

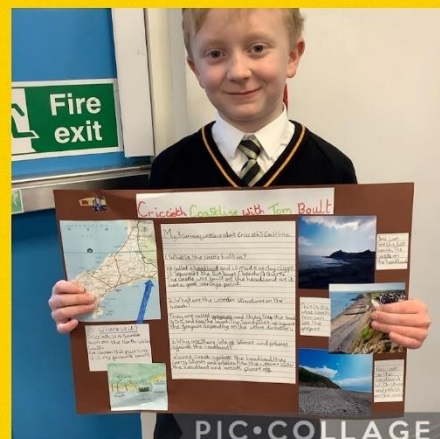
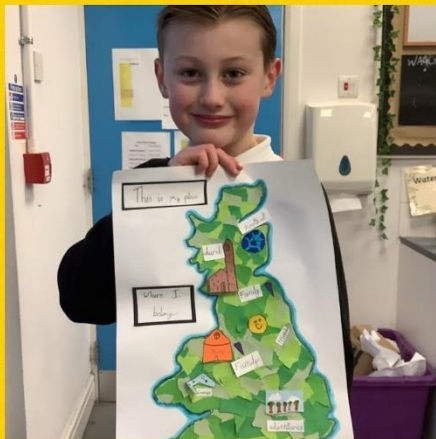
Children's Mental Health Week 2026

This is My Place

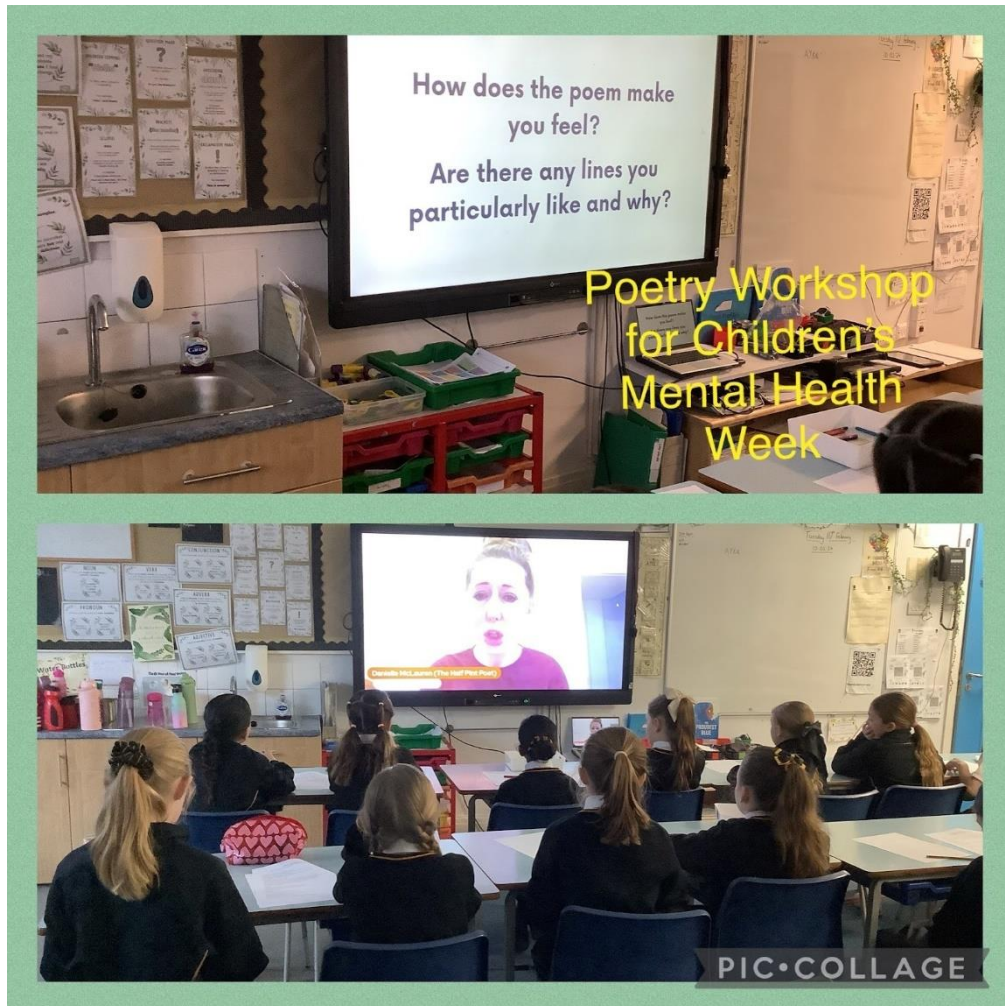


Children's Mental Health Week 2026 took place from 9–15 February 2026, with the inspiring theme, 'This is My Place.' The focus was on helping children feel a strong sense of belonging — whether at school, with friends, at home, or within their wider community — and recognising how this connection supports positive mental health.

Some children chose to take part in the home learning task, which encouraged them to create a map of the places they feel they belong.



Classes took part in workshops and live streams, to explore the theme in a range of ways.



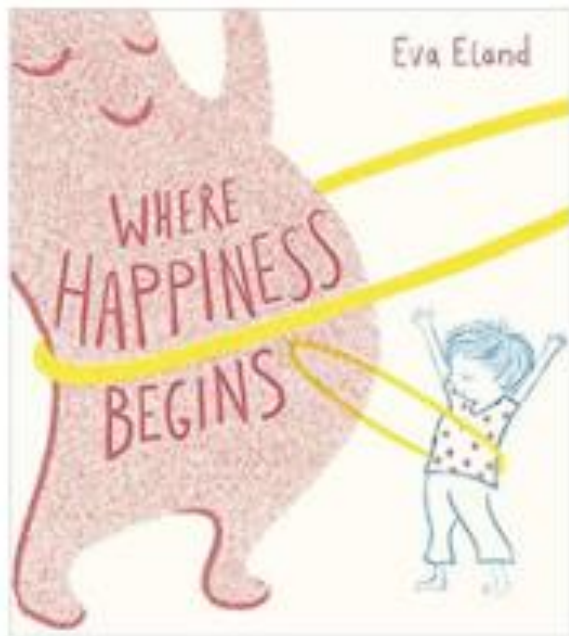
We also began the week with a whole school assembly to launch the theme for this year's Children's Mental Health Week.

Carefully selected texts were used throughout the week to encourage powerful discussion, with work tasks being based around these also.



EYFS

We read the book 'Where Happiness Begins' and discussed the things that make us happy in our lives.



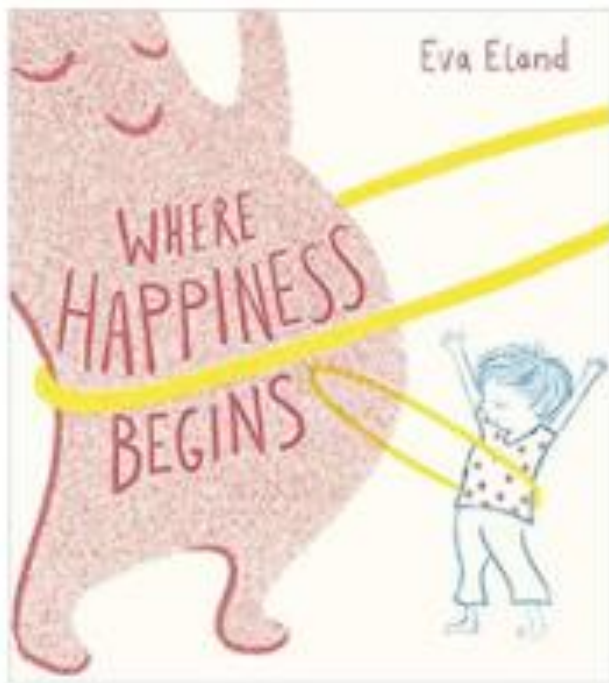
It makes me happy
when I play football in
my garden - **Ozzie**

It makes me happy
playing with my sisters
- **Gianna**

It makes me happy when
I go to the park with my
mummy and daddy -
Henry

1B

After reading *Where Happiness Begins*, we discussed what happiness means for each of us and the things that make us happy. We noticed that happiness is different for each of us.



Sometimes happiness can be hard to find when we feel sad but it always comes back - **Annabelle**

This book taught me that we can find happiness all around - **Lois**

We have lots of feelings like being happy, sad and excited - **Loren**

This I feel the most happy when I'm with my family - **Nico**

1G

We read *Where Happiness Begins* by Eva Eland and thought of hashtags to share the most important messages.



Belonging means you always have a place - **Skylar**



This book reminded me that I don't have to look too hard for ideas to be happy - **Ari**

2C

We really enjoyed reading this book and talked about how everybody experiences each of the feelings and that's ok!



The hotel accepts all the feelings that come to stay. **Luna**

The manager nearly forgets about Gratitude because he is quiet and doesn't ask for anything. **Patrick**

The manager takes care of every feeling that comes to stay. **Ella**

Every feeling gets what it needs. **Alana**

In Are You Really Reading? We looked deeper at the characters and linked them to feelings we have experienced. This helped us to understand our own feelings and how they are shown.

The collage features three student worksheets and a book cover for 'The Grand Hotel of Feelings'. The worksheets are dated Tuesday 10th February and are titled 'AYRR - The Grand Hotel of Feelings'. Each worksheet has a table with two columns: 'Feeling' and 'Have I ever felt like this?'. The 'Feeling' column contains small illustrations of a person's face representing different emotions: Anger, Sadness, and Peace. The 'Have I ever felt like this?' column contains handwritten descriptions of when the student experienced these feelings.

Top Worksheet (Anger and Sadness):

Feeling	Have I ever felt like this?
Anger	I felt mad because my sister came into my room and shouted in my ear because I was reading.
Sadness	I felt sad because I got over when I was in the park.

Middle Worksheet (Anger, Sadness, and Peace):

Feeling	Have I ever felt like this?
Anger	I felt angry because when I wanted to go to a shop my mum said no were going to a different shop.
Sadness	I feel sad because my brother annoys me.
Peace	I feel peace when I go on a long walk in fresh air.

Bottom Worksheet (Anger, Sadness, and Peace):

Feeling	Have I ever felt like this?
Anger	I feel angry because when I wanted to go to a shop my mum said no were going to a different shop.
Sadness	I feel sad because my brother annoys me.
Peace	I feel peace when I go on a long walk in fresh air.

At the bottom of each worksheet, there is a section titled 'I think this means' with a small illustration of a person's face. The text 'All of our feelings go and come in their own time' is written across the bottom of the worksheets.

The book cover in the center is titled 'THE GRAND HOTEL OF FEELINGS' and shows a large, red, multi-story building with many windows, set against a dark blue night sky with stars and a hot air balloon. The building is surrounded by greenery and a few people are visible in the foreground.

2M

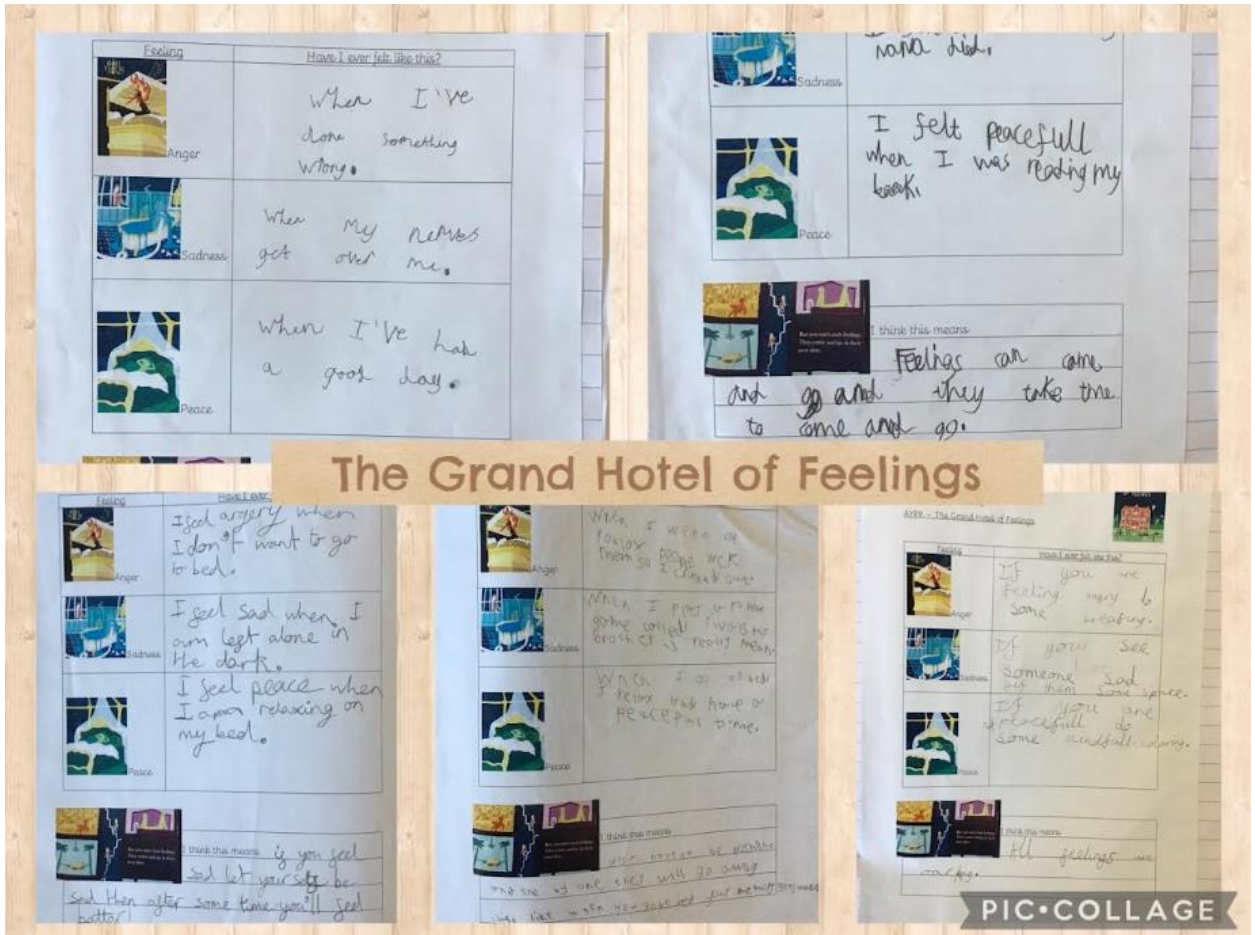


All feelings are ok
because you are you -
Alex

We can feel different
emotions at one time.
Like, I am excited for
Balmoral but sad that
my nan died - **Joseph**

Give somebody a
cuddle if they are
feeling upset. This
might help them get to
the green zone and be
happy and calm - **Polly**

We can use different
strategies to help calm
ourselves - **Albert**



Are You Really Reading? lessons helped us to discover more about each of the emotions and think about times we have experienced these feelings in our lives.

