



## MENTAL HEALTH AND WELLBEING NEWSLETTER

We hope you enjoy reading our first Mental Health and Wellbeing Newsletter of 2026. Our aim is to empower you with valuable insights, practical tips, and resources to navigate the various facets of your child's emotional well-being. This half-term I am excited to share with you information about the HertsHub and Children's Mental Health week.

CYPMHS  
**HertsHub**

### A MINDFUL MOMENT

#### Mind Bubbles

A simple activity to help your child find their 'calm'

- 1) Support your child to sit mindfully with their spine straight and their body relaxed.
- 2) Imagine they are holding a bubble wand.
- 3) Ask them to breathe in deeply, then breathe out as if they are blowing a bubble through a wand
- 4) Breathe in again and ask your child to notice their worry, to imagine what it looks like.
- 5) Ask your child to breathe out and blow through their bubble wand and imagine a bubble forming.
- 6) Then imagine the bubble pops and disappears.
- 7) Keep blowing out worries until your child feels ready to go on with their day.

TIP: YOU CAN TRY THIS WITH A REAL BUBBLE WAND AND BUBBLES

The Children and Young People's Mental Health Service (CYPMHS) HertsHub website is now live! The website contains children and young people's mental health and emotional wellbeing information and signposting to self-help resources, early support options, and more specialist services. This is now all in one place for Hertfordshire's young people, parents/carers and professionals. [www.hertshub.co.uk](http://www.hertshub.co.uk) A flier with further information is attached to the bottom of this newsletter.

#### Mental Health Support for Adults



It is important that, as parents and carers, we look after our own mental health and seek out support if needed. Hertfordshire Partnership University NHS Foundation Trust, sometimes known as HPFT, provides most of the mental health services for people who live in Hertfordshire. Their 'single point of access' (SPA) will connect you with advice and support if you are experiencing mental health difficulties. This website provides more information about the services they offer: [Mental health services in Hertfordshire - Herts and West Essex ICS](#)



### This year, Children's Mental Health Week 2026 will take place from 9-15 February 2026!

We know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing. To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

This year, Place2Be's Children's Mental Health Week will aim to support the groups and systems surrounding our children. Encouraging peers, families, schools and communities to create inclusive and nurturing environments, where children and young people feel they belong and can say "This is My Place".

Children's Mental Health Week takes place every February. It was started in 2015 to give a voice to all children and young people and to raise awareness of children and young people's mental health. In school we will be celebrating it alongside our Neurodiversity Awareness week and want all children feel that they belong and are a valued part of our school community, irrespective of the different ways they may learn.

Attached to this email is a fun activity you can try at home, linked to Children's Mental Health Week.

# Welcome to HertsHub!

[www.hertshub.co.uk](http://www.hertshub.co.uk)

Advice, self-help  
and information  
about mental  
health and  
emotional  
wellbeing services  
for Hertfordshire's  
children and  
young people



CYPMHS  
**HertsHub**

Hertfordshire's Children and Young People's  
Mental Health Services (CYPMHS) system

[www.hertshub.co.uk](http://www.hertshub.co.uk)

**MH  
LDN**



# Mental Health Support

for adults in Hertfordshire

You are not alone.  
We are here in your community providing care and support.  
Contact us.



Working together  
for a healthier future

# FUN ACTIVITIES TO DO WITH CHILDREN OF ALL AGES



To celebrate Children's Mental Health Week 2026, Place2Be is happy to share an activity to explore this year's theme **'THIS IS MY PLACE'**

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing. Belonging is the feeling of being a valued part of the groups and places that are important to us. It means feeling cared for and comfortable to be ourselves.

**This resource encourages children to explore their sense of belonging by creating a personal map, which can include places, groups, or activities or something not physical where they feel they belong.**



## ACTIVITY AIMS:

- Increase personal sense of belonging
- Foster understanding of belonging and its importance to wellbeing

## MATERIALS:

- paper or card paint, crayons/ pastels, coloured pens, or pencils
- Optional (materials to cut and paste with):*
- recycled paper (ex/ from magazines and newspapers)
  - scissors, string, glue, or tape

## ACTIVITY WARM-UP:

Before starting the main art activity, have a look through the categories below. It may help to jot down thoughts and ideas about where you experience a sense of belonging.

### **Food for thought:** **What does belonging mean?**

Do you know belonging isn't felt from just one thing or one place. There are so many ways we can feel like we belong.

See some examples below:



#### **At Home:**

with supportive family members/carers who know you well, even your quirks.



#### **At School:**

in classrooms where ideas are shared, with teachers who believe in you, and among friends.



#### **In Activities & Special Interests:**

that you enjoy and are passionate about ex: arts, maths, reading...



#### **In Communities:**

religious or cultural groups, neighbourhood communities, online spaces, or volunteer organisations.



#### **With Friends:**

those special people who truly understand you, make you laugh, and stand by you through good times and difficult ones.



#### **Within Yourself:**

feeling comfortable to be you and accepting yourself as you are.



#### **Within the Environment and Universe:**

being outdoors or looking at the stars to feel belonging not only with other people but all that exists on our planet and beyond.

### **Fun Fact**

#### **What are maps?**



Maps are used to outline and describe different parts of the world. Maps have lines, colours, and symbols that help us understand important things about places and where to find them. We might notice things like countries, cities, mountains, rivers, or deserts on a map.

## ACTIVITY STEPS:

**Using available materials, create a map showing all the places, groups, and activities that help you feel like you belong.**

Your map could look like one you've seen before with real places, or it could be completely imaginary with unusual features and outlines.

### **1 Draw the main outline of the land and what it looks like:**

- Is it an island surrounded by sea or does the land cover the whole page?
- Maybe it is shaped like something you like (for example an island in the shape of a bird)
- Perhaps it is completely imaginary and out of this world (such as candy clouds)

### **What is the environment like:**

- Does it have one big city or are there many villages and towns?
- Are there mountains, forests, lakes, volcanoes, beaches, etc?

### **2 Using your choice of words, colours, symbols and patterns, add everything that gives you a sense of belonging to your map.**





**Your map can be as simple or detailed as preferred.**

**Examples:**

- *A couple of pillows and books* for that cosy corner of the library where you like to read
- *The stage in the school hall* where you feel proud, and confident
- *Game consoles, sports balls, math symbols or musical notes* etc. for activities you like
- *Friendship bracelets* representing you and your friends
- *Buildings where you meet with others* or a place of worship
- *Plants and animals* or somewhere outside where it's nice to be in nature
- *Vehicles that take you to important places* such as that bus you always take on Sunday to go shopping with family, an airplane you took on a fun trip, or a hot air balloon you'd love to have a party on



**Reflection Questions:**

1. Where would you most like to be on your map today?
2. If you met someone who feels left out, where is the first place you'd like to bring them on your map to help them feel like they belong too?

**Ready to  
fundraise?**

Check out page 9 for  
fantastic fundraising  
ideas to get you started.

