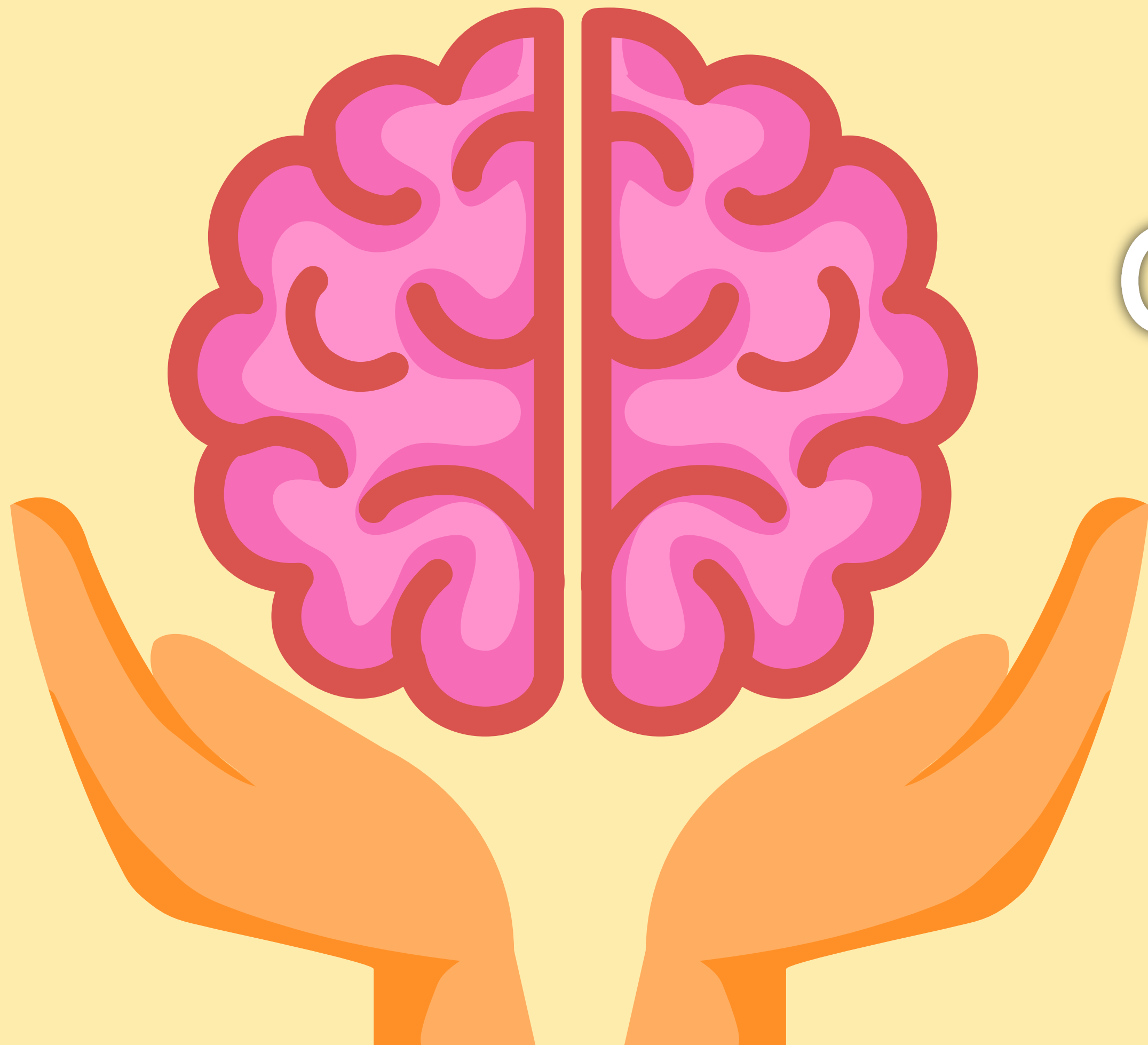


# My Voice Matters!





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'

# Using our 'Voice' can mean lots of things:



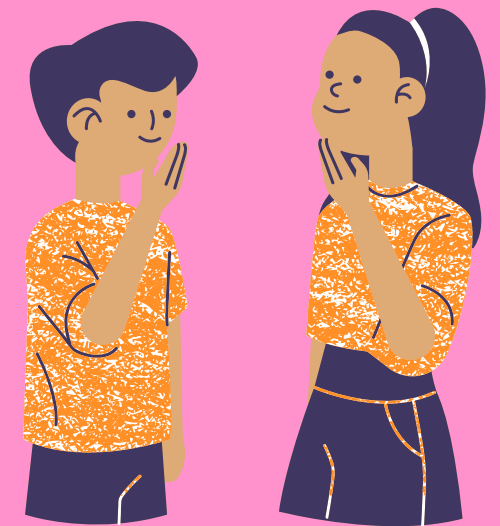
Making different  
noises, such as clicking