The book 'Sometimes' is about understanding that our emotions change and people don't always feel the same way. In 3J we have thought about times when we have different feelings to others and how we navigate this.



Your feelings matter a lot - **Lenny**

All feelings are ok - **Jacob**

When you feel angry, you could take a couple of deep breaths instead of shouting at someone. **Keira**

If you're feeling sad, let yourself feel it and try to relax. **Elliot**

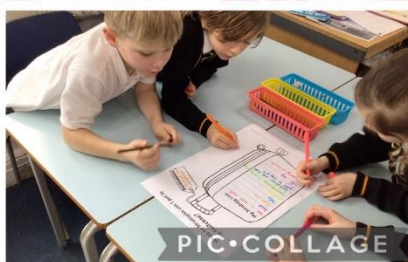
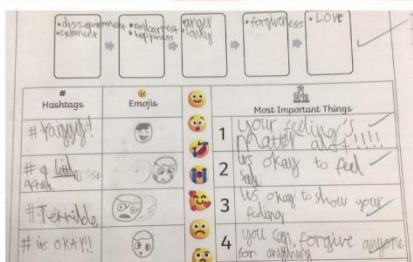


The hotel is like our mind - **Emily**

Lots of feelings can visit you throughout the day - **Jacob**

I like how the feelings come and go like visitors - **Jackson**

We completed Are You Really Reading? Activities about the Grand Hotel of Feelings. We thought about the most important lessons that we can learn from the book and linked these to our own lives. We also designed suitcases for our feelings, with a focus on anger and sadness as these feelings often need the most careful strategies. We thought about what we could put into the suitcase including hugs, teddies and sensory toys.





Mabel - Feelings come and go - if it's a negative feeling, it will pass.

Mimi - It's good to share your feelings with other people.

Max - It's important to listen to how other people feel and respect that.

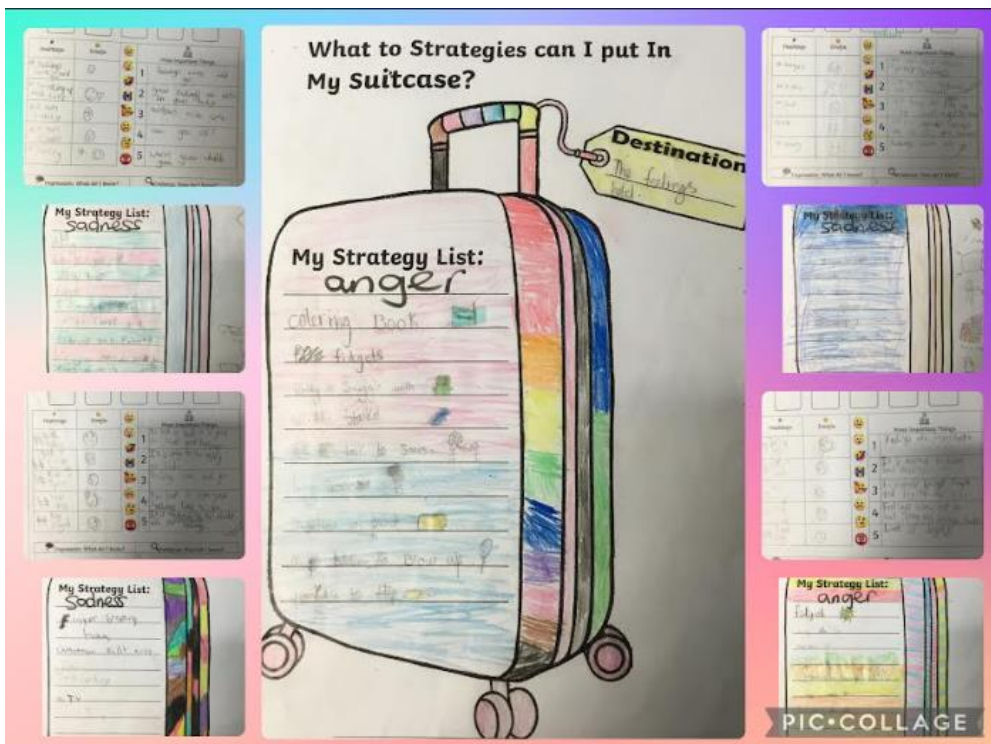
Isla - You can share your feelings with others but you don't always have to if you don't feel comfortable sharing them.



