



Children's Mental Health Week at St Mary of the Angels

Monday 9th February 2026

Hello and welcome



THIS IS
MY PLACE



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.



Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK



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.



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A FEW IDEAS:

- Be your true self. Belonging comes from being accepted for who you are.
- Remember our belief that we are all created in God's image.
- Remember that Jesus calls each of us by name – you are loved and you are chosen
- Do the things you love: sport, games, music, crafts, these are great ways to connect together
- 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.



THIS IS MY PLACE

STORY:

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



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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"



LET'S PRACTICE

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.



<https://www.youtube.com/watch?v=CjxugyZCfuw>



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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.
- Say out loud which one you will try.



**THIS IS
MY PLACE**



Dear Lord Jesus,
Help us to remember that you
have called each of us by our
name. We have been chosen by
you and we are loved.
Help us to show by words and our
actions that we belong to you.
Amen