Talking Aloud



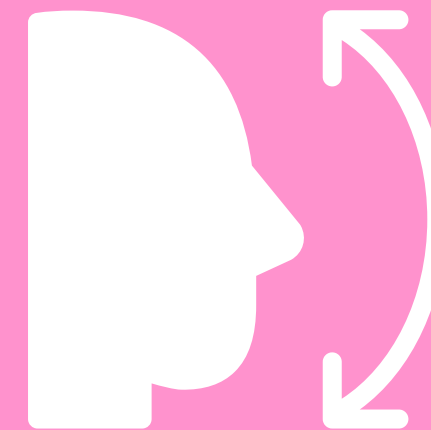
Writing



Sign Language



Drawing



Nodding, shaking  
our head, thumbs  
up - using our  
physical body to  
communicate

# MY RIGHTS:



1 -18 DEFINITION OF A CHILD	2 NO DISCRIMINATION	3 BEST INTERESTS OF THE CHILD	4 MAKING RIGHTS REAL	5 FAMILY GUIDANCE AS CHILDREN DEVELOP	6 LIFE, SURVIVAL AND DEVELOPMENT	7 NAME AND NATIONALITY
8 IDENTITY	9 KEEPING FAMILIES TOGETHER	10 CONTACT WITH PARENTS ACROSS COUNTRIES	11 PROTECTION FROM KIDNAPPING	12 RESPECT FOR CHILDREN'S VIEWS	13 SHARING THOUGHTS FREELY	14 FREEDOM OF THOUGHT AND RELIGION
15 SETTING UP OR JOINING GROUPS	16 PROTECTION OF PRIVACY	17 ACCESS TO INFORMATION	18 RESPONSIBILITY OF PARENTS	19 PROTECTION FROM VIOLENCE	20 CHILDREN WITHOUT FAMILIES	21 CHILDREN WHO ARE ADOPTED
22 REFUGEE CHILDREN	23 CHILDREN WITH DISABILITIES	24 HEALTH, WATER, FOOD, ENVIRONMENT	25 REVIEW OF A CHILD'S PLACEMENT	26 SOCIAL AND ECONOMIC HELP	27 FOOD, CLOTHING, A SAFE HOME	28 ACCESS TO EDUCATION
29 AIMS OF EDUCATION	30 MINORITY CULTURE, LANGUAGE AND RELIGION	31 REST, PLAY, CULTURE, ARTS	32 PROTECTION FROM HARMFUL WORK	33 PROTECTION FROM HARMFUL DRUGS	34 PROTECTION FROM SEXUAL ABUSE	35 PREVENTION OF SALE AND TRAFFICKING
36 PROTECTION FROM EXPLOITATION	37 CHILDREN IN DETENTION	38 PROTECTION IN WAR	39 RECOVERY AND REINTEGRATION	40 CHILDREN WHO BREAK THE LAW	41 BEST LAW FOR CHILDREN APPLIES	42 EVERYONE MUST KNOW CHILDREN'S RIGHTS
43-54 HOW THE CONVENTION WORKS	<h2>CONVENTION ON THE RIGHTS OF THE CHILD</h2>					

### 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.

# MY RIGHTS:

## Article 12:

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

What do we think  
this means?





# What does it mean for our voice to matter?



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

What helps me to  
feel listened to?

Article 12:

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



# What does active listening look like?



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

How can the  
grown-ups around  
me better listen  
to me?

Article 12:

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





# My Voice:



What can we use  
our Voice for?

# What can we use our Voice for?

to explain our point of view

to talk about things that matter to us

to help others

to get different points of view

to get help

to feel like we belong

to make friends

to stand up for ourselves

to feel a part of the community we are in

to share how we are feeling

Why might people  
not want to use  
their Voice?

Article 12:

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



# Comfortable & Uncomfortable Emotions



Can you think of some 'comfortable' emotions?

Can you think of some 'uncomfortable' emotions?



When we feel uncomfortable emotions it can be heard to feel able to use our voice!



How can we  
communicate our  
Voice with other  
people?

Article 12:

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



# When we want to play with friends, we could say:

Would you like to play a game with me?

Can I join the  
game?

I am feeling...

When we have  
finished this game,  
please can we play...



# When we want to feel our Voice Heard, we could say:

I am feeling...

I would like to...

Please can we...?

I think we need...

Let's try...

It would help if...

Please may you help me?

I think...

Is it okay, if we...?





# How can we ask for help?



## Article 12:

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



# Our Voice Matters, we use our Voice to:

explain our feelings

join in with what is  
going on around us

get help from others

make improvements  
and changes

share our ideas  
and thoughts with  
other people

find out others  
thoughts and opinions

find out how other people are  
feeling



S

Rights of the Child song



Copy link



*Click Here*

# Rights of the Child song

Watch on  YouTube

# I wish my teacher knew...



I feel sad but I am not sure  
how to talk about my feelings!

---

---

---

---



"I Wish My Teacher  
Knew" Slips  
(Exciting Teacher  
Member's Club)





More resources over at:

[www.excitingteacher.com](http://www.excitingteacher.com)



@excitingteacher