CHILDREN'S MENTAL HEALTH WEEK CLASSROOM RESOURCES

TEACHER INTRODUCTION FOR CLASS OR ASSEMBLY

Today we're thinking about belonging. Belonging means feeling safe, included, and accepted for who you are. Sometimes, belonging starts with small moments, like moving together, saying hello, or inviting someone to join in. During these activities, remember there is no right or wrong way to take part.

CLASSROOM ACTIVITY:
THIS IS MY PLACE (AGE 7+)



PURPOSE

- Understand belonging
- Explore how movement helps connection
- Practice kindness

ACTIVITY 1

MOVE & TALK

Take children outside for a Daily Mile. Children move side by side in pairs. Prompt for children to discuss with each other: What helps you feel like you belong?

WHY THIS HELPS

Moving side by side can make talking feel easier and less pressured, helping children connect, feel calmer, and build a sense of belonging through shared movement.

ACTIVITY 2

MY PLACE REFLECTION

Children complete:

- I feel like I belong when...
- I help others belong by...
- Draw yourself moving with someone.

WHY THIS HELPS

Reflecting through words and drawings helps children recognise their feelings, build emotional awareness, and understand how their actions affect others.

ACTIVITY 3

CLASS BELONGING PROMISE

Create a class promise and display it.

WHY THIS HELPS

A shared promise reinforces positive behaviour and reminds children that they all play a role in creating a safe, supportive environment where everyone belongs.

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ADAPTED VERSION (NURSERY – AGE 6)



WHY THIS HELPS

Moving and drawing give younger children a simple, safe way to share feelings, build friendships, and feel secure and included without needing lots of words.

OPTIONAL EXTENSION ACTIVITIES

MOVE WITH SOMEONE NEW

Each day, children move with someone different.

CLASS DISPLAY

Create a poster called 'This Is Our Place' with drawings or words about belonging.

REFLECTION

Shared movement helps children feel calmer, more confident, and more connected. These everyday moments play an important role in supporting children's mental health.

Join thousands of schools, all over the world, already taking part.
Help your children feel healthier, happier and create lifelong healthier habits.

thedailymile.co.uk