

## WHAT IS BELONGING?

Belonging means being part of something.

It makes you feel good, confident, and tougher when things get tricky.

Not feeling like you belong can feel rubbish, so for Children's Mental Health Week and using the theme 'THIS IS MY PLACE', we asked Place2Be for help.

## WHERE DO I BELONG?

At home. My family know my quirks and still like me. Result.

Inside yourself. You're already great. Accept it.

At school. My ideas get heard and teachers believe in me.

With my friends. They make me laugh and stick around when things go wrong.

In clubs and activity groups. Same interests = instant connection.

## THINGS THAT HELP US FEEL WE BELONG

Playing games with friends.

Try make friends!

Doing stuff we actually enjoy.

It can be awkward – but it's worth it.

Having a grown-up to talk to when things aren't great.

Talking about feelings instead of bottling them up.

Being kind, trying new things, meeting new people.

Hanging out with people you like being with.

## BELONGING BASICS

### BE YOURSELF.

Trying to fit in is exhausting. Being you works better.

### LIKE WHAT MAKES YOU DIFFERENT.

Your strengths and quirks are not a problem. They're the point.

### FOLLOW YOUR INTERESTS.

Clubs and groups are where people who like the same things hang out.

### LISTEN TO YOUR FEELINGS.

Feeling lonely? That's your brain asking for more connection. Belonging isn't about changing who you are. It's about finding where you already fit.

