



# Children's Mental Health Week

## 2026 Resource Pack



# Children's Mental Health Week

## 9<sup>th</sup> -15<sup>th</sup> 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