

Be Reflective

Parent & Carer Edition

February 2026

We hope you and your family have had a positive start to 2026!

In this month's newsletter, Be You is sharing simple ideas and resources to support reflection, goal-setting and a sense of belonging, helping children and young people feel supported both at school and at home.

Our theme for this edition is “Be You – Be Reflective”, which encourages everyone to pause, notice what's going well, and recognise the small steps that make a big difference to wellbeing and connection within our school community.



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to translate

Self-Reflection For Wellbeing



As we meet new people and face new situations—at school, at work, or in everyday life—it can sometimes feel overwhelming. But these moments also give us a chance to learn more about ourselves. Understanding who we are helps us make choices that match what we care about and what matters most to us.

Think of yourself like a tree: your roots explore and grow, giving strength to your trunk, which then supports the branches and leaves reaching outwards. Just like a tree belongs in a forest with other trees, we belong in our communities.

Self-reflection is about taking a moment to understand our thoughts and feelings, and to see how we connect with others. It helps us notice what makes us unique, as well as how we are similar to or different from others. This awareness helps us navigate life more easily.

By taking time to reflect on who we are, what matters to us, and celebrating our successes, we can spot the things that support our wellbeing—and choose to do more of them.



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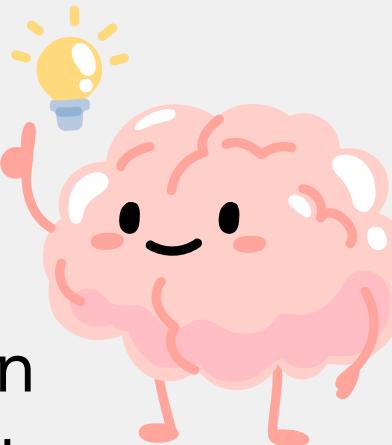
Encouraging Growth Mindset

What Is a Growth Mindset?

A growth mindset means believing that we can get better at something when we practise and keep trying.

Instead of thinking, “I can’t do this,” children learn to say, “I can’t do this yet.”

This helps them feel more confident and less worried about making mistakes.



How you can support this at home

Praise effort

Talk about mistakes – and what you learn from them

Use the word yet- “I can’t do this yet”

Ask curious questions like “What could you try next?”

Celebrate small steps to keep confidence growing

Why It Helps Children

A growth mindset can help your child to:

- Try new things without fear.
- Keep going when work feels hard.
- Understand that mistakes are part of learning.
- Build confidence and independence.
- Enjoy learning, not just the end result.


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Journaling

Why Journaling Helps Children

Journaling gives children a safe space to slow down and make sense of their thoughts and feelings. Rather than keeping worries or frustrations bottled up, writing helps them:

- Notice and name their emotions
- Reflect on challenges without judgment
- Build self-awareness and confidence
- Develop a healthier relationship with mistakes and setbacks

Over time, this reflection supports a more balanced mindset around health, learning, and personal growth—focusing on progress rather than perfection.



Journaling and Healthy Mindsets

For children, “health” isn’t just about what they eat or how active they are. It’s also about how they think about themselves. Journaling can encourage:

- Gratitude for what their body can do
- Self-kindness instead of self-criticism
- Realistic goal-setting and resilience
- A sense of control and calm during busy or stressful periods

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A colorful, cartoon-style illustration of an open journal. The left page shows a small green square and a blue flower. The right page has a pink cat, a green plant, and a small flower. A purple pen lies across the open pages. The entire illustration is set against a yellow background.

