

Children's Mental Health Week
5 - 11 February 2024

MY VOICE MATTERS TOO

This tool kit will get children using their voice, not only to express how they feel but in hearing the voices of others. There is something very powerful in having your voice listened to - to being seen and heard. Use the activities within the tool kit how you wish, you don't need a full lesson!

BREAK THE ICE



It's time to get crafty and break the ice! Build the decision makers, use the questions provided or make up your own and get talking. Alternatively, you could enter your own topics into a 'wheel of names' and discuss that way.



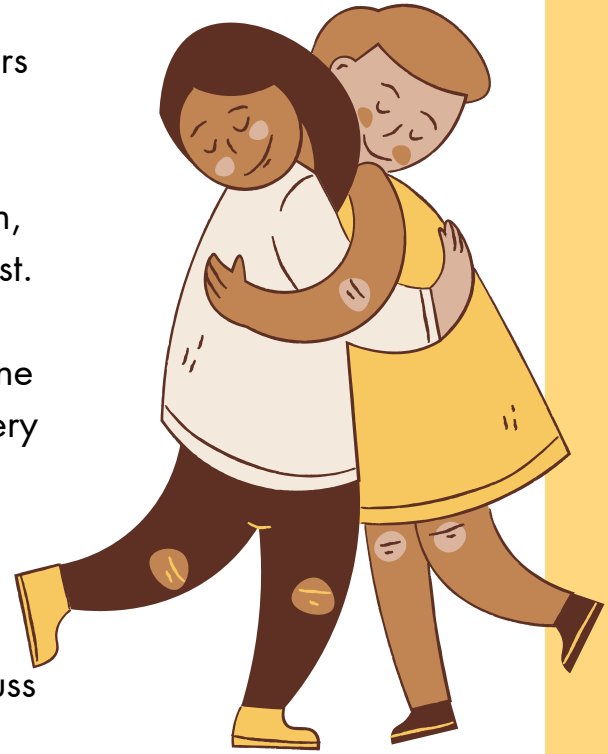
1. Who could you speak to if you are worried?
2. How would you help a friend when they are upset?
3. How do you express yourself on paper? (i.e write, draw or colour?)
4. What makes you happy?

I KNOW YOU MATTER, TOO!

Talk to the children about how they can show others that they matter. Consider both verbal and non-verbal ways of showing others that they matter eg smiling, nodding, giving a high-5, paying attention, as well as asking questions and showing an interest.

Ask children to write a letter of gratitude to someone in the class (top tip: pair children up, to ensure every child gets a letter). You might find it helpful to use our Letter of Gratitude template.

In their pairs, ask children to read their letters to each other. As a whole class, you could then discuss what it was like to give, and receive, gratitude.



LET'S TALK THIS THROUGH

Prepare some questions on separate pieces of paper. Focus on something that you know concerns the children, or ask them for suggestions. Conversation starter ideas might be: 'what's the best thing about being in this class' or 'If you were Head teacher for the day what would you change?' Then use question-cups to explore the questions together.

Place the written questions or conversation starters in 4-6 cups. Arrange the cups at the end of a table, and in small groups take it in turns to bounce a ping pong ball into a cup. When a ball lands in a cup, the corresponding question or conversation starters are discussed as a group.



TO CONCLUDE

**What have you learnt about the importance of your voice today?
How can you use your voice to make a change?**