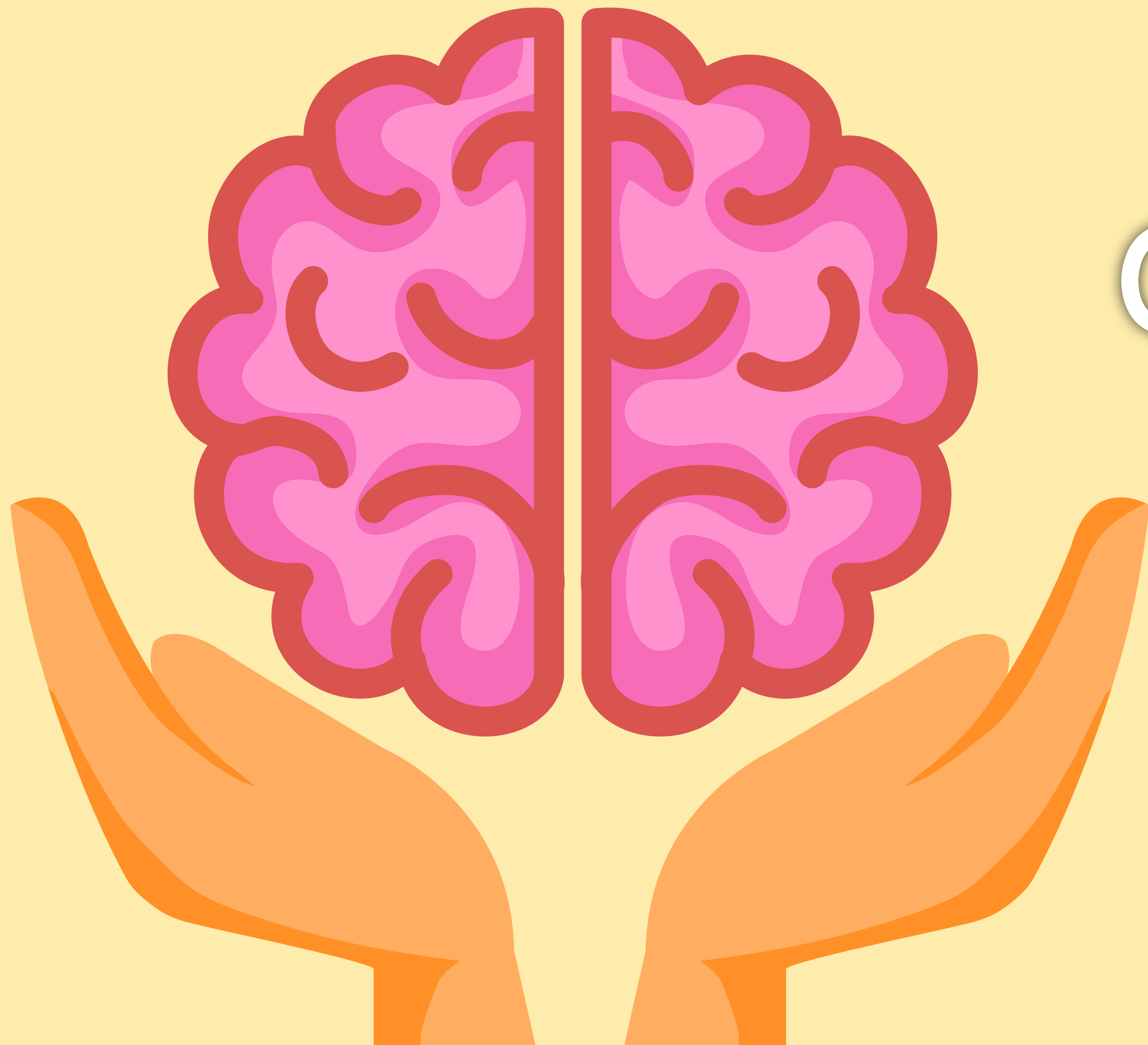


Our Voice Matters!



Exciting Teacher 2024





This week is

Children's Mental Health Week

What is Mental Health?

Mental Health is all about our **brain**!

It is about **feelings**, **thoughts**, our **behaviour**, and the **choices** that we make. We have **good** Mental Health or **poor** Mental Health.

When we have good **Mental Health** we are able to **cope** with what is happening in our lives. When we have poor **Mental Health**, everything feels a bit **tricker** to cope with.



Whisper the words
that are in red!



Children's Mental Health Week



Whisper the words
that are in red!

Children's Mental Health Week is
all about learning about how to
look after our minds and bodies.

Mental Health is just as
important as our physical health.
Let's learn more about how to look
after our mental health and
wellbeing by using our voices!





The theme of Children's
Mental Health Week 2024 is

'My Voice
Matters'

Children's rights:



Article 12:

I have a right to have my views respected and listened to.

Article 13:

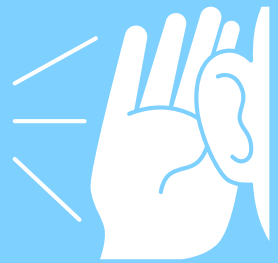
I have the right to talk about anything and to share my ideas.

Article 12: I have a right to have my views respected and listened to.

Article 13: I have the right to talk about anything and to share my ideas.

What does this mean?

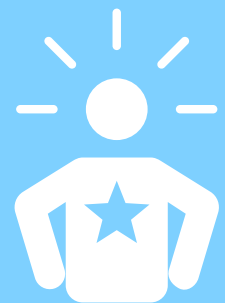
It means:



People should listen to us when we speak or have ideas.



We should feel like we are respected when talking to people.



We should feel confident to share our ideas and thoughts.



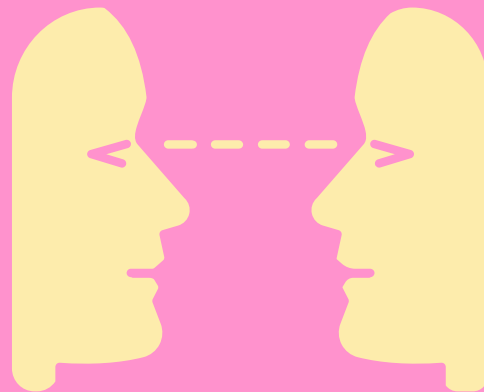
Article 12: I have a right to have my views respected and listened to.

How do we know when someone is listening to us?

They might be:



nodding



eye contact



facing their body
towards us



clapping, smiling,
laughing



repeating what
we say



making us feel
confident

Article 13: I have the right to talk about anything and to share my ideas.

We are allowed to talk about our ideas, share our views and talk freely about things that matter to us.



We have to remember to be:

respectful

appropriate

kind

understanding

All of our feelings matter!

We often experience BIG feelings, such as:



happy



sad



angry



scared



disgusted



surprised

It is important that we talk about our feelings... (and use our Voice)!

Trusted grown-ups listen to us when we speak.

Trusted grown-ups help us when we need help.



Trusted grown-ups respect our feelings.

Trusted grown-ups are people we feel able to talk to.

Who are your 5 trusted grown-ups?
Have a think to yourself!

S

Rights of the Child song



Copy link



Click Here

Rights of the Child song

Watch on  YouTube



More resources over at:

www.excitingteacher.com



@excitingteacher