game, reading together, cooking together, drawing together. Children feel connected when they know they have your uninterrupted attention.

HELP YOU AND YOUR CHILD FEEL “THIS IS MY PLACE” BY...

Sharing moments that remind you both that everyone in the family matters and is valued.



Movement supports mental health and gives families a chance to bond.

ACTIVITIES TO TRY AT HOME:

- **Family Adventure Bingo**: Make a bingo sheet of local places to explore (a favourite park, a café, the beach, the library, a nature trail). Each visit includes a quick prompt: “Why does this place feel welcoming? What makes it special?”
- **Belonging Obstacle Course**: Set up an indoor or outdoor obstacle course where each section is named after a meaningful place: “The Park Hop”, “Bedroom Balancing Beam”, “Grandma’s Garden Crawl”.
- **Move Like Your Place**: Choose a place your family loves. Then move like it!
Forest = slow stretching
Beach = wave-like movements
Playground = energetic jumps
- **Family Movement Challenge**: Everyone contributes one move to create a short family dance or exercise routine.

HELP YOU AND YOUR CHILD FEEL “THIS IS MY PLACE” BY...

Finding fun, low-pressure ways to move together that lift both your moods.

TAKE NOTICE



By helping children notice the people, places and moments that make them feel they belong, you strengthen their inner sense of home.

ACTIVITIES TO TRY AT HOME:

- **Belonging Walk**: On a walk, ask: “What’s one thing you like about this place?”, “Where do you feel safe or happy here?” “Who does this place remind you of?”
- **Our Places Photo Hunt**: Take turns photographing: something that feels like home, something welcoming, something beautiful, something that makes you smile. Make a family collage titled “This Is Our Place.”
- **Five Senses**: Sit somewhere meaningful (garden, bedroom, favourite bench) and notice: one thing you can smell, one thing you can hear, one thing you can feel (touch), one thing you can see and one thing you appreciate. This helps children tune into what makes a place safe and comforting.
- **Family Gratitude Wall**: Add notes throughout the week about things you appreciate about each other or your home.

HELP YOU AND YOUR CHILD FEEL “THIS IS MY PLACE” BY...

Pausing together to notice the people, places and moments that make your family feel grounded.



give



Giving helps children feel valued – and helps others feel included too.

ACTIVITIES TO TRY AT HOME:

- **The Belonging Basket:** Fill a basket with simple giving prompts: “Say something kind to someone.”, “Invite someone to play or join in.”, “Help tidy a shared space.”, “Share something about your day. Children pick one each evening.
- **Family Neighbourhood Kindness Mission:** Choose one small act to help someone locally: a thank-you card for a neighbour, leaving a kindness stone in the park, donating a book to the library box.
- **Family Kindness Jar:** Add notes whenever someone shows kindness. Read them together at the end of the week.
- **Belonging Pledges:** Each family member chooses one small way they will help someone else feel they belong (inviting a neighbour to play, helping a sibling, writing a kind message).

HELP YOU AND YOUR CHILD FEEL “THIS IS MY PLACE” BY...

Showing kindness to each other and recognising the positive things you both contribute to family life.