

**Pupil Voice – Children’s Mental Health Week 2023**  
**Theme: “Let’s Connect” & Article 31 – The Right to Relax, Play and Enjoy Activities**

Children’s Mental Health Week 2023 invited pupils to explore what it means to connect — with friends, families, communities and themselves. Alongside the national theme Let’s Connect, our school also reflected on the message from the United Nations Convention on the Rights of the Child (UNCRC), Article 31, which reminds all children that they have the right to relax, play and take part in activities they enjoy.

Across the week, pupils engaged in tasks and discussions that helped them recognise how relationships, play, creativity and shared experiences support strong mental wellbeing.

Here is what the children told us...

**EYFS**

“I feel connected when I play with my friends.”  
“My place to relax is the reading corner.”

**Year 1**

“Playing together helps us feel happy inside.”  
“Everyone needs time to rest and time to have fun.”

**Year 2**

“Connecting means joining in and not leaving people out.”  
“We talked about our favourite activities - it showed we are all different and that’s OK.”

**Year 3**

“We made posters about how to help others feel included.”  
“Relaxing is important for your brain - it gives it a break.”

**Year 4**

“Connecting can be talking, helping or playing. It makes you feel like you belong.”  
“We looked at how friendships support our wellbeing.”

**Year 5**

“We learned that taking part in activities you enjoy can protect your mental health.”  
“Sharing hobbies with others helps build connections.”

**Year 6**

“We discussed how meaningful connections make people feel valued and supported.”  
“Article 31 reminded us that rest and play aren’t extras - they’re rights.”

**Whole-School Reflections**

“Everyone needs people who listen.”  
“We all belong here.”  
“Play helps you feel calmer and more connected.”  
“Talking, helping and joining in make friendships stronger.”

**Summary**

Children’s Mental Health Week 2023 helped pupils understand that connection is essential for wellbeing, and that every child not only deserves time to rest, play and enjoy themselves - they have a right to it. Through reflection, creativity and shared experiences, pupils strengthened friendships, deepened their empathy, and celebrated what really matters: belonging, joy and meaningful connections.