

# Primary Activity Pack

## Children's Mental Health Week

9th - 15th February 2026

### *THIS IS MY PLACE*

#### Ideas and activities your school can use to get involved in Children's Mental Health Week

This year's theme of 'This is My Place' focuses on helping children and young people feel a sense of **belonging** by strengthening the **systems** and **relationships** around them.

Inside this pack, you'll find practical tips and activities designed for schools to use throughout the week. Each resource is linked to the theme of **belonging** and the **Five Ways to Wellbeing**. Feel free to adapt them to suit your school's needs- why not aim to include one activity from each of the Five Ways every day?

If your school has **Wellbeing Ambassadors**, consider involving them in leading activities. We have also created assembly PowerPoints that can be delivered to the whole school or individual classes- perfect for ambassadors to present and inspire their peers.

Together, let's create spaces where every child feels: **This is my place**.





### TIPS AND ADVICE:

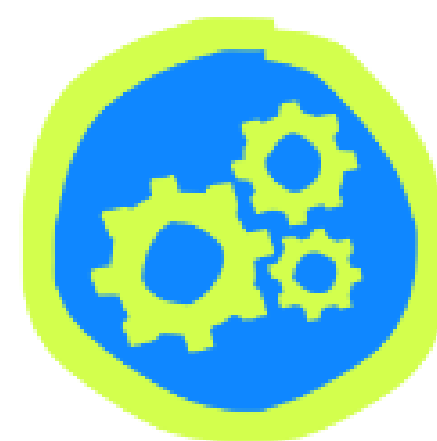
- Explain to pupils that belonging is feeling part of a community, group or team.
- Discuss ways to foster belonging in yourself:
  - Playing games with friends
  - Talking to people about feelings
  - Being around people you enjoy being with or who have similar interests to you
  - Focusing on being your 'true self' rather than trying to fit in
  - Joining clubs or groups you enjoy- shared interests are a great way to connect.

### ACTIVITY IDEAS:

- **Hello Bingo:** The group move around the room and use the 'Hello Bingo' worksheet to connect with others.  
Rules: Use each person only once (including yourself) and write their name in a bubble. Play as bingo (4 in a row = "Hello Bingo") or timed (fill as many bubbles as possible). End with a short discussion on connection—ask if anyone learned something new.
- **Belonging Map:** Pupils create a "map" of places where they feel they belong (home, school, clubs, nature spots). Share maps in small groups and talk about why these places matter.
- **Group Playlist:** Each member of the class suggests a song that makes them feel happy and connected. A class playlist is put together to play at certain times during the week.
- **Circle of Belonging:** Create a large paper circle titled "We Belong Together". Each child adds their name and one thing they bring to the group (e.g. kindness, creativity). How does everyone's contribution make the group stronger?



# KEEP LEARNING



## TIPS AND ADVICE:

- Emphasise that learning new things together makes you feel part of the group.
- Discuss ideas and skills as a group. Explain that when you share your ideas, you help others learn too.
- Discuss the importance of learning how to be kind, including others and making sure everyone feels like they belong.

## ACTIVITY IDEAS:

- Culture and Belonging Day: Each pupil brings an item or story to share that links to their culture or a family tradition. Share with the class.
- Sharing Skills: In small groups, teach a skill to one another e.g. hello in another language, origami, a magic trick.
- Learn a Group Skill: As a whole class, all learn a new skill e.g. counting to 10 in another language, lyrics to a song, a yoga routine or dance steps (linking to 'Be Active').



# BE ACTIVE



## TIPS AND ADVICE:

- Explain to pupils that when you join in group activities like sports, dance or playground games, you share experiences that make you feel part of the team. Moving together builds friendships.
- Playing a game or completing a challenge with others gives you something to talk about and remember. These shared moments strengthen your sense of belonging.
- Playgrounds, sports fields and dance areas are places where friendships grow. Joining in helps you feel part of the group and the space.

## ACTIVITY IDEAS:

- Active Icebreaker: Start with a quick energizer like “Find someone who...” but make it active: “Find someone who likes the same sport as you and do 5 star jumps together.” “Find someone who enjoys dancing and do a spin together.”
- Team Movement Challenge: Create a dance or activity relay that that whole class/group contribute a move to.
- Movement Art: In groups, use body shapes to form letters or symbols that spell ‘BELONG’ or ‘OUR PLACE’. Photograph the shapes and display them in the classroom.





# TAKE NOTICE



## TIPS AND ADVICE:

- Explain that it's important to listen to yourself and pay attention to your feelings. Try to understand what you need e.g. If you are feeling lonely, listen to this and think about what might make you feel more connected.
- Give pupils the challenge of looking around the classroom or playground and noticing what makes it feel like their place—posters, group projects or friendship benches. These are signs that you belong.

## ACTIVITY IDEAS:

- Belonging Walk: Walk around the school/local area and ask pupils to notice places that are special to them or make them feel happy. Use prompts such as: prompts as “What’s one thing you like about this space?” “Who do you feel connected to here?”
- Same Spot, Different Views: Ask the group to all stand in the same spot and draw what they notice. Discuss the different things and how we have different perspectives of the same belonging space. Combine pictures into a big mural.
- Group Gratitude Wall: Ask pupils to notice and write down things they appreciate about their class or school. Display on a wall titled “Why We Belong Here.”



### TIPS AND ADVICE:

- Explain that acts of kindness can help others to feel they belong.
- Discuss things you could do to make others feel like this is their place and that they belong e.g. if someone is left out, ask them to play.

### ACTIVITY IDEAS:

- Class Kindness Jar: Encourage pupils to add a note to the kindness jar after any act of kindness. Share them as a class at the end of the week.
- Belonging Buddies: Pair up younger and older pupils during the week for different activities e.g. reading together, working together in PE lessons (link to Connect).
- Belonging Pledge Board: Each child writes or draws one way they can help others feel they belong (e.g. inviting someone to play). Create a board to display ideas and encourage children to act on their pledges during the week.
- Belonging Acts of Kindness: As a group, brainstorm ways to make others feel included (e.g. invite someone new to play, share compliments). Complete at least one act of kindness as a group each day. Extension: Create a “Belonging Chain” where each act adds a link to a paper chain displayed in the classroom.