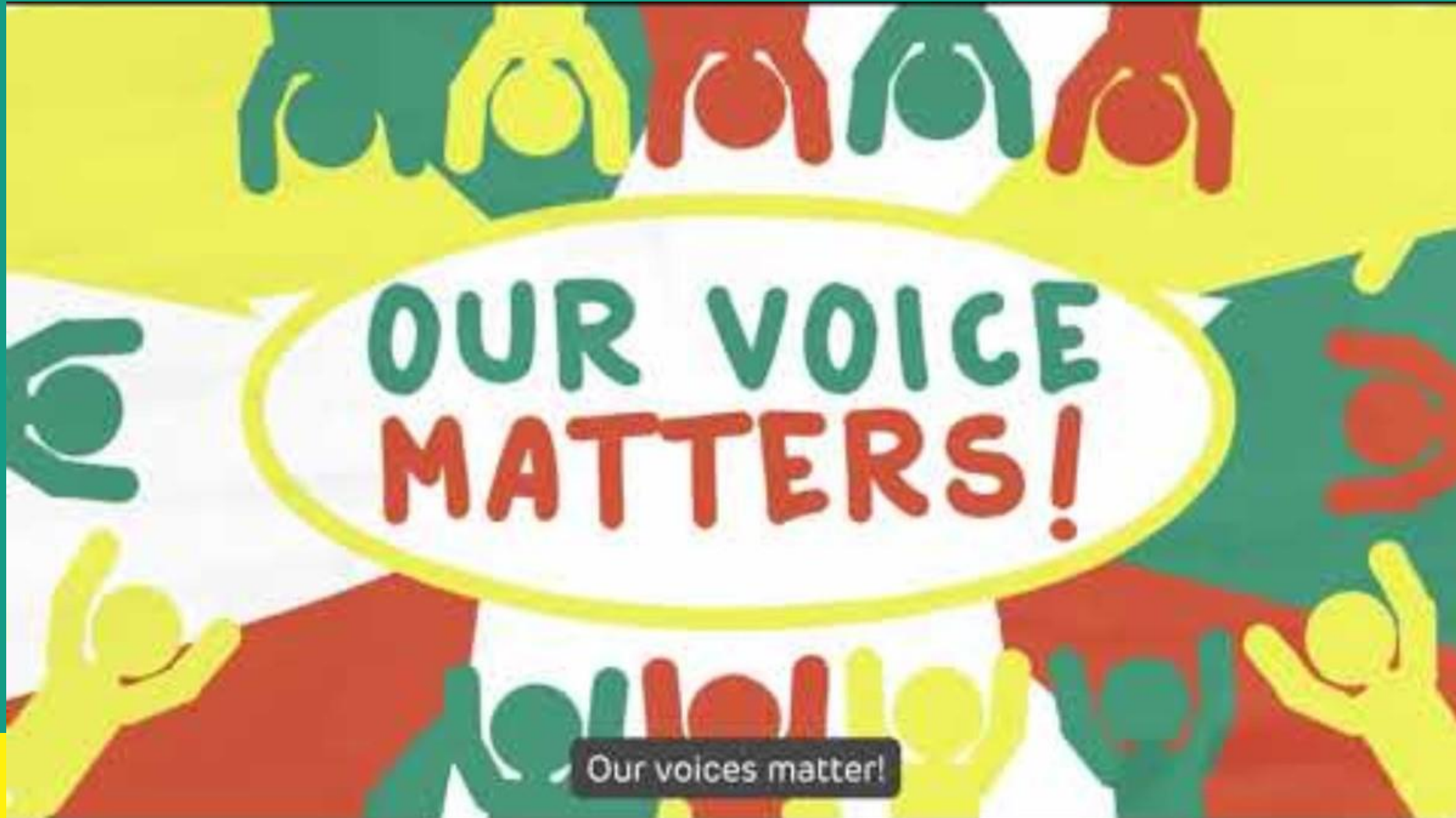


My VOICE MATTERS



What is children's mental health week?



My Voice Matters: Competition

Task: To create a piece of art on *What Matters to You*.

You can draw, write, sing or act - we just need your final piece to be able to be sent in an email to us.

Prizes: Winners will be featured on the Healthy Schools website and there will be a selection of books to choose from

Winners will be selected based on:

- The quality, creativity and originality of the piece
- Relevance to the theme “What Matters to You?”
- The overall impact of the submission



What Matters to YOU?