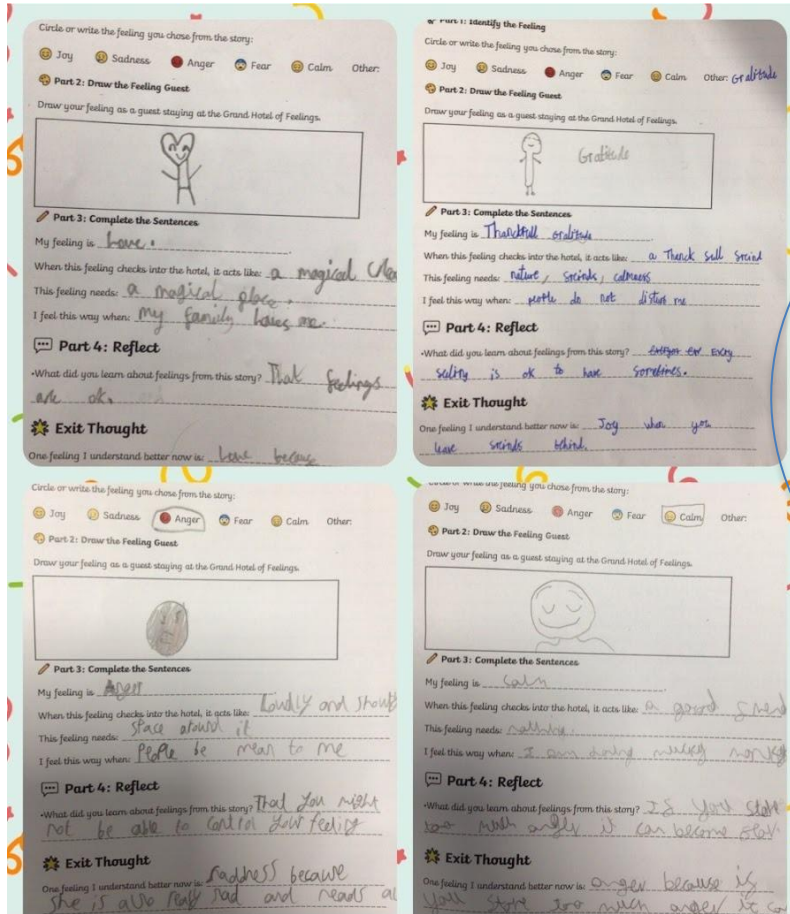
Hattie - Even if you feel angry, there is always something to do to turn that feeling around.

Hettie - It doesn't matter if you have different feelings to other people - everyone has a right to share their feelings.

3K have thought about the things they use when they are feeling sad or angry. These included mindfulness colouring books, fidget toys, time with our families and hugs. We also thought about the feelings we read about in the book. We told stories about when we have felt these emotions and shared advice based on their own experiences.

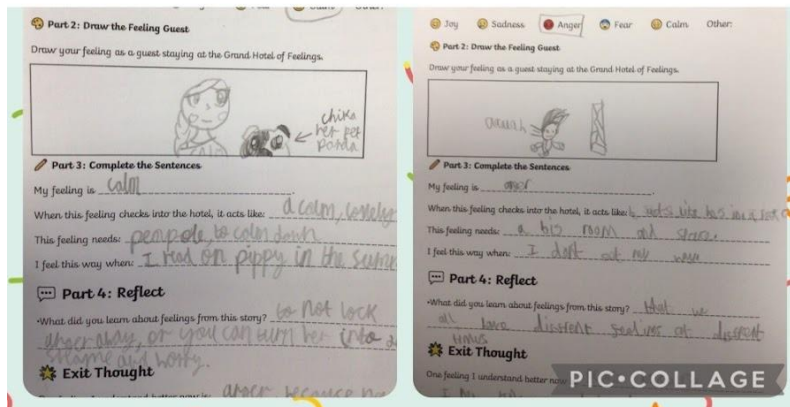


We loved reading The Grand Hotel of Feelings and completed activities encouraging us to look a little deeper at the text and characters .

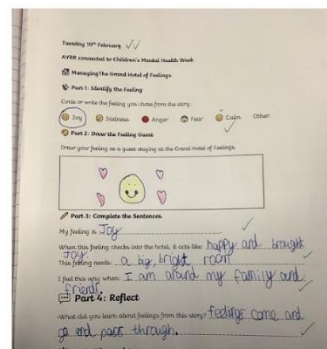
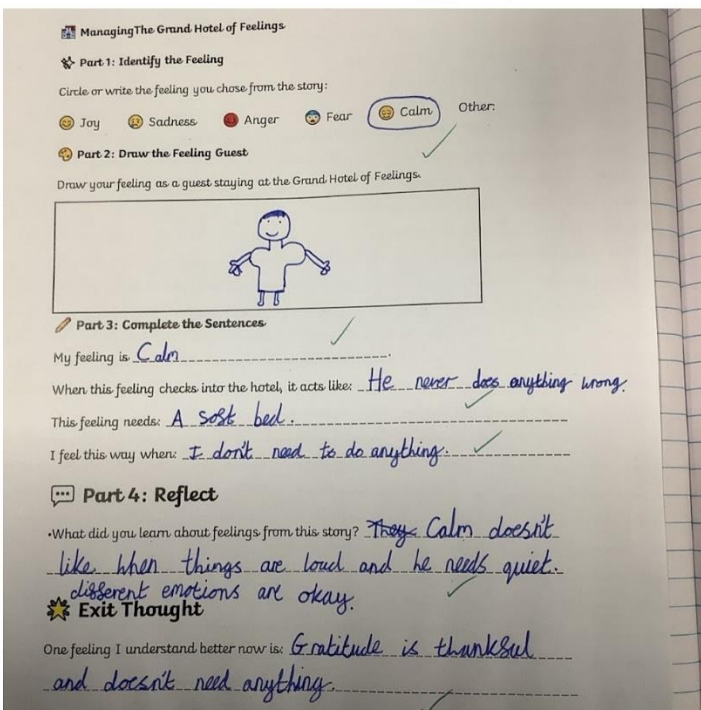
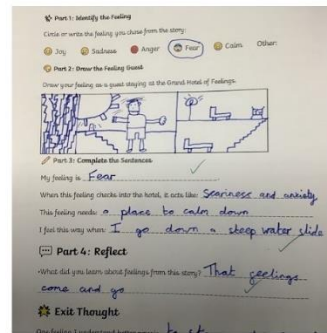
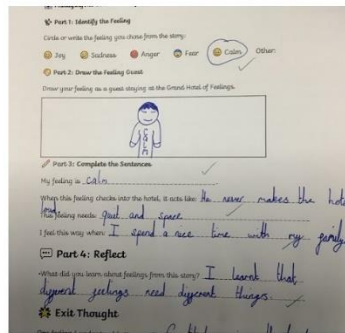
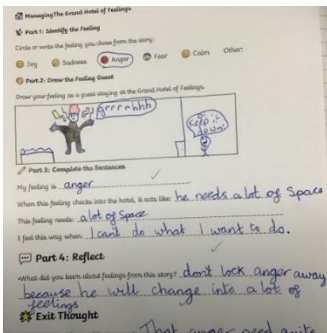


