



Children's Mental Health Week

2026 Resource Pack



Children's Mental Health Week

9th -15th February 2026

This year's theme for Northamptonshire focuses on how **small mindful moments** can make a big difference to mental health and wellbeing.

Mindfulness does not have to take a lot of time, just a few seconds to pause, breathe and notice what is around you, can help you feel calmer and more focused.

Benefits of Mindful Moments

- Reduce stress and support emotional regulation
- Improve concentration and resilience
- Encourage positive habits for long-term wellbeing

This resource pack provides simple, everyday mindfulness activities to help everyone take small steps toward better mental health.

What's inside the resource pack and how to make the most of it:

In lessons: Use the PowerPoint to introduce healthy habits and explore a different mindful activity each day.

At home: Share the Mini Moments at Home guide with families to keep mindfulness going beyond the classroom.

For staff: Display activities (PowerPoint / Mindful Moments PDF) and reflection prompts in the staffroom to encourage mindful practices among colleagues.

Information / free training offers (for education staff)

A timetable of free online webinars is attached to this email.

End-of-week reflection

Take time to reflect on what you enjoyed and how it made you feel. Consider creating a class or school display to celebrate your mindful moments.

Additional resources (included in pack)

- Mindful Moments PDF
- Place2Be – [additional materials](#)
- Wellbeing poster (new QR code, please replace any previous versions)
- Protect cards