



MY VOICE MATTERS!



School Resource Pack





THANK YOU!

Welcome to **Children's Mental Health Week 2024**, an important initiative driven by our shared commitment to nurturing the wellbeing of young minds in our community. We are so grateful to each one of you for taking part!

For this year's theme, "My Voice Matters," we want to empower every child to recognise and express their feelings, thoughts, and emotions. In collaboration with schools across Calderdale, we aspire to create an environment where the voices of our youth are not only heard but celebrated, fostering a sense of belonging and understanding.

The importance of highlighting children's mental health cannot be overstated. As educators, you play a pivotal role in shaping the experiences that contribute to a child's overall wellbeing. We hope this pack will help you facilitate meaningful conversations around mental health within the classroom. Inside, you'll find a variety of ways to help facilitate these discussions; from lesson activities and resources to organising your own 'Dare to Be You' day.

Once again, thank you for your support. Your commitment to participating in Children's Mental Health Week 2024 sends a powerful message—that every child's voice matters, and their mental health is a priority!

With heartfelt appreciation,

Kate Edwards

Kate Edwards, Time Out Service Manager
Healthy Minds



DID YOU KNOW!

1 in 6
children has a
diagnosable mental
health issue



IDEAS FOR YOUR CLASSROOM:



Activity 1: The Megaphone Message

1. Distribute the "My Voice Matters" worksheet to each child.
2. Encourage students to reflect on what matters to them and what they want the world to hear. This could include their feelings, thoughts, dreams, or any important messages they want to share.
3. Provide time for students to either write their messages or draw pictures inside the megaphone template. Remind them that this is their chance to speak out and express themselves!



MENTAL
health
MATTERS

Activity 2: Listening Lab

1. Set up a dedicated listening lab in a quieter area of the classroom or use a separate room if possible.
2. Using technology such as laptops, tablets, or a desktop computer, guide pupils to create video or audio recordings about "things that matter to me."
3. Allow children to take turns recording their thoughts, feelings, and messages. Ensure privacy and comfort to encourage genuine expression.
4. Teachers can facilitate discussions after the recordings, allowing students to share what they expressed and listen to each other.





REFLECTION & IMPLEMENTATION:

So - now that they've shared their thoughts...

How can you best show that every child's voice matters and is valued?

Firstly, get involved with our exhibition (see left)!

We also recommend you:

- Discuss with students how they can share their opinions with others in the school community, such as the Head Teacher, School Governors, parents and carers.
- Consider creating a "My Voice Matters" display in the classroom, showcasing the megaphone messages and drawings. You can scan or photocopy these to send to us if you'd like to do both.
- Observe trends or changes in the responses across different year groups, extracting key messages and insights. Reflect on how adults can take away meaningful learnings and implement concrete changes based on their voices.
- Make sure you let the children know what an impact they've made, and celebrate their input!



SEND US YOUR CREATIONS!

We'll create an exhibition at Halifax Central Library to highlight the voices of Calderdale's children & young people with your help! Get in touch if you want to take part:
amber@healthymindscalderdale.co.uk





DARE TO BE YOU!



Join our new fundraising campaign for added fun!



You can celebrate 'Your Voice Matters' during Children's Mental Health Week with our Dare to be You fundraising day! Unite the school community for a day of self-expression, fostering a safe and supportive space where every voice is heard.

WHY PARTICIPATE?

By participating in this engaging fundraiser, students can revel in the joy of self-expression whilst raising vital funds. Your school's contribution will help sustain the invaluable work of Healthy Minds and Time Out in supporting the mental health and wellbeing of everyone in Calderdale, including children and young people.



HOW TO TAKE PART:

Everyone is different and everyone's voice matters! Dare to be You day is the fun school day when children and young people are encouraged to celebrate what makes them unique. It's about letting children express themselves and empowering them to tell their own stories.

Let us know you're taking part, & we'll even send fun supplies!

Visit our website for more info!

healthymindscalderdale.co.uk/dare-to-be-you

IDEAS FOR YOUR DAY

- a favourite hobby, like football or dance
- a favourite colour
- your comfiest clothes..
- whatever makes you, YOU!



My Voice Matters!

Worksheet instructions:

What do you want the world to hear? What matters to you? This is your chance to speak out.

Write your message or draw a picture inside the megaphone. You can cut it out if you like!

