

# CHILDREN'S MENTAL HEALTH WEEK 2026

## Monday Mindfulness

### Under 3's

#### Bubble Breathing

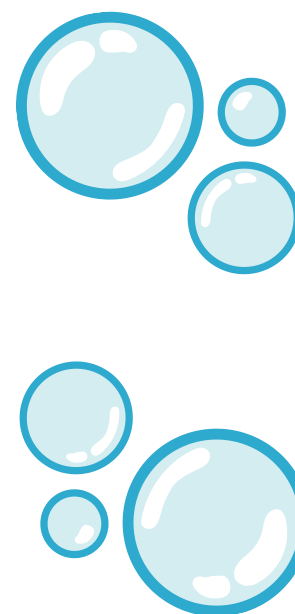
Focus: Calm breathing

What you need: Bubbles

Encourage children to breathe in through their nose, then blow slowly to make a big bubble.

Model slow, steady breaths.

"Slow breaths make gentle bubbles."



### Over 4's

#### Mindful Me

Nature Walk: Embark on an outdoor walk that will encourage your children to engage all of their five senses in observation.

To encourage children to observe the natural environment using sight, sound, touch, smell, and (where appropriate) taste, supporting curiosity, language development, mindfulness, and connection to nature.



### Staffing Team

#### SOCIAL MEDIA DETOX



#### Switch Off to Tune In – Your Mind Matters!

Set a Time Limit: Decide on a specific time to check social media (e.g., 15 mins in the evening).

Replace the Habit: Swap scrolling for something relaxing reading, walking, or listening to music.

Digital-Free Zones: Keep phones out of bedrooms or during meals.



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## Take Time Tuesday

### Under 3's

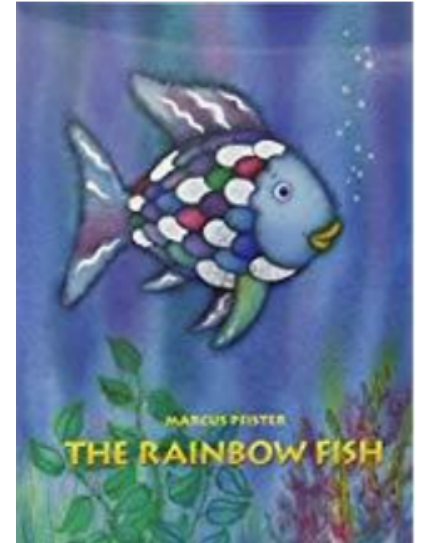
#### TAKE TIME TUESDAY – SHARE, SMILE, SHINE!

**Share:** Encourage children to share something they like or offer a kind word to a friend.

**Smile:** Have the children practice their biggest smiles and take a “smile photo” to display.

**Shine:** Inspire them to do something helpful or creative that makes them feel proud.

Recommend reading - The Rainbow Fish



### Over 4's

#### Shine Activity

Create “I Shine When...” stars:

Children decorate a star and write/draw something they're proud of.

Display them on a “Shining Wall.”



"A must-read for educators seeking not only to survive but to thrive in their careers."  
NICK ORTNER, New York Times bestselling author of  
The Tapping Solution

MICHELLE AUTON

What  
Happy  
Teachers  
Do

The Three-Step Self-Care System  
to Support You Inside and  
Outside the Classroom

### Staffing Team

#### Open a Book, Open Your Mind

Books provide an escape, offering comfort and distraction from anxious thoughts. They also stimulate imagination and creativity

What Happy Teachers Do: The Three-Step Self-Care System to Support You Inside and Outside the Classroom



# CHILDREN'S MENTAL HEALTH WEEK 2026

## Wellbeing Wednesday

### Under 3's

#### Clearing Cloudy Minds

Sometimes it's time to hit the reset button! Clearing Cloudy Minds is a simple way to do this. Take the children outside, ask them to lie on their backs, and gaze up at the sky. Let them chat for a moment, then invite quiet so they can relax and focus on the clouds—how they move, their shapes, and soft colors. Continue for as long as needed, then talk about how it made them feel.



### Over 4's

#### Mindful Mandalas

Show children examples of mandala art for inspiration.

Gather natural materials during a walk outdoors.

Give time for children to create their own outdoor mandala pattern using what they've collected.



### Staffing Team

#### Gratitude List

Taking a few minutes at the end of the day to write a gratitude list helps adults reflect on positive moments, big or small. This simple habit can boost wellbeing and reduce stress. What 5 things are you grateful for?



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## Thriving Thursday: Move for Your Mind

### Under 3's Barefoot Adventures

Barefoot play lets little ones feel different textures and build balance naturally.

Walk in sand and feel the warm grains under your tiny toes.

Spin and dance on soft, green grass.

Enjoy a picnic with bare feet in the open air.

Walk barefoot along a log.

Squish and squelch mud between your toes.

Create a sensory path with trays of leaves, mud, water, and sand.

Splash in the water—make a water tray with bubbles for paddling fun.



### Over 4's

#### Woosh and Wiggle

Dancing is a fun way to get children active and moving freely. There's no right or wrong—just move in ways that feel good! Adding twists and turns helps build core strength and flexibility.

Give each child a scarf or ribbon to swirl high, low, and all around.

Woosh and Wiggle outside!



### Staffing Team

#### Mindful Movement

Take a walk and ground yourself: notice what you see, hear, feel, and even taste. Focusing on your senses brings you back to the present and helps you feel calm.





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## Feel- Good Friday

### Under 3's

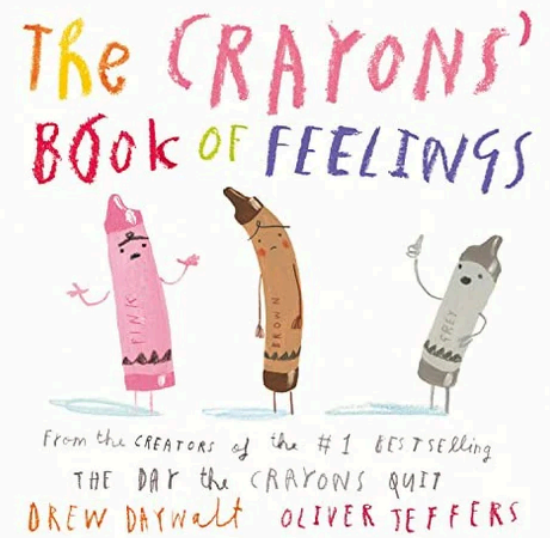
Read the book 'The crayons' book of feelings' together

Show the crayons in the book and talk about one or two feelings (e.g., happy yellow, sad blue).

Offer a few crayons and ask: "Which colour do you feel like today?"

Let the children make a mark or scribble with that crayon.

Say the feeling out loud: "You chose yellow—yellow is happy!"



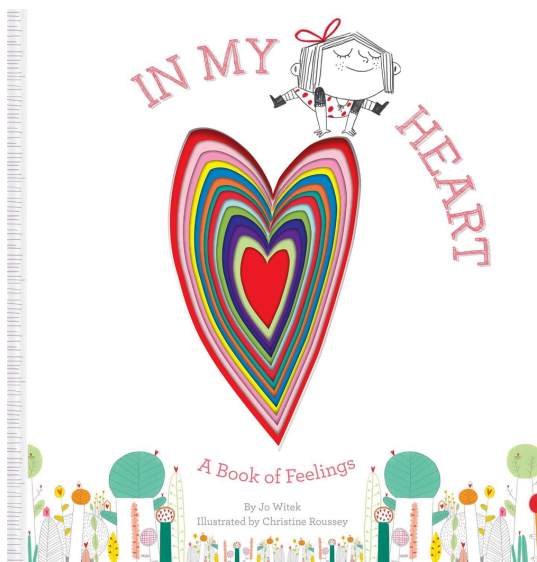
### Over 4's

Read the book 'In My Heart' together, talking about the different feelings mentioned.

Draw a big heart on paper for each child. Inside the heart, invite children to choose colours or simple pictures to show how they feel today.

Ask, "What colour did you choose? Why?" This helps children name and express emotions.

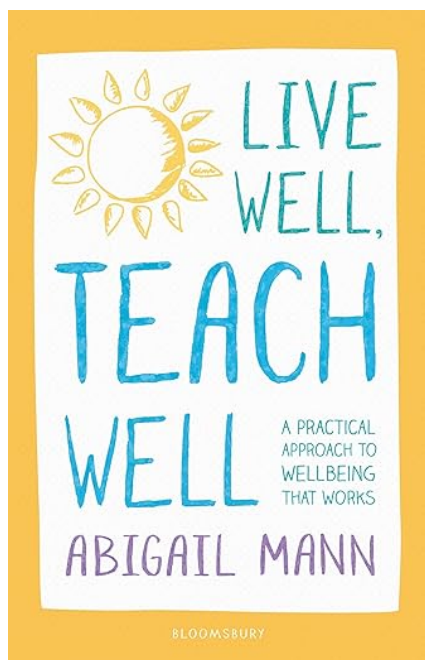
Add a breathing moment—"Let's take a big breath to help our hearts feel calm."



### Staffing Team

Looking for a way to boost positivity and resilience in your setting? This book is packed with practical advice, simple activities, and proven techniques that any teacher can use to support their own mindfulness, wellbeing, and mental and physical health – and that of their colleagues too.

Why not introduce a new activity each month?



# CHILDREN'S MENTAL HEALTH WEEK 2026

## Support links in Buckinghamshire

### Support for Children

#### Mental health for early years children

<https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/mental-health-for-early-years-children>

#### Tiny Happy People

<https://www.bbc.co.uk/tiny-happy-people>

### Support for Staff

#### Buckinghamshire Mind

<https://www.bucksmind.org.uk/who-we-are/mental-health-workplace-wellbeing/>

#### Buckinghamshire Talking Therapies

<https://oxfordhealth.nhs.uk/bucks-talking-therapies/help/employment/>

### Support for parents

Buckinghamshire's Family Centres run a variety of parenting programmes and courses for a range of ages. From toddlers to teens, they can give you advice, support and confidence to meet your child's needs and reduce anxiety, stress and arguments at home.

<https://familyinfo.buckinghamshire.gov.uk/advice-and-support/parenting/free-parenting-courses/>

<https://www.healthandwellbeingbucks.org/children-and-young-people-local-help>

