



# This is My Place

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Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK



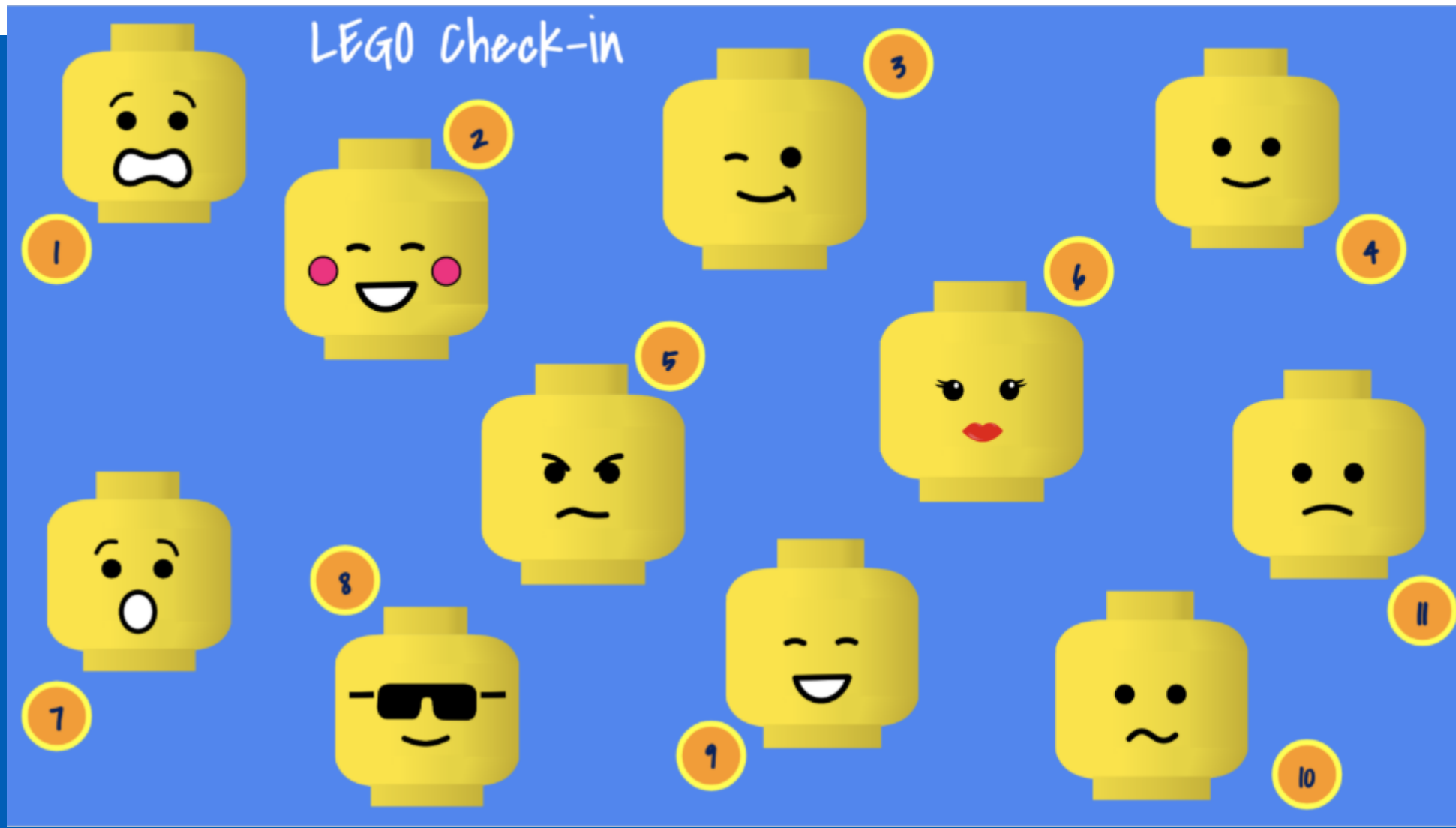
Mental Health  
Support Team

Buckinghamshire

We are Hayley & Harri.

We work for the Mental  
Health Support Team.

# HOW ARE YOU FEELING TODAY?



# CHILDREN'S MENTAL HEALTH WEEK

## 'THIS IS MY PLACE'

### Belonging

- How we can feel a sense of belonging
- How we can help others feel like they belong



# SO WHAT DOES BELONGING MEAN?



## HERE'S WHAT SOME CHILDREN 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



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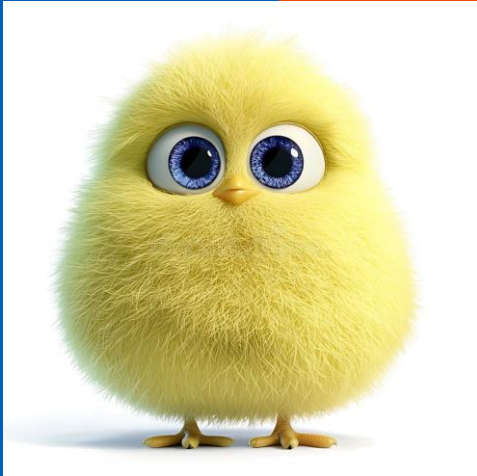


## A FEW IDEAS FROM PLACE2BE:

- Be yourself. 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:



# 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

# LET'S PRACTICE!

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

1. Turn to the person next to you and say your name clearly.
2. Tell them your favourite colour or favourite game.
3. Swap so they say their name and favourite thing to you.
4. After pairs finish, everyone quietly wave to the person you spoke with.



# 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, crayon, or turn in a game.
- **Invite** someone to join your group.



**THIS IS  
MY PLACE**

THANK YOU FOR LISTENING!

