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AND RESOURCED PROVISION FOR  
HEARING IMPAIRED CHILDREN  
Headteacher: Mrs C Findlay

Tuesday 27<sup>th</sup> January 2026

### **Children's Mental Health Week 9<sup>th</sup> – 15<sup>th</sup> February 2026**

Dear Parents and Carers,

This year, Children's Mental Health Week takes place from the 9<sup>th</sup>-15<sup>th</sup> February and the theme is: **This is my place**. Belonging is the feeling of being a valued part of the groups and places that are important to us. It means feeling cared for and comfortable to be ourselves. During this week, we'll be talking about how we can help everyone feel like they belong. We will start the week off with an assembly and share 'This is my place' so we can learn from each other what makes us feel happy.

To celebrate Children's Mental Health Week, we are inviting all children to take part in an art activity, as part of their home learning, to explore this year's theme. We would like to encourage all our pupils to explore their sense of belonging by creating a personal map, which can include places, groups, or activities or something not physical, where they feel they belong. If you'd like some inspiration, please watch the video that can be found here: <https://www.childrensmentalhealthweek.org.uk/resources/this-is-my-place-art-activity/>



Full details and instructions for the art activity are attached to this email. If your child would like to take part, we'd love them to bring the finished product to school by Friday 27<sup>th</sup> February as we are aiming to display and celebrate their work in the school hall.

Finally, we will end the week on **Friday 13<sup>th</sup> February** with '**Come as Yourself**' day. On this day we invite all pupils and staff to wear something that makes them most comfortable, confident and feel like they truly belong. This could be anything from comfy clothes, clothes that represent their culture and could be part of their national dress, uniform or kit to represent clubs they belong to such as Brownies and Cubs, or a sports club. Some children may just be happy wearing their school uniform to show their sense of belonging to Manor Junior School. Please remember the clothes the children wear does need to be suitable for the school day and shoes must be safe for use on the playground. Children should not wear clothing displaying logos or pictures related to video games or films age related 12 or above.

Thank you for your continued support, we can't wait to see the artwork the children produce.

Kind regards

Mrs Brown  
PSHE Lead

## WHAT ARE MAPS?



### Fun Fact

Maps are used to outline and describe different parts of the world. Maps have lines, colours, and symbols that help us understand important things about places and where to find them. We might notice things like countries, cities, mountains, rivers, or deserts on a map.

**Using available materials, create a map showing all the places, groups, and activities that help you feel like you belong.**

Your map could look like one you've seen before with real places, or it could be completely imaginary with unusual features and outlines.

**1 Draw the main outline of the land and what it looks like:**

- Is it an island surrounded by sea or does the land cover the whole page? Maybe it is shaped like something you like (for example an island in the shape of a bird)
- Perhaps it is completely imaginary and out of this world (such as candy clouds)

**What is the environment like:**

- Does it have one big city or are there many villages and towns?
- Are there mountains, forests, lakes, volcanoes, beaches, etc?

**2 Using your choice of words, colours, symbols and patterns, add everything that gives you a sense of belonging to your map.**

**Your map can be as simple or detailed as preferred.**

- A couple of pillows and books for that cosy corner of the library where you like to read
- The stage in the school hall where you feel proud, and confident
- Game consoles, sports balls, math symbols or musical notes etc. for activities you like
- Friendship bracelets representing you and your friends
- Plants and animals or somewhere outside where it's nice to be in nature
- Buildings where you meet with others or a place of worship
- Vehicles that take you to important places such as that bus or a train to meet with family, a day out or a fun trip you took with family or friends, or somewhere you feel completely relaxed such as a special walk or park.

### REFLECTION QUESTIONS:

1. Where would you most like to be on your map today?
2. If you met someone who feels left out, where is the first place you'd like to bring them on your map to help them feel like they belong too?



More resources  
from Children's Mental  
Health Week:

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[childrensmentalhealthweek.org.uk](http://childrensmentalhealthweek.org.uk)  
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