I liked how, in this story, all of the feelings were important and they all got what they needed. The manager didn't give up on them - Orla

YEAR FOUR - THE GRAND HOTEL OF FEELINGS



I learned that every single emotion is important and you always have to look after all the emotions in the same way because none are more important than others - Roscoe

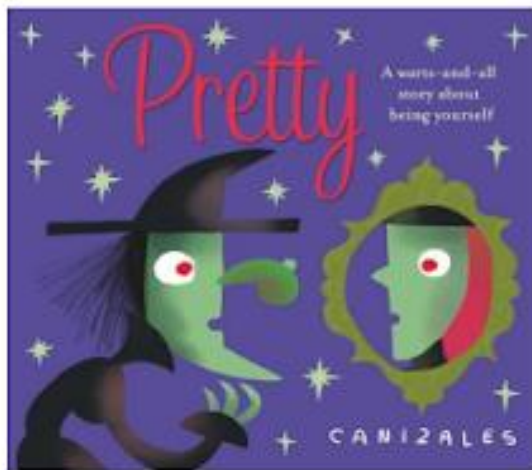


Children's Mental Health Week- Grand Hotel of Feelings

PIC•COLLAGE

I really enjoyed this book because it was so interesting. It made me feel calm and made me realise it's ok to feel all of these feelings - **Rebecca**

I loved this book because it was all about feelings and how you can control them - **Maggie**



Pretty isn't just how you look, it's about your personality, which is even more important
- **Zach**

Being beautiful and kind on the inside is more important than anything else. All feelings matter and even ones that aren't positive ones. I've learned lots of strategies this week to manage them -
Beatrice

People like you for who you are so you shouldn't change for anybody else. I have learned how to be calm and content and how to manage my mental health - **Elise**

We have been learning a great deal through our Are You Really Reading? texts, including *The Grand Hotel of Feelings* and *Pretty*. These texts have prompted thoughtful discussions about emotions, self-image, mental health and how we respond to challenges. The children have shown real maturity in sharing their ideas and making connections to their own lives.



LO
Tuesday 10th February
Children's Mental Health Week

She gave the emotion things to help each other. Some guests preferred one over another. There were some guests who needed a bit more attention than others. Joy brings a lovely guest. The hotel is maybe a metaphor for her mind.

Manager is very busy. Great! Great! ARE VERY DIFFERENT.

Sadness needs space. Anger needs space. (Gratitude loves nature). Some feelings are very noticeable others are not so noticeable and some are invisible.

But tread them gently. So that she won't get upset. Some guests need a bit more attention than others. Joy brings a lovely guest. The hotel is maybe a metaphor for her mind.

Character	Feelings they experienced	Evidence from the story	My advice for them
Anger	Fury, Anger, Sadness	Anger storms into the hotel making a lot of noise.	Take deep breaths to calm down.
SADNESS	Quiet, Loneliness, Sadness	Sadness sits in a corner and doesn't say much.	Think happy thoughts.
GRATITUDE	Gratitude, Peacefulness, Quiet	Gratitude never asks for anything just sits outside in nature.	Keep doing what you're doing.
Joy	Joy, Happiness	Joy comes to the hotel with all her friends and just chats happily with other guests.	Share your joy and happiness with others.

