

Secondary 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, these could be during tutor time, PSHE or any other lessons during the day. 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**.





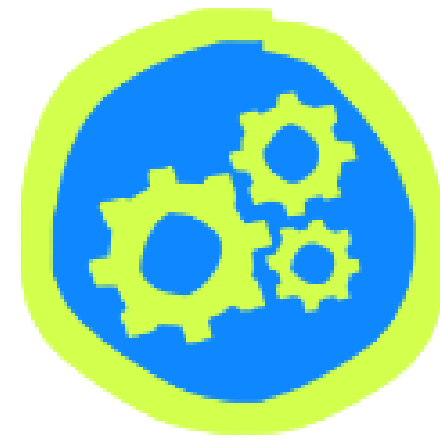
TIPS AND ADVICE:

- Explain to students that belonging is feeling part of a community, group or team
- Discuss ways to foster belonging in yourself:
 - Talking to people about feelings
 - Being around people you enjoy being with or who have similar interests to you
 - Playing games with friends
 - 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.
- **Common Ground Challenge:** Ask students to stand. Read statements like: "Sit down if you love music.", "Sit down if you've ever binge-watched a series.", "Sit down if you play a sport." This shows shared interests and sparks conversations.
- **Belonging Wall:** Provide sticky notes. Ask students to write one thing that makes them feel like they belong at school. Students stick notes on a wall or board to create a visual display of shared experience.
- **Group Playlist:** Each member of the group suggests a song that makes them feel happy and connected. A playlist is put together to play at certain times during the week e.g. morning tutor time.

KEEP LEARNING



TIPS AND ADVICE:

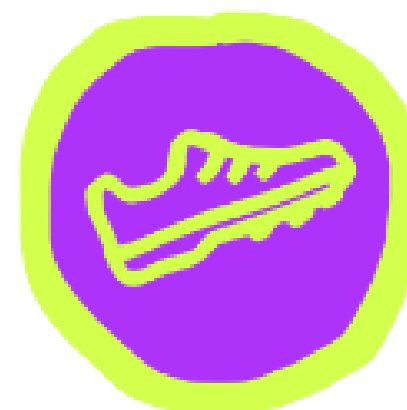
- Emphasise that learning new things together makes you feel part of the group.
- Discuss ideas and skills as a group. Explain that when you share your ideas, you help others learn too.
- Discuss the importance of learning how to be kind, including others and making sure everyone feels like they belong

ACTIVITY IDEAS:

- Culture and Belonging Day: Each student brings an item or story to share that links to their culture or a family tradition. Share with the group.
- 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 students that when you join in group activities like sports, dance or 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.
- Spaces like sports fields, common rooms and dance studios are where friendships often grow. Getting involved helps you feel connected and part of the group.

ACTIVITY IDEAS:

- **Belonging Circuit:** Create a short fitness circuit in the hall or outside. Each station has a movement (e.g., squats, star jumps, lunges). Students rotate in pairs or small groups, encouraging each other.
- **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.”
- **Belonging Scavenger Hunt:** Create a list of places or objects around school that represent belonging (e.g. a noticeboard, a team photo, a shared space). Students move around to find and photograph them.



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 students the challenge of looking around the classroom or playground and noticing what makes it feel like their place—posters, group projects, photos. These are signs that you belong.

ACTIVITY IDEAS:

- Belonging Trail: Set up a short walking route around school or local area with prompts at each stop: “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: On sticky notes or a digital board, write things you appreciate about your school, classmates, or community. Display them on a wall titled “Why We Belong Here” or create a virtual gratitude board.



GIVE



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:

- **Kindness Jar:** Add note to the kindness jar after any act of kindness. Share them as a group at the end of the week.
- **Peer Shout-Outs:** Give each student a card to write a positive message for someone in the room (e.g. “I appreciate how you...”). Collect and share anonymously on a display board or slideshow.
- **Acts of Kindness Challenge:** Brainstorm as a group: “What small actions make people feel they belong?” Examples:
 - Invite someone new to join a group chat or lunch table.
 - Compliment someone’s effort in class.
 - Share notes with someone who missed a lesson.