

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, 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 child make their voice heard in different situations. You can read through the phrases together to support your child.

What is the focus of this resource?

Self-Esteem

Resilience

Self-Confidence

Further 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](#).

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

Children's Mental Health Week: Making My Voice Heard (Ages 5 – 7)

Making My Voice Heard

Making your voice heard is important. It helps you to express yourself and share your thoughts and feelings.



Sometimes it's hard to make your voice heard. You may not know what to say or how to use your words.



The phrases below will help you to get started with making your voice heard. The more you use these phrases, the easier it will become for you to express yourself!



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.

Children's Mental Health Week: Making My Voice Heard (Ages 5 – 7)

Can I tell you
about my day...

Something tricky
happened today...

I'm excited about...

I'm worried about...

I'm frightened of...

I really enjoy....

I really dislike...

I'd like you to...

I don't
want you to...

Can you
help me with...

Please stop...

That
makes me feel...

I need some space...

I need a hug...

I need you
to listen...

Today, I learnt...

I think that...

I don't think that...

I want to play...

I'm not okay...