The following questions may help you to consider what matters to you:

Consider what is important to you in your daily life, and things that may shape how you think.

What issues or challenges do you think are most important for your generation to address?

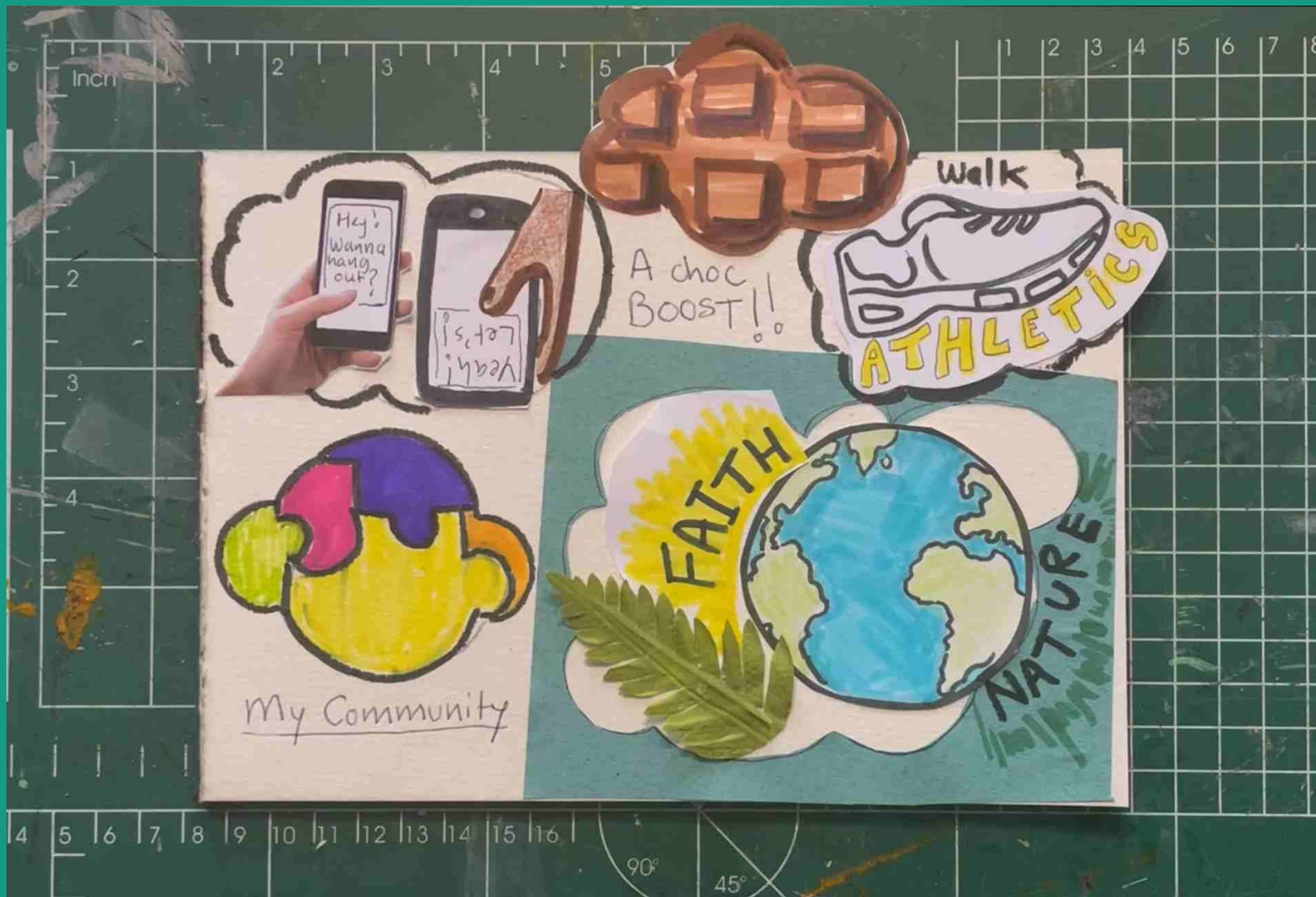
How can we contribute to creating a more inclusive and supportive environment for everyone?

If you could change one thing about the world to make it better, what would it be and why?

What values do you believe are crucial for a thriving community and how can we incorporate them into our daily lives?

What are your favourite things (colour, animal, plants)?





What matters to you? Activity for 11-18 year olds