



Children's Mental Health Week

9th - 15th February 2026

Helping Your Teenager Feel “This is My Place”: Activities for Families



This year's [Children's Mental Health Week](#) theme - [This Is My Place](#)- focuses on helping young people feel they [belong](#) at home, at school, in their community and within themselves.

For teenagers, belonging supports growing [independence](#) and [identity](#). These activities build connection while giving them space to express themselves. Here are simple, practical ways families can use the [Five Ways to Wellbeing](#) to strengthen belonging each day.



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By focusing on connecting, we build warm, secure relationships. Young people feel they belong when they feel seen, heard and valued

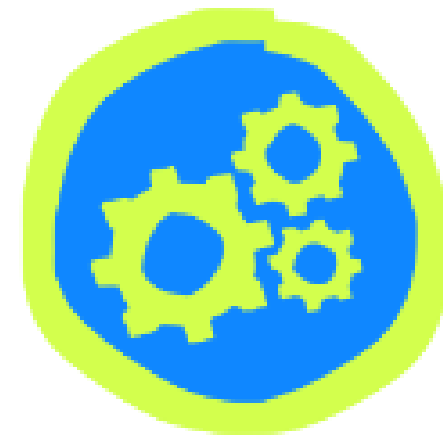
ACTIVITIES TO TRY AT HOME:

- **Family Check-In Ritual:** Choose a small, predictable moment each day or week (like after dinner or in the car) to ask: “What made today feel good?”, “What felt challenging?”, “What felt like ‘your place’ today?” Keep it low-pressure – they can share as much or as little as they want.
- **Shared Screen Time:** Watch a series, film, YouTuber or podcast together – something they choose. Afterwards, ask one grounding question: “Which character or moment felt relatable to you?”
- **Belonging Conversation Walks:** Teenagers often talk more openly while walking, not sitting face-to-face. Go for a walk and chat about places where they feel accepted, understood or relaxed.
- **Family Playlist:** Make a playlist of songs that make everyone feel happy or connected. Play it during meals or drives.

HELP YOU AND YOUR TEENAGER FEEL “THIS IS MY PLACE” BY...

Letting each other know you’re there, even on the days when talking feels hard.

KEEP LEARNING



Learning new things helps young people feel confident, capable and part of something bigger.

ACTIVITIES TO TRY AT HOME:

- **'Teach Me Something' Nights-** Invite your teen to teach the family something they enjoy: a gaming strategy, a recipe, a skill, a meme trend, a life hack. It shows them their knowledge matters to the family.
- **Explore Identity Through Culture:** Choose one cultural element to explore together – music, food, fashion, language or history that links to your family story or their interests.
- **Mini Passion Projects:** Set aside 30–60 minutes a week for everyone in the house to work on something they want to improve or learn. Share progress to celebrate growth and a sense of purpose.

HELP YOU AND YOUR TEENAGER FEEL "THIS IS MY PLACE" BY...

Being curious about each other's worlds and sharing what you're both learning along the way.

BE ACTIVE

Movement supports mental health and gives families a chance to bond.

ACTIVITIES TO TRY AT HOME:

- **Activity Swap Challenge:** Each family member chooses an activity for everyone to try: skateboarding, yoga, walking a new route, dance, workout videos, geocaching, sports. Taking part in someone else's choice shows respect and interest in their world.
- **Nature Reset Trips:** A short walk, a beach visit, sunset watching, stargazing – these quiet shared moments help teens feel grounded.
- **Movement With Purpose:** Do something physical that also supports the community: litter picking, gardening together, delivering items to a neighbour. Moving with meaning strengthens belonging to a wider world.

HELP YOU AND YOUR TEENAGER FEEL "THIS IS MY PLACE" BY...

Finding ways to move together that feel good for both of you, even on days when energy is low.



TAKE NOTICE



By helping young people notice the people, places and moments that make them feel they belong, you strengthen their inner sense of home.

ACTIVITIES TO TRY AT HOME:

- **Capture 'My Place':** Encourage your teen to take photos of places that make them feel calm, creative or accepted. Create a digital "This Is My Place" album or collage.
- **Room Reset:** Work together to reorganise or refresh their room – even small changes help teens feel ownership over their personal space.
- **Weekly Pause Moment:** Once a week, ask:
 - "What's one thing you appreciated this week?"
 - "Where did you feel most like yourself?"Emphasise that there is no judgment – just space to reflect.

HELP YOU AND YOUR TEENAGER FEEL "THIS IS MY PLACE" BY...

Celebrating the little things that feel familiar, comforting and meaningful.

GIVE

Giving helps young people feel valued and connected – and helps others feel included too.

ACTIVITIES TO TRY AT HOME:

- **Family Contribution Menu:** Instead of chore lists, create a “contribution menu” where teens choose a way to support the household (cooking once a week, helping a sibling, organising a cupboard). Choosing increases ownership and belonging.
- **Kindness Outside the Home:** Pick one community-based act e.g. donating clothes, leaving a positive note for someone, supporting a charity drive, checking in on a neighbour. This helps them see they’re part of a bigger community.
- **Belonging Boost Messages:** Encourage everyone to send one uplifting message to someone who might need it – a friend, relative or teacher

HELP YOU AND YOUR TEENAGER FEEL “THIS IS MY PLACE” BY...

Showing kindness to each other and recognising the positive things you both contribute to family life.