

Pupil Voice – Children’s Mental Health Week 2026
Theme: “This Is My Place” – Belonging, Connection & Community

During Children’s Mental Health Week 2026, pupils across the school explored the national theme “This Is My Place”, reflecting on what helps them feel they belong - in school, in friendships, and in their wider community. Through art, writing, kindness tasks, discussions and reflection activities, children learned how belonging supports wellbeing, confidence and happiness.

Here is what the children told us...

EYFS

“My place is with my friends on the carpet.”
“I feel safe when I’m with my teacher.”
“I like drawing my family because they are my place.”

Year 1

“My place is in our classroom because everyone is kind to me.”
“Belonging means you’re not left out.”
“I belong when people play with me.”

Year 2

“I feel I belong when someone helps me if I’m stuck.”
“I drew my safe place - it has books and my friends in it.”
“Kindness makes people feel they have a place here.”

Year 3

“My place is our school because I can be myself here.”
“We talked about how everyone belongs, even when we are different.”
“I liked making art about the places where I feel calm.”

Year 4

“Belonging is when you feel accepted just as you are.”
“We wrote about people who make us feel important.”
“My place is with my friends because we support each other.”

Year 5

“We realised that belonging helps your wellbeing - it makes you feel more confident.”
“My place is with people who listen to me.”
“I liked thinking about how we can help others feel like they belong.”

Year 6

“Belonging means knowing there are people who care and want you here.”
“Our discussions helped us understand how communities support mental health.”
“My place isn’t just a location - it’s the people who give me strength.”

Whole-School Reflections

Throughout the week, children shared powerful insights about the theme:

“Everyone has a place in our school.”
“We can help other people belong by being kind.”
“Belonging makes you feel happier inside.”
“We all have different places but we still belong together.”

Summary

Children’s Mental Health Week 2026 supported pupils in understanding that belonging is essential for wellbeing. Across the school, children reflected thoughtfully, showed empathy, strengthened relationships and celebrated the people and places that help them feel safe, valued and connected.

A meaningful week of Growing Together, emotionally as well as academically