

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

This year, Children's Mental Health Week is about making your voice heard. Sometimes children find it tricky to express their thoughts, feelings and needs. The sentence starters in this pack are designed to help your age 7 - 11 child make their voice heard in different situations. You can read through the phrases together to support your child.

What skills does this practise?

Children's Mental Health Week

Make Your Voice Heard

Express Yourself

Further Activity Ideas and Suggestions

Head to the [Children's Mental Health Week](#) section of our [Wellbeing Hub](#) for more fantastic resources, such as this [Fizzing Emotions Experiment](#) and this [wellbeing box craft](#).

Disclaimer: We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health or the mental health of your children.

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents
Hub

Making My Voice Heard

(Ages 7 - 11)

Did you know that your voice matters? We all have a voice and we all have thoughts, feelings and needs. But sometimes it can be hard to use our voice to express all of those thoughts and feelings that are whirring around inside of us. You may feel anxious about using your voice, worried that other people might not listen to you or you may just not know which words to use to express yourself.

If you're finding it tricky to make your voice heard, don't panic! Lots of us feel the same way. It takes time and practice to learn to use your voice to express yourself appropriately. The phrases below will help you to become more confident in making your voice heard. The great news is, the more you use these phrases, the easier it will become for you to express yourself!

Can I tell you about something that happened today?

I'd like you to...

It makes me feel sad when...

It makes me feel happy when...

Something happened today that made me feel... Can I talk to you about it?

I'm frightened of... because...

I'm worried about... because...

Please stop...

I'd like to be on my own right now because...

I'm excited about... because...

I'm not feeling okay right now, can I talk to you?

I don't agree with... because...

I don't want you to...

I need a hug...

That makes me feel...

I'd like to spend time with you...

Can you help me with...

I agree with... because...

Today, I learnt...

I need you to listen...