



Living and learning by the values of Love, Compassion and Respect

Welcome to our Worship today

**What is mental health?
How can we help our mental health?**



Call and Response

The Lord be with you

And also with you

Lift up your hearts

We lift them to the Lord

Let us give thanks to the Lord our God

It is right to give him thanks and praise

Children's Mental Health Week

KS2

Mental health is all about how we are feeling, the thoughts we are having and how this affects the choices we make and how we behave.

It is also about how able we are to cope with what is happening in our daily lives



<https://www.youtube.com/watch?v=G1gvP09JLm0>

We need to look after our minds as well as our bodies. That's why learning about and looking after our mental health is just as important as learning about and looking after our physical health.

**YOUR
VOICE
MATTERS**

Children's Mental Health Week

Each year, there is a different theme for Children's Mental Health Week.

**YOUR
VOICE
MATTERS**

*This year the
theme is:*

My Voice Matters

*What does it mean for
our voice to matter?*

*Understanding that our voice matters
means that we know we can have our
say and we deserve to be listened to.*

*This helps us to
explain what we are
feeling so our needs
can be understood.*

*Explaining how we
feel means we can get
help when we need it.*

*Sharing our feelings and being listened to
supports our mental health and wellbeing by
improving our self-esteem.*



My Voice Matters

Believing our voices matter means that we know we can share our feelings and we can be listened to by people around us.

Sharing our feelings and being listened to help to build healthy self-esteem. Healthy self-esteem supports our mental health and wellbeing.

Think carefully about how we share our feelings. Talk to the person next to you about who we speak to and what we might say.

If you're happy to, share your ideas now.

in community groups

our class

our family

our friends

our teachers

our school

trusted adults

coaches and tutors



Speaking to lots of people isn't the only way we can share our feelings. By nodding, smiling or just speaking to people we feel close to, we can share our views and feel empowered when we do.

My Voice Matters

When we have our say:

we can explain how we feel.

we feel like part of the communities around us.

we engage with what's going on.

we feel a sense of belonging.

we have a sense of purpose.

we can help others.

we feel respected;

we can get someone else's perspective on what is happening.

we can get help when we need it.

Sometime people struggle to say what they are feeling. So by actively listening to others and accepting their feelings with kindness and respect, we can help to make sure that everyone feels that their voice matters.

Love, Compassion, Respect



Prayer/Reflection

*Dear God,
Help us to speak about our thoughts and feelings and
share these with others.*

*Help us to show love and respect to others so they
can come to me if they need to be heard*

because everyone's voice matters.

Amen

The Grace

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore.

Amen.

King's Hymn - A New Commandment

A new commandment I give unto you,
that you love one another as I have loved you,
that you love one another as I have loved you.

By this shall all know that you are my disciples,
if you have love one for another;
by this shall all know that you are my disciples:
if you have love one for another.