Text: The Grand Hotel of Feelings

#	Hashtags	Most Important Things
1	#EquityforTheEmotions #HotelHulabalala	The hotel manager treats everyone to their needs.
2	#GratefulForGratitudeLove	There are all sorts of different emotions at the hotel.
3	#JoyDownsFriendsAtHotel #SincerelyForSadness	The manager sometimes needs to take a break sometimes.
4	#BusyButBetter #BeamsforPostingEmotions	The hotel might be a metaphor for someone's mind or school.
5	#ManagerFeelingMixedBetweenUp #EveryEmotionBelongs	The hotel manager treats some emotions to others but treats them all the same.

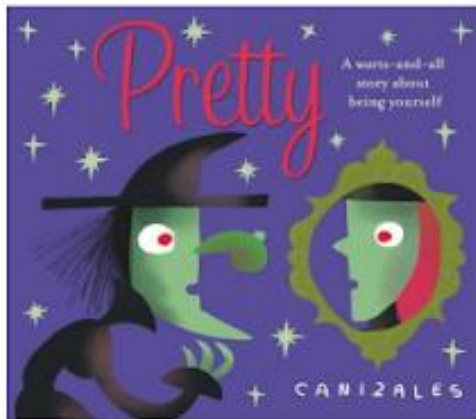
Postcard from the Grand Hotel
Write a short postcard from a character staying at the Grand Hotel.

Dear Family,
How I love it here! I walked in with all my friends and the hotel lit up. We had a great time talking to every emotion and sharing the light. I played with loneliness and sadness to cheer them up a bit. I think I'll stay longer than expected. Your Friend,
Joy

I think The Grand Hotel of Feelings is a metaphor because the hotel is like our mind. Different feelings check in and out, and some stay longer than others — but they all belong there. Heidi

Our feelings (even negative ones) are important to be acknowledged because if we ignore them, they will grow - Ryan

5K



We read the book and thought about the message being told. The children wrote a letter to the witch offering advice on how she should love herself the way she is and not change herself for others. The children then thought about themselves and highlighted all the parts of themselves they loved.

Friday 13th February

Pretty: A warts-and-all story about being yourself

Write a letter of advice to Witch

Dear witch,

Don't listen to those animals. You are unique and beautiful in your way. Do not be friends with those animals, ~~if~~ they are fake. Don't change yourself for others. Be yourself cause if you keep on changing yourself for others its going to be a habit. Your mood, looks, person are great, so don't change! Some people likes you for you. Don't listen to the negatives.

Love from,
A friend who believes in you!

Write a letter of advice to Witch

Dear Witch,

You don't have to change yourself just because people don't like you. Besides, they're probably just jealous of how amazing you are, and nothing will ever change that. Remember to believe in yourself, and celebrate how different you are. Can you imagine a world where everyone was the same? It's kind of boring isn't it? Well, because of your differences this world is more colorful and fun!

From,
A friend who believes in you!

Mirror of Positivity

I have long curly hair. I mostly stay in my room and grand house. I love to dance. I am a great artist. I love to read. Cats are my favorite animal. I like Sushi. I am very good at acting. I have a "big" sister who's a friend!

Write a letter of advice to Witch

Dear witch,

Never change so you can be accepted. Love yourself as who you are. Don't listen to what others say about you. Everyone is unique in their own way. Celebrate things that make you you. Don't listen about what others say about you.

From
A friend who believes in you!

Mirror of Positivity

I am unique
I am brave
I am strong.
I believe in myself
I am what I am
I am amazing
Believe in others
people think I am weak when I am strong

PIC-COLLAGE

It's ok to feel sad and show your feelings. All feelings are welcome and we just need to know how to deal with them
- Faith

Children's Mental Health Week

Tuesday 10th February Children's Mental Health Week

Angry peace
joy grateful
a gloomy person gets in and makes everyone gloomy
feelings go to the hotel to explain why there like that
A hotel with every feeling
A hotel filled with all emotions
someone is sad so they take happy out of the hotel
monsters and ghosts

Character	Feelings they experienced	Evidence from the story	My advice to them
gratitude	calm, never asks for anything	she always sits outside and never asks for anything	Ask anger or sadness to come outside and feel calm
anger	loud, needs space	It's so loud it rattles, the walls shake	Hold your breath for 4 secs and breathe out
happiness	happy, joy, joyful	We always talk about our day	spread your joy and happiness
sadness	crying, lonely, messy	He always looks the	Talk to someone and you will feel better

Tuesday 10th February Children's Mental Health Week

I think this book will be about learning about emotions.
I think this book is going to be about children and adults who explore their feelings and express them in this hotel.

The book is all about teaching people that we all have emotions and that it's how we deal with them.

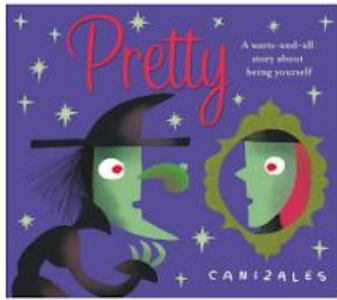
The characters are different emotions! I think there will be lots of different children and adults in this book. Sadness happens and Anger.

