

Pupil Voice – Children’s Mental Health Week 2024

Theme: My Voice Matters

(Using resources inspired by Charlie Mackesy’s The Boy, the Mole, the Fox and the Horse)

Children’s Mental Health Week 2024 focused on the theme “My Voice Matters.” Using beautiful resources inspired by Charlie Mackesy’s illustrations, pupils explored emotions, kindness, communication and the power of using their voices to support their own wellbeing and the wellbeing of others.

EYFS

“I said what makes me feel safe.”

“We drew the people who listen to us.”

Year 1

“My voice matters because people care what I say.”

“We learned that everyone is special in different ways.”

Year 2

“We made drawings like the book to show what makes us happy.”

“Talking about feelings helps us understand them.”

Year 3

“The characters showed us that friends listen without judging.”

“We talked about how kindness helps people feel heard.”

Year 4

“We explored how emotions can look different on different people.”

“I liked saying what I think the pictures meant.”

Year 5

“We discussed how using our voice respectfully can make change.”

“The book helped us talk about courage and hope.”

Year 6

“We interpreted the illustrations and shared our meanings - it showed that our voices matter.”

“It made me think about speaking up for myself and for others.”

Whole-School Reflections

“Everyone deserves to be listened to.”

“Our voices can make school a kinder place.”

“Feelings are easier when you talk about them.”

Summary

Children’s Mental Health Week 2024 encouraged pupils to recognise that every voice has value.

Through art, discussion and reflection activities, children expressed emotions, celebrated differences and strengthened the supportive, listening culture within our school community.