

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.

My Voice Matters

Who can help me?

CHILDREN'S MENTAL
HEALTH WEEK 2024

5th-11th February

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:
