Children's Mental Health Week 2027

Families Pack

1-7 FEBRUARY 2027

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

Everything you need to get involved in Children's Mental Health Week 2027

Thank you for taking part in Children's Mental Health Week 2027

Place2Be delivers expert, embedded, timely mental health support in schools so every child can thrive. We created Children's Mental Health Week to empower, equip and give a voice to every child in the UK. This year's theme is **Step into Our World**, based upon empathy and nurturing relationships.

This pack contains everything you need to take part in the week - from **top tips, a fun art activity** and suggestions of how to take part in **raising vital funds** for children's mental health by hosting your own **Express Yourself Day.**

However you take part, we're so grateful for your support.

1 Top tips

Read about what children and young people need from parents and family.

2 Fun activity

Our fun art activity can help your child to understand empathy, the importance of listening and putting themselves into someone else's shoes.

3 Fundraise

Get creative and raise money with **Express Yourself Day on Friday 5 February** whilst exploring the idea of empathy and nurturing relationships. Visit page 7 for lots of fundraising ideas and how to join in.

4 Tell us your plans

We'd love to know what your plans are for the week. Let us know what you are doing to celebrate and take part. Tag us on our socials (see the back page of this pack) using **#childrensmentalhealthweek**

STEP INTO OUR WORLD

About the theme

Step Into Our World encourages us to see things from a child's point of view. The aim is to help us understand how children feel, what they think, and what they experience.

Being empathetic means understanding another person's feelings. It is about listening and thinking about how someone else might feel. When we show empathy, children feel included, respected, and understood.

Positive and caring relationships are very important for children's wellbeing. Support from parents, carers, family members, teachers, friends, and the wider community help children feel safe, confident and valued.

When children have people around them who listen, care and show understanding, they are more likely to share their thoughts and feelings. This helps them grow, learn and thrive both in school and in life.

Empathy helps us move beyond assumptions, listen without judgement and respond with kindness and compassion. It reminds us that while we may not share the same experiences, we can still seek to understand and support one another.

During Children's Mental Health Week 2027, we will celebrate how important it is to understand other people's feelings and build caring, supportive relationships.

TOP TIPS FROM CHILDREN

What children say they need from adults

What children say they need from parents?

"When parents try to see things from our point of view."

"When parents listen to us and understand how we feel."

What can parents do to make you feel understood?

"Listen, and not interrupt."

"Try to understand my way of thinking, asking me questions of how I feel."

What helps when you're having a difficult day?

"Try to understand our feelings, even if you don't always agree."

"Be patient and try to understand what we're going through."

"Cuddles and hugs."

How can your friends support you if you're feeling sad or worried?

"Listen without judging me and try to understand how I'm feeling."

TOP TIPS FROM OUR EXPERTS

Simple Ways to Build Empathy at Home

1. Be curious about feelings

When reading stories, or talking about events during the day, ask:

- How do you think that person felt?
- What might have made them feel that way?
- Have you ever felt something similar?
- What could someone do to help them?

2. Understanding difference

Help children see that everyone experiences the world differently.

Try saying:

- "The same situation can feel very different for different people. I wonder how each person saw what happened?"

3. Listen without rushing to solve

When your child talks about a problem, focus first on understanding their feelings.

- Instead of: "Don't worry about it"
  Try: "That sounds really upsetting"
- Instead of "Why don't you try doing..."
  Try: "Tell me more about what happened"

4. Model empathy

Children learn by watching adults. Let them hear you say things like:

- "I think she might be feeling nervous because it's her first day."
- "He seemed disappointed. I wonder if there's a way we can help?"

You can also model parent self-empathy such as:

- "I am doing the best I can, and it's okay that I don't get everything right all the time."

5. Celebrate perspective-taking

Notice when your child shows empathy:

- "I liked how you noticed your friend might be feeling left out."
- "That was thoughtful of you to think about how your brother might be feeling."

6. Name the feelings you can see

Notice when your child's emotions are being shown without correcting them:

- "It looks like you are frustrated with that game."
- "You look really proud."

7. Reflect your child's views

Show that you understand your child's perspective by repeating what they say:

- "So when they wouldn't play with you, it felt unfair?"
- "You thought you would get into trouble, so you felt worried?"

ACTIVITY

Step Into Our World - Approx 45-60mins

Empathy means trying to understand what things might be like for another person and how they might feel.

In this activity, you will create your very own world that shows the things that are important to who you are, such as your feelings, ideas, favourite things, and hopes.

Then, you can share your artwork, explore the worlds created by others, and discover what is important to them. This can help us practice empathy by understanding each other more.

Let's get started:

1. Choose the shape of your world.

Pick an outline to get started or draw your own shape for your world.

2. Decide what your world will look like and what is on it.

It could be a planet, a place, an object, an animal, a symbol, or made of patterns.

3. If you want, add extra things around it.

You could add moons, floating satellites or objects, or portals. Your world can be as simple, detailed, or imaginative as you like!

For example:

- If you are active or enjoy sport or teamwork, your world might include things like spinning rings, a basketball, or handprints from friends.
- If you are calm, caring and love nature, your world might be surrounded by plants, trees, and gentle rivers.

If you are exploring someone else's world , here are some things to think about:

- What are some of the things you notice first? Any colours, shapes, objects, and details?
- Is there anything you feel while looking at it?
- Does it have any similarities or differences from your world?
- What do you think is important to the person who made it?
- Imagine what it might be like to be in that world.

FUNDRAISE

Host an Express Yourself Day!

05 Feb

Take part in **Express Yourself Day on Friday 5 February 2027** and help raise over £100,000 to support children and young people's mental health across the UK.

Whether you fundraise solo, in your local community, at home with family and friends, at work or at school, here are some fun ideas to get you started and help your self-expression shine...

DRESS:

Encourage your school or workplace to ditch the dress code, and bring a suggested £2 donation to wear an outfit which expresses who they are – think bright colours, cultural dress, or go-to t-shirt! Fundraising as a team or family? Why not coordinate your outfits!

BAKE:

On your marks, get set, bake! Whether you're serving gooey brownies, colourful cupcakes, or a showstopping cake, hosting a bake sale is an easy, fun (and delicious) way to fundraise. Get creative and let your sweet treats do the talking!

CREATE:

Create your own fundraising idea and make it completely your own. From arts and crafts activities to themed parties at your local church or at home, to family dance battles, and whole-community challenge events - anything goes. **Make your Express Yourself Day stand out, in your way!**

KICKSTART YOUR FUNDRAISING JOURNEY

6 simple steps. 1 incredible day

Be sure to mention GiftAid to your supporters! Every £1 they give could be worth 25% more.

Follow our easy-to-use checklist to organise your fundraiser and make your Express Yourself Day a big success:

1 PLAN YOUR DAY

Pick your activities and suggested donation amount, set timings and locations, put together a team of people to help, and get everyone excited to take part. **Be sure to send event details out early!**

2 SET UP YOUR JUSTGIVING PAGE

Create your JustGiving page, set a fundraising target, and personalise it with photos and your story. Get started by visiting **justgiving.com/campaign/cmhw2027**. Not using JustGiving? No problem! Fundraise in the way that works best for your school community.

3 SPREAD THE WORD

Pop up a poster, send emails and texts, and share your plans on social media to build buzz!

4 HAVE FUN & RAISE FUNDS

Enjoy the day and raise money to support children with their mental health. However your fundraising, be sure to share your activity and how people can donate far and wide.

5 SHARE YOUR DAY

Tag us in your photos - we love seeing your creativity and celebrating your impact. Use hashtag #ExpressYourselfDay!

6 PAY IN YOUR FUNDS

Money collected through JustGiving is transferred straight to us. To pay in other donations visit our website or contact **hello@childrensmentalhealthweek.org.uk**

Download your dedicated fundraising pack

Our free fundraising packs are overflowing with more inspiration and fun activities, including a delicious recipe and a fantastic colouring sheet, to make your day extra special!

Scan the QR code or visit **childrensmentalhealthweek.org.uk/2027-resources/#fundraising** to download your pack!

CREATE YOUR OWN BUNTING

Instructions:

1. Print this page onto paper or card, as many times as you'd like.
2. Colour/design your bunting (this is your chance to Express Yourself!)
3. Cut along the dashed lines so each triangle is separated. Then fold along the dotted lines.
4. Place string or tape along the top of the bunting above the fold.
5. Glue or tape the flap down so your triangle is stuck.
6. Hang your fantastic bunting up!

You will need:

- A printer
- A4 paper/card
- Scissors
- Glue, string and sellotape
- Coloured pens, pencils or crayons
- Creativity!

Thank you for making children's mental health matter!

Got a question? Need an idea? Our friendly team are just an email away. Tell us your plans, or get advice by contacting the Children's Mental Health Week team:

hello@childrensmentalhealthweek.org.uk
childrensmentalhealthweek.org.uk

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

Tag us on social media and tell us your plans!

Place2BeCharity | @_Place2Be | Place2Be | @_Place2Be

#ChildrensMentalHealthWeek #ExpressYourself

To find out more about Place2Be and our work, visit **place2be.org.uk**
For free resources and advice on parenting, visit **parentingsmart.org.uk**

Registered with FUNDRAISING REGULATOR

Place2Be is a charity registered in England and Wales (1040756) and Scotland (SC038649), a Company limited by guarantee registered in England and Wales (02876150), registered office: 175 St. John Street, London, England, EC1V 4LW.