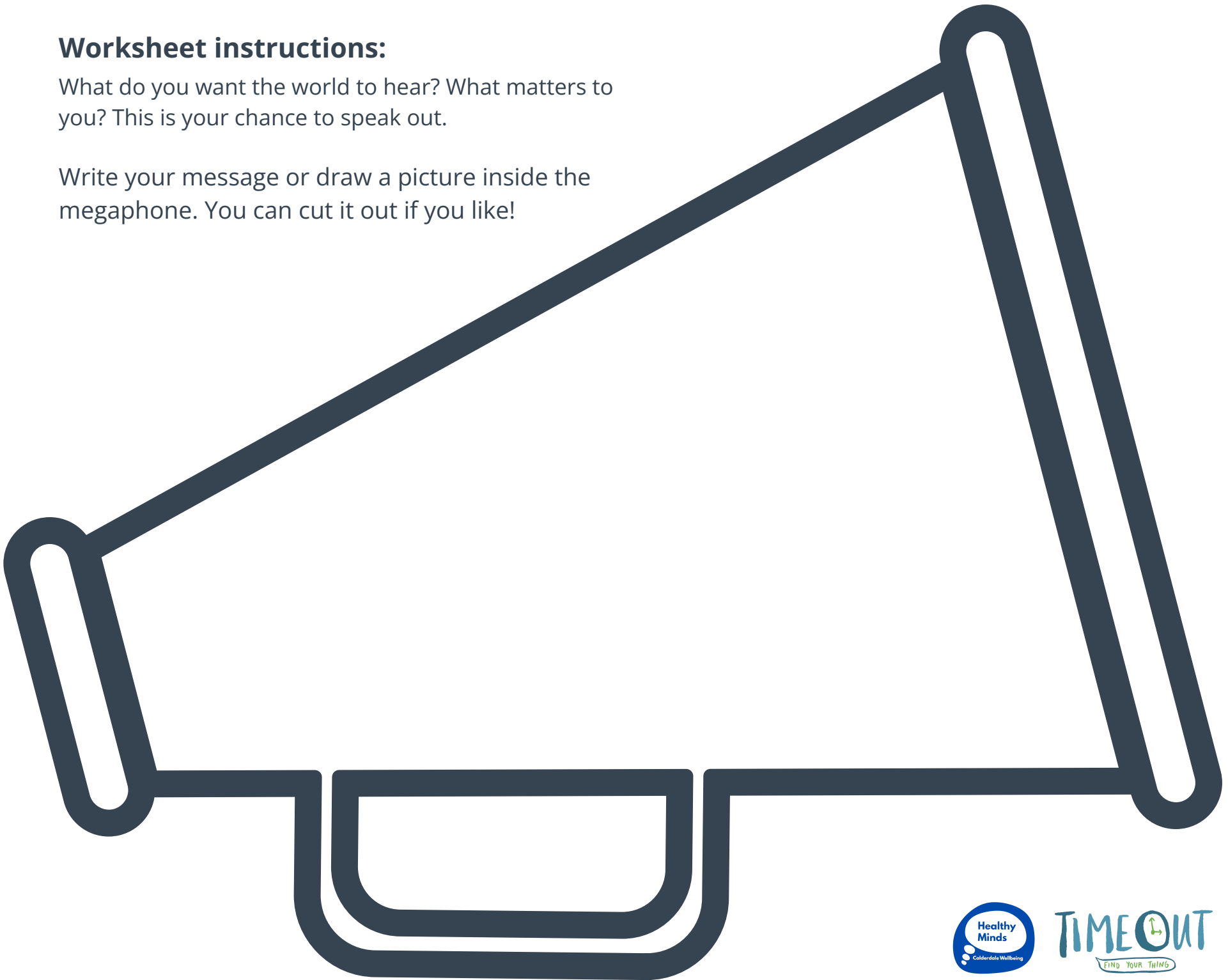


Photo Prop - Instructions:

1. Print a colour or blank megaphone image on card and cut along the outer lines. Alternatively, print on regular paper and attach to card or cardboard after cutting.
2. If using a blank megaphone, you can laminate and use whiteboard marker to write your own messages.
3. Attach a lolly stick or pencil to the back with tape and get ready to pose with your new prop for your photos!

My Voice Matters!

Healthy
Minds

Calderdale Wellbeing

Don't forget to tag us
in your pics!



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ADDITIONAL RESOURCES:



Find official resources for all ages on the Place2Be website:

www.childrensmentalhealthweek.org.uk/schools/

The National Literacy Trust creates free resources for the classroom, available from early 2024:

literacytrust.org.uk/resources/childrens-mental-health-week/

School of Kindness offer free resources, including virtual assemblies & a Kids' Kindness Club:

schoolofkindness.org/childrens-mental-health-week-2024



BBC Teach Moodboosters:

Strictly Come Dancing dancer Amy Dowden guides pupils through a dance routine that encourages and empowers children to be themselves.

www.bbc.co.uk/teach/moodboosters/pshe-ks1-ks2-imagine-signature-moves-amy-dowden

BookTrust has compiled a list of books to support mental health awareness:

Over 8 yrs: www.booktrust.org.uk/booklists/m/mental-health-awareness/

Under 9 yrs: www.booktrust.org.uk/booklists/b/books-to-support-mental-health-awareness-for-readers-under-9/



THANK YOU!



Make sure you get in touch with us and tell us all about your plans. Tag us in your photos, too! We can't wait to see what an impact you'll have.



Find out more about Healthy Minds and Time Out, our service for children and young people:

Healthy Minds

 www.healthymindscalderdale.co.uk

  @HealthyMindsCalderdale

 @HealthyMindsCW

Time Out

 www.healthymindscalderdale.co.uk/time-out

  @TimeOutCalder

 @TimeOutCalderdale



Open Minds
For Children and Young People in Calderdale

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Healthy Minds is the operating name for Calderdale Wellbeing, a limited company registered in England & Wales.

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