

What is this resource and how do I use it?

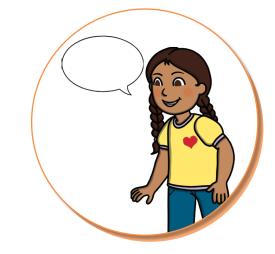
This year Children's Mental Health Week is about making your voice heard. Sometimes children find it tricky to express their thoughts, feelings and needs. The sentence starters in this pack are designed to help your child make their voice heard in different situations. You can read through the phrases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





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.





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Children's Mental Health Week: Making My Voice Heard (Ages 5 - 7) Can I tell you Something tricky I'm excited about... happened today... about my day... I'm worried about... I'm frightened of... I really enjoy.... I don't I really dislike... I'd like you to... want you to... Can you That Please stop... help me with... makes me feel... I need you I need a hug... I need some space... to listen... I think that.... I don't think that... Today, I learnt...

I want to play...

I'm not okay...