Character	Feelings they experienced	Evidence from the story	My advice to them
Anger, short-tempered	Anger is loud, fiery	the walls rattle and shake.	Give people space who are angry and take deep breaths.
Sadness, messy	Sadness is quiet, slow heavy	he floods the bathroom, leaks through	talk to someone you trust - have alone time.
Anxiety	loves the spotlight, she goes through a lot of depression and worry	She likes the spotlights.	Have alone time.
Gratitude, calmful	she is calm, quiet,	She goes outside and does mindfulness.	Take deep breaths.

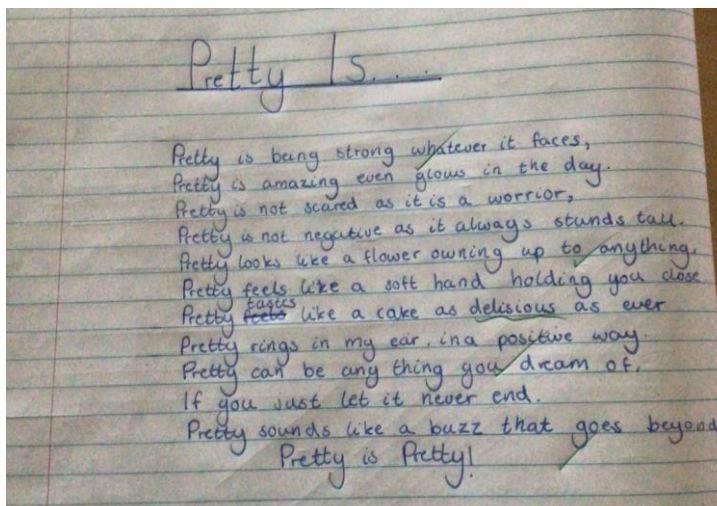
PIC•COLLAGE

I loved how all the feelings were welcome - it was AMAZING!! Esme

6RP



Year 6 explored identity and emotions through two creative activities. After reading *Pretty*, the children wrote definition poems about what “pretty” means to them, challenging common stereotypes.



Thomas - The book made me feel resilient in standing up for how I am.

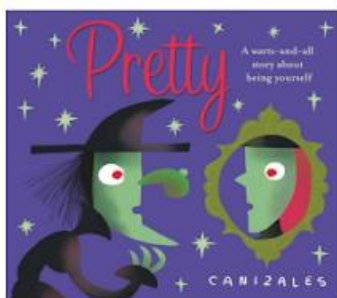
Alfie- It made me feel like I don't have to be what other people judge me to be

Louie- *Pretty* made me feel like I didn't have to change myself for anyone

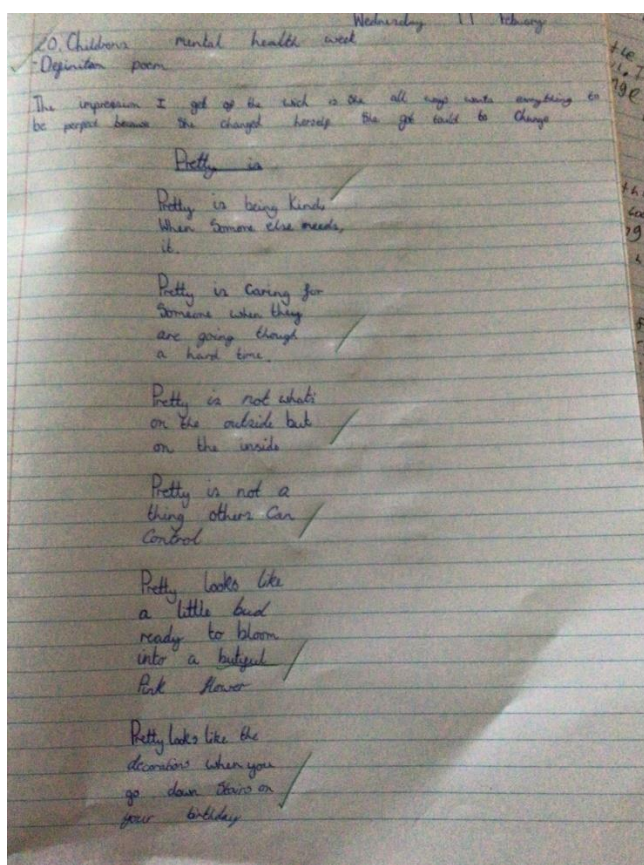
Harriette- It made me feel that if someone is trying to put me down don't listen to them.

Ben V- The book *pretty* made me feel like I can be whoever I want to be

6M



We also read *The Grand Hotel of Feelings* and designed our own “hotel of feelings”, with different rooms representing emotions, colours and reactions to help us understand how we experience and manage our feelings.



It made me feel that I will stay myself and don't take other people's opinions personally - **Sienna**.

Pretty made me feel like we are all perfect just the way we are and we should never change ourselves for someone else - **Florrie**

The book made me feel proud of who I am and how I look - **Verity**

Year 6 took part in the Place 2 Be map activity and enjoyed getting creative and designing their maps.



Mrs Birchall's lessons

These sessions focussed on developing strategies to be able to cope when experiencing each of the emotions names in The Grand Hotel of Feelings.

What would be in your toolkit of strategies?

