

# Children's Mental Health Week 2024

## My Voice Matters Who can help me?

Using the activity sheet or a sheet of paper:

- Ask children to write down people they could speak to in order to get their voice heard and make a difference about something that matters to them at home and in school.
- If they have trouble coming up with ideas, you can make suggestions or give examples such as:

### AT HOME

parent or carer  
brother or sister  
grandparents  
aunts or uncles

### AT SCHOOL

class teacher  
SENDco  
friends  
after school club staff  
breaktime staff




- Ask children to explain why they have chosen each person and what they would be able to help them with (these could be real or imaginary situations).
- If completing in a group setting, ask children to swap with a friend and discuss who else they could add.
- Explain to children that this list can grow and change over time.
- **Extension Activity:** Ask children to think about whether there are other people outside of home and school they could speak to about things that are important to them.

# Children's Mental Health Week 2024

## My Voice Matters - Who can help me?

Write down people you would speak to about things that are important to you.

Why is this important to you?

AT HOME	
I would talk to:	About:
	
	
	

When is the best time to talk about this?

AT SCHOOL	
I would talk to:	About:
