

Speak Up!



twinkl

Aim

- I can share what I think and feel with confidence.

Success Criteria

- I can recognise that my own thoughts and feelings are important.
- I can speak confidently and respectfully.

The Big Questions



Why are our feelings and thoughts important?

How can we explain our thoughts and feelings to others?



Thoughts and Feelings



Why do we all have different thoughts and feelings?

We are all different people with different personalities. We all have different families and different likes and dislikes.



Because of this, what we think and feel will be different from how another person does. This is exciting!



Thoughts and Feelings



What would happen if we felt like we couldn't say what we were thinking and feeling?

We might feel cross, frustrated or like we didn't matter if we couldn't say what we were thinking and feeling. Sharing our thoughts and feelings can help us feel happy and valued.

History



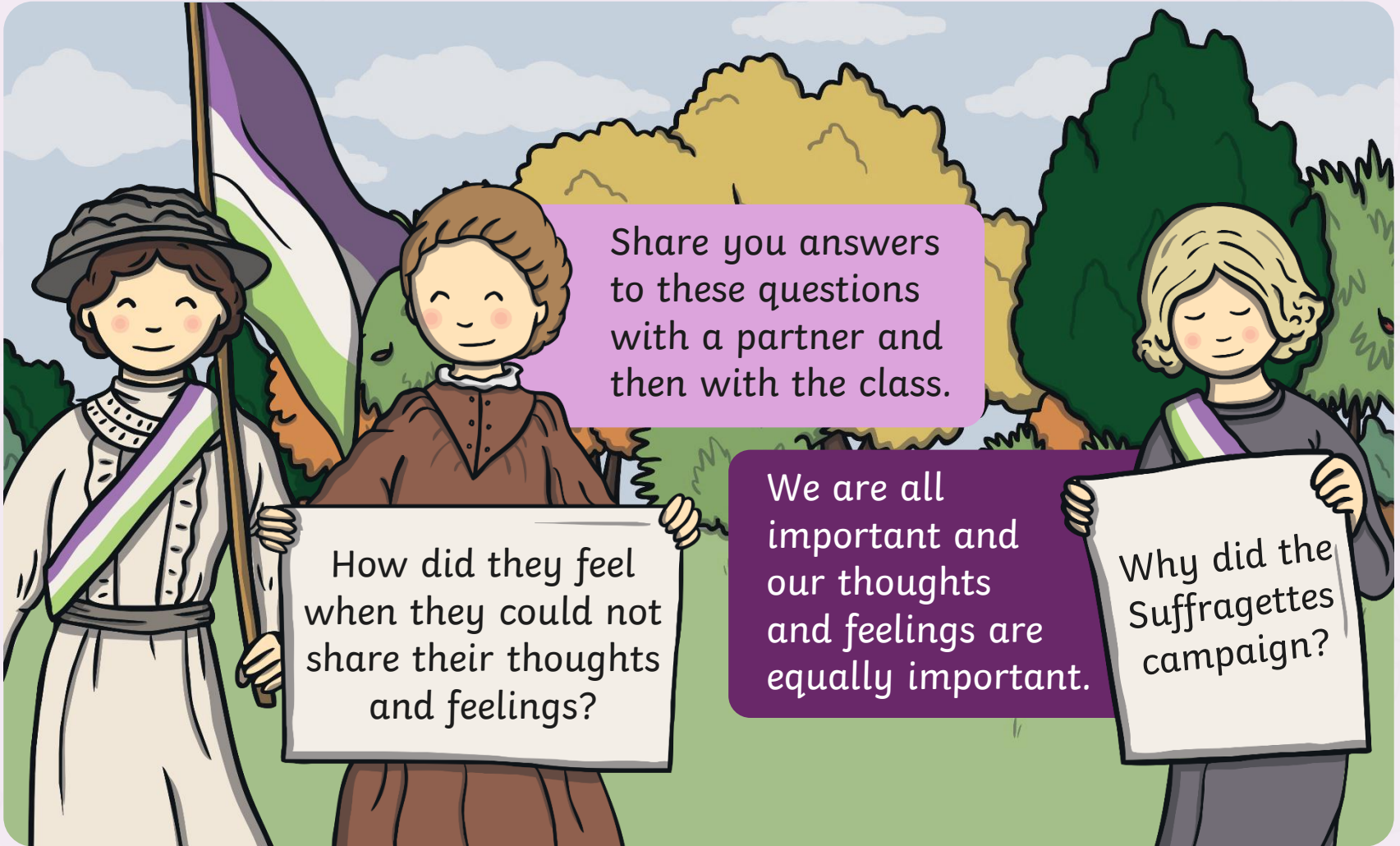
Adults in Britain are allowed to vote for the people they want to be in the government - to run the country.



In the past, only men were allowed to vote in Britain. Some women, called the Suffragettes, didn't think this was fair and wanted women to be allowed to vote and share their thoughts and feelings too. They led a campaign to let others know how they felt and women were given the right to vote. Women were able to share their thoughts and feelings.



History



Share your answers to these questions with a partner and then with the class.

How did they feel when they could not share their thoughts and feelings?

We are all important and our thoughts and feelings are equally important.

Why did the Suffragettes campaign?

Speaking Confidently



It is important we share our thoughts and feelings but what could happen if we said what we thought in a way that made others feel unhappy or uncomfortable – if we shouted or spoke rudely?



If other people feel uncomfortable or unhappy when we are sharing our thoughts and feelings, they might not listen to us because of how they are being made to feel.

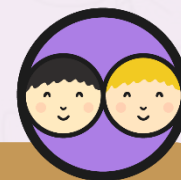
Consolidating

Reflecting



We must always speak kindly and respectfully to others.

How to Speak Up



Let's look at the thoughts shared below.

You are going to practise sharing your thoughts and feelings respectfully. This will help you do this more confidently.

With a partner, take it in turns to share your thoughts and feelings about the card you have been given. Have a go at another if you have time!



Tricky Times



There are times when it can be a bit harder to share our thoughts and feelings:

If you are finding it tricky to share your thoughts and feelings, talk to an adult you trust and ask them to help you.

What could you do in these situations?

When you think differently to all of your friends.

When you are trying to share your thoughts and feelings with someone who doesn't want to listen.

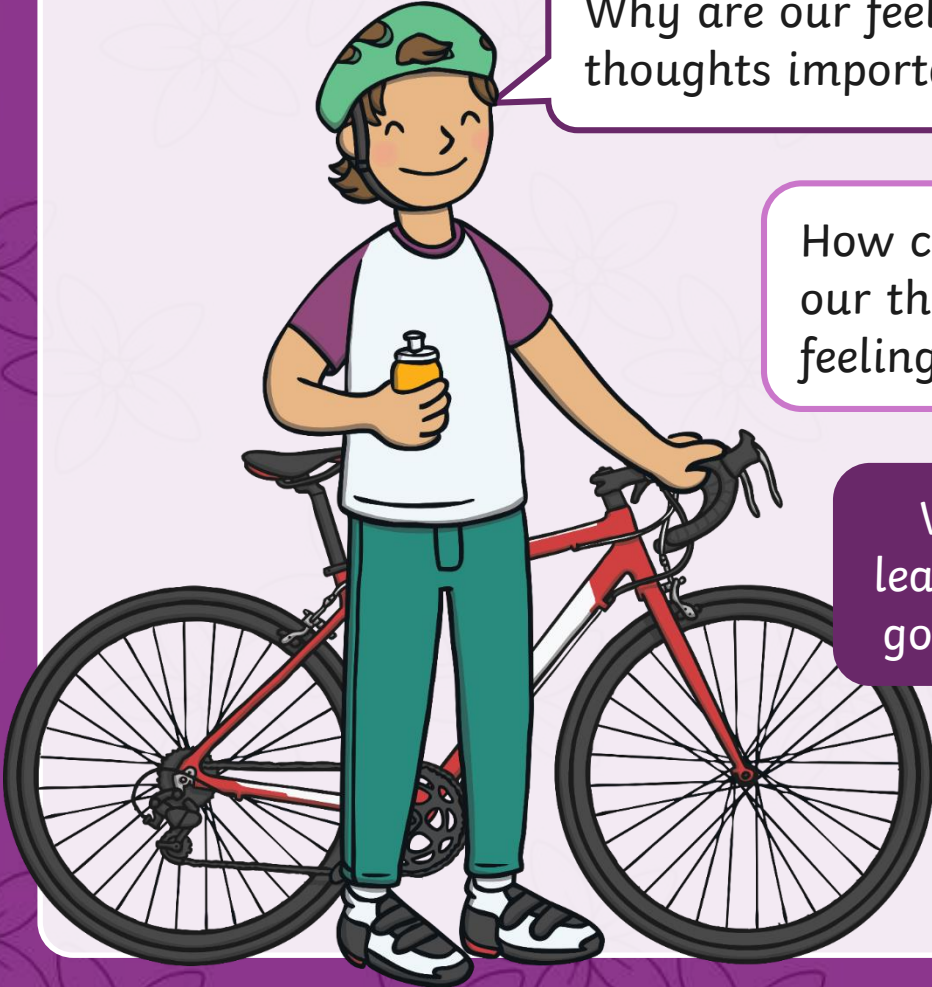
When other people are not taking you seriously.

When other people do not seem interested in what you are saying.

Share your thoughts in your groups and then with the class.



The Big Questions

A cartoon illustration of a boy with brown hair, wearing a green helmet with brown spots, a white t-shirt with purple sleeves, green pants, and black sneakers. He is holding a yellow can in his right hand and standing next to a red bicycle. A speech bubble points from him to the first question.

Why are our feelings and thoughts important?

A cartoon illustration of a boy with brown hair and glasses, wearing a purple hoodie with a yellow and white geometric pattern on the chest, blue pants, and grey sneakers. He is standing with his hands in his pockets. A speech bubble points from him to the second question.

How can we explain our thoughts and feelings to others?

What have you learnt today that is going to help you?