Journaling

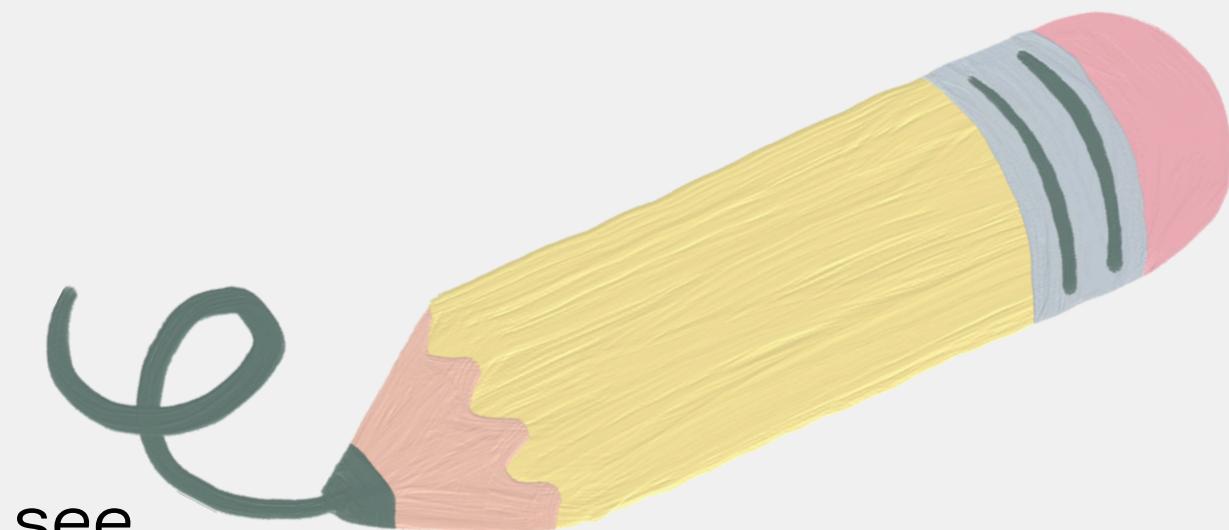


How You Can Support Your Child To Start Journaling At Home

You don't need to be an expert - gentle encouragement is enough.

Try:

- Keeping journaling short (5 minutes is fine)
- Letting it stay private unless they want to share
- Using prompts like:
 - “One thing I’m proud of today...”
 - “Something that made me feel calm...”
 - “One small goal for this week...”
- Modelling journaling yourself – children learn from what they see



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A Simple Reflective Activity for You and Your Child



Writing things down can be helpful, but reflection can happen in lots of different ways. Here is a simple activity you can try on your own or as a fun game with your child. It might feel a bit unusual at first, but it's a great way to think differently, see new perspectives, and learn more about yourself.

1. Pick Something That Represents You

Choose something that feels like "you." It could be:

- An object from home
- Something from nature
- A character from a film, TV show, or book
- A song

2. Pick What You Want to Explore

Think about what part of yourself you want to reflect on, such as:
How you deal with problems or change
The kind of friend you are
How you learn

3. Ask a Question and Reflect

Compare your qualities to the thing you chose.

Example question: "Pick a car to show how you solve problems."
Reflective answer: "A racing car – I focus and work quickly, but I need support, like reminders to rest."

Non-reflective answer: "A Ferrari, because it's fast."

4. Explore and Share

Use it yourself or with your child. You can talk or draw your answers.

Helpful questions:
"Why did you choose that?"
"What is like you?"
"What is different?"

Why This Activity Helps

This activity helps children (and adults!) notice their strengths, understand challenges in new ways, and recognise what makes them unique. It can also help build confidence, support a sense of belonging, and encourage kinder, more reflective thinking about themselves and others.

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Goal Setting: Helping Your Child Take Little Steps to Big Success



What Are Goals and Targets and why are they important?

Goals are the big things we want to achieve. Targets are the small steps that help us get there.

Working on goals together helps children stay focused, feel proud of progress, and build independence.



SMART Targets

SMART targets are small, clear steps that guide children toward their goals. They help your child plan, see progress, and feel proud. SMART means:

- Specific – What exactly do they want to do?
- Measurable – How will they know it's working?
- Achievable – Is it realistic?
- Relevant – Does it matter to them?
- Time-bound – When will they do it by?

Ideas to Try with Your Child
Goal ladder: Break a big goal into smaller steps

Reflection jar: Note progress or proud moments each week

Mini vision board: Draw or cut out pictures of things your child wants to achieve

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Understanding the “Wall of Awful”



