

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

THIS IS  
MY PLACE



# Hello and welcome



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MY PLACE



Next week is Children's Mental Health Week. The theme this year is **'This is My Place'** which is based around belonging and how we can feel a sense of belonging and help others feel like they belong.

# SO WHAT DOES BELONGING MEAN?



# HERE'S WHAT SOME CHILDREN AND YOUNG PEOPLE SAID TOO:



- 'It's like a place, your home, you belong with your family and friends'
- 'Feeling included, not left out'
- 'It's all about feeling safe'
- 'Feeling a part of something'
- 'Feeling like there are people similar to you as well as different'
- 'Feeling like you fit in and feeling comfortable'

Remember you belong wherever you feel loved and accepted for who you are. Just like at our school we hope. We are all here to help if you don't feel this way.



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## A FEW IDEAS FROM PLACE2BE:

- Be your true self. Belonging comes from being accepted for who you are.
- Do the things you love: sport, video games, music, crafts, these are great ways to connect each other.
- Be kind to yourself when you make a mistake, you don't need to be perfect.
- Listen to your feelings and try to think about what you need.
- Talk to someone you trust, you are not alone.

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## STORY:

Maya moved to a new town and sat alone at lunchtime, watching groups laugh and play. She liked drawing but felt too shy to show them. One day, Ben noticed Maya sketching and asked, “What are you drawing?” Maya shrugged and offered him a page. Ben grinned and showed it to two friends, who asked if Maya could teach them how to draw a hero. They sat together the next day with paper and pencils, taking turns and laughing when the superhero's cape kept getting tangled. Maya felt her cheeks warm in a good way — not because she changed who she was, but because someone had noticed and invited her in. Over the week, more kids came to learn, and the drawing circle became a place where new ideas were celebrated. Maya still drew the same comics, but now she did it with a team, and the playground felt a little more like home.

# HOW CAN WE HELP OURSELVES TO FEEL WE BELONG

## Top Tips from other Children:

- Playing games with friends
- Finding a place where you feel valued and welcome or people that make you feel this way
- Doing things we enjoy
- Having an adult to talk to when not happy
- By talking to people about feelings
- Being around people you enjoy being with



# HELPING OTHER CHILDREN FEEL THEY BELONG

## Top Tips from other Children:

'If you see someone left out then you can ask them to play'

'Be kind'

'By asking people how they are and if they are okay.'

'Make sure everyone has friends and feels included'

'Put yourself in other's shoes'

**"Be somebody who makes everybody feel like a somebody"**

Brad Montague, the creator of the popular online series *Kid President*



*We are going to share a  
song with you:*

[https://www.youtube.com/watch?v=ucQi6WAJBPs&list=RDucQi6WAJBPs&start\\_radio=1](https://www.youtube.com/watch?v=ucQi6WAJBPs&list=RDucQi6WAJBPs&start_radio=1)

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## CALL TO ACTION

**Next week, everyone pick one thing to try:**

- **Say hello** to one person you don't usually talk to.
- **Share** a toy, crayon, or turn in a game.
- **Invite** someone to join your group.
- Say out loud which one you will try.
- **Wear your home clothes on Monday to come to school dressed as yourself.**



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## CLOSING

Remember Maya and Ben. Small, friendly actions make big changes. If each of us does one kind thing, our classroom and playground will be a place where everyone feels they belong. Thank you.

**Thank you!**