

# 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**

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Why are our feelings and thoughts important?



How can we explain our thoughts and feelings to others?



# **Reconnecting**

# Thoughts and Feelings

Why do we all have different thoughts and feelings?




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