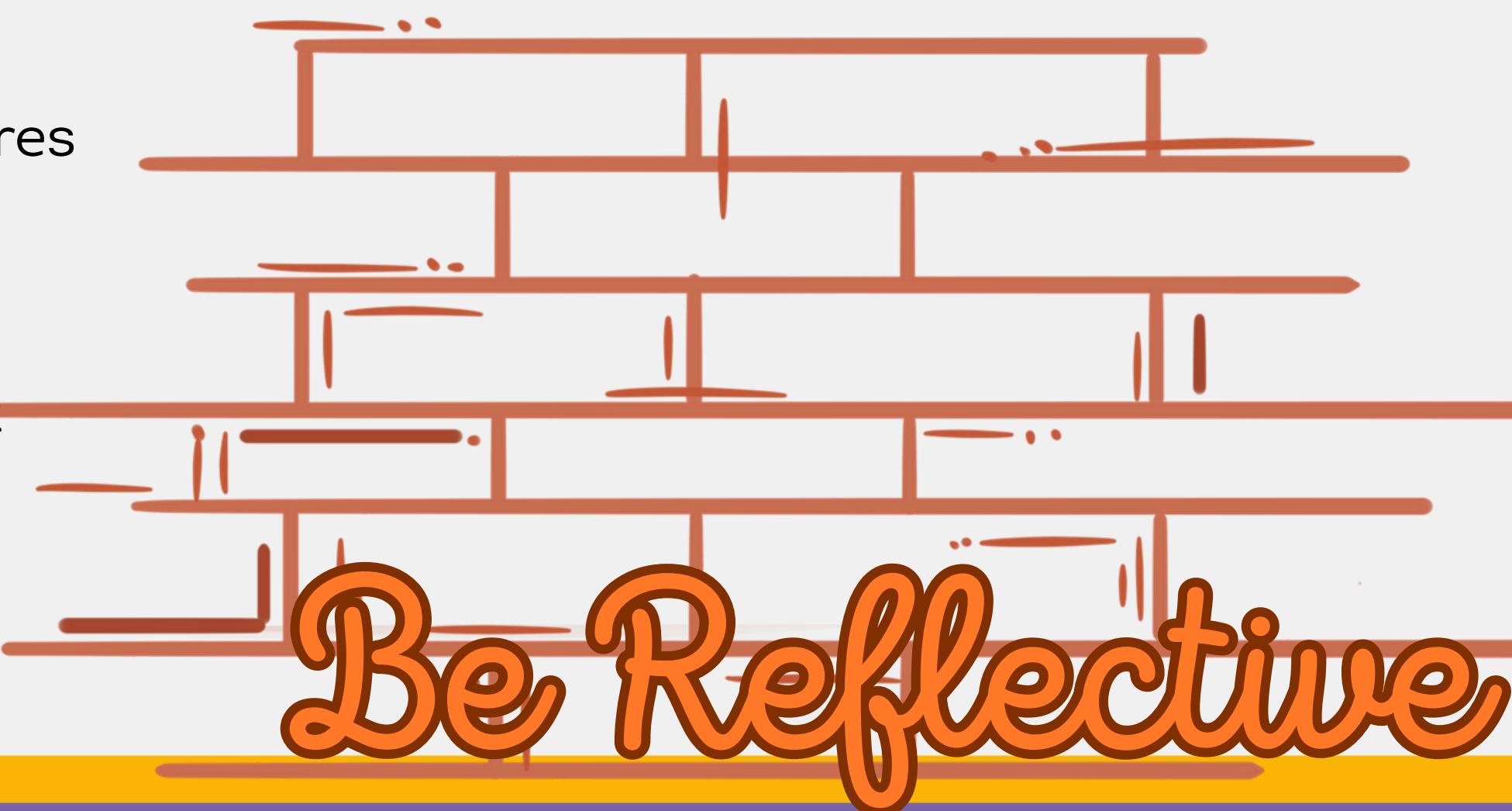
Sometimes even simple tasks – like homework or tidying – feel really hard to start. The “Wall of Awful” is a way to explain these feelings.

Every time a child feels embarrassed, worried, or frustrated about a past mistake, it’s like a brick added to the wall. Over time, the wall can feel big and blocking.

Children can learn to:

- notice what’s holding them back
- take small steps forward
- try something that improves their mood
- see mistakes as learning opportunities, not failures

This connects to our theme “Be You – Be Reflective” because it encourages children to pause, notice what feels hard, and think about the small steps that help them move forward. Understanding their own “wall” helps them reflect on challenges and feel proud of every step they take.



Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

9-15
FEB
2026

Children's Mental Health Day

"In My Place"



This year, Children's Mental Health Day invites everyone to explore the theme "In My Place".



This free activity from Children's Mental Health Week 2026 invites children to think about where they feel they truly belong. Belonging means feeling safe, valued and comfortable being themselves at home, at school, with friends or in activities that matter to them. In the activity your child can create a personal map of all the places, people and experiences that help them feel a sense of belonging. It's a great way to spark conversation about feelings, identity and connection—all important for wellbeing and self-confidence.



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