

CHILDREN'S MENTAL HEALTH WEEK 2026

Children's Mental Health Week 2026 (9–15 February) is a special time to recognise how important emotional wellbeing is for every child. Just like we support children's physical growth, it is equally vital to nurture their feelings, confidence and sense of security.

This year's theme, "This is My Place," encourages children to think about where and with whom they feel safe, happy and included. For young children, feeling that they belong – in their family, setting, or friendship group – is a key part of developing positive mental health.

In the early years, children are still learning how to name emotions, manage worries, and build strong relationships. By focusing on mental wellbeing from an early age, we help children develop lifelong skills such as resilience, kindness, self-expression and empathy.

Children's Mental Health Week is a wonderful opportunity for nurseries and schools to create a calm, supportive environment where children feel listened to, valued and understood.

☀ Early Years Activity Ideas

Here are some simple and meaningful ways to explore wellbeing with young children:

- **My Safe Place Picture**
- Children can draw or paint a place that makes them feel calm or happy, then share their ideas with the group.
- **Feelings Story Time**
- Read books about emotions and talk together about how characters might feel and what helps them.
- **Kindness Moments**
- Encourage children to notice kind actions each day and celebrate them as a class.
- **Mindful Breathing Games**
- Try "bubble breaths" or "smell the flower, blow out the candle" breathing to help children relax.
- **Belonging Circle Time**
- Sit together and talk about what makes everyone special and how we can help each other feel included.

♥ Supporting Wellbeing Early

By taking part in Children's Mental Health Week, we can help children understand that all feelings are welcome, support is always available, and everyone deserves a place where they feel they belong.

