



Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

**THIS IS
MY PLACE**

Children's Mental Health Week 2026
Monday 9th February- Friday 13th February

READY



RESPECTFUL



SAFE



Our Assembly Charter

We have the **RIGHT** to:

An education
(article 28)

Speak and be heard
(Article 12)

Relax, play and take part in a wide range of cultural and artistic activities
(article 31)

Meet with other children and to join groups
(article 15)

We **RESPECT** these rights by:

Being the **best** that we can be.

Actively listening and respecting each others ideas and views.

Following **instructions** carefully

Staying **focussed** and **participating**

Working **together** and including everyone.

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK



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Today's assembly has been inspired by Place2Be's 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.



Mental health is all about how we are feeling, the thoughts we are having and how this affects the choices we make and how we behave.

It is also how we are able to cope with what is happening in our daily lives.



Looking after our mental health is just as important as our physical health.



**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.





**This is
My Place**

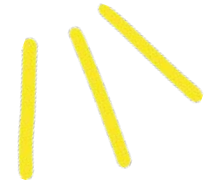
'This is My Place'.

THIS IS MY PLACE



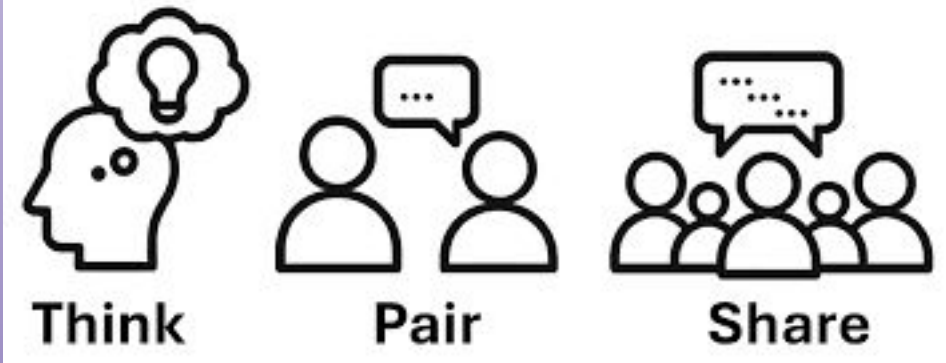
STORY:

Maya moved to a new town and sat alone at lunchtime, watching groups laugh and play. She liked drawing comics 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.



Small question- How did the other children make Maya feel like she belonged at the school?

The other children made Maya feel like she belonged by...





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.



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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.

CALL TO ACTION

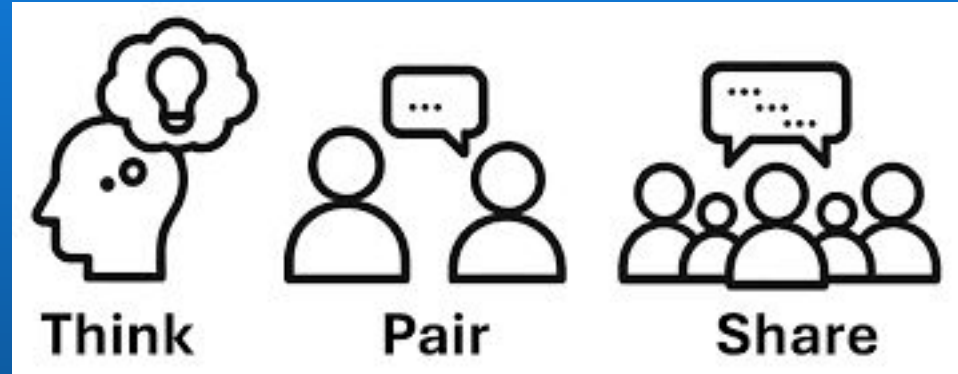
This week, everyone pick one thing to try:

- **Say hello** to one person you don't usually talk to.
- **Share** a toy, book, or turn in a game.
- **Invite** someone to join your group.
- Say out loud which one you will try.



**THIS IS
MY PLACE**

Big question- How can we make other people feel like they belong in our school?



I can help people feel like they belong by...

Making people feel like they belong is important because...



THIS IS
MY PLACE



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!

On Friday....

Number
Day 2026



Friday 6th February is **NUMBER DAY!** As everyone enjoyed it so much last year, we thought we would **celebrate by dressing up!**

You can dress as your favourite number, or you can dress up as something related to numbers.

Here are some pictures to give you ideas. Ms Nadine and Ms Woolcott will be looking for the best costumes and the class will win a collective prize. If you want to recycle your costume from last year, go ahead! **We are also in a TTRS competition with schools across the country!**



MARNER
PRIMARY SCHOOL



Year 5- Year 1
Year 6- Year 3
Year 2- Year 4

Class swaps to work on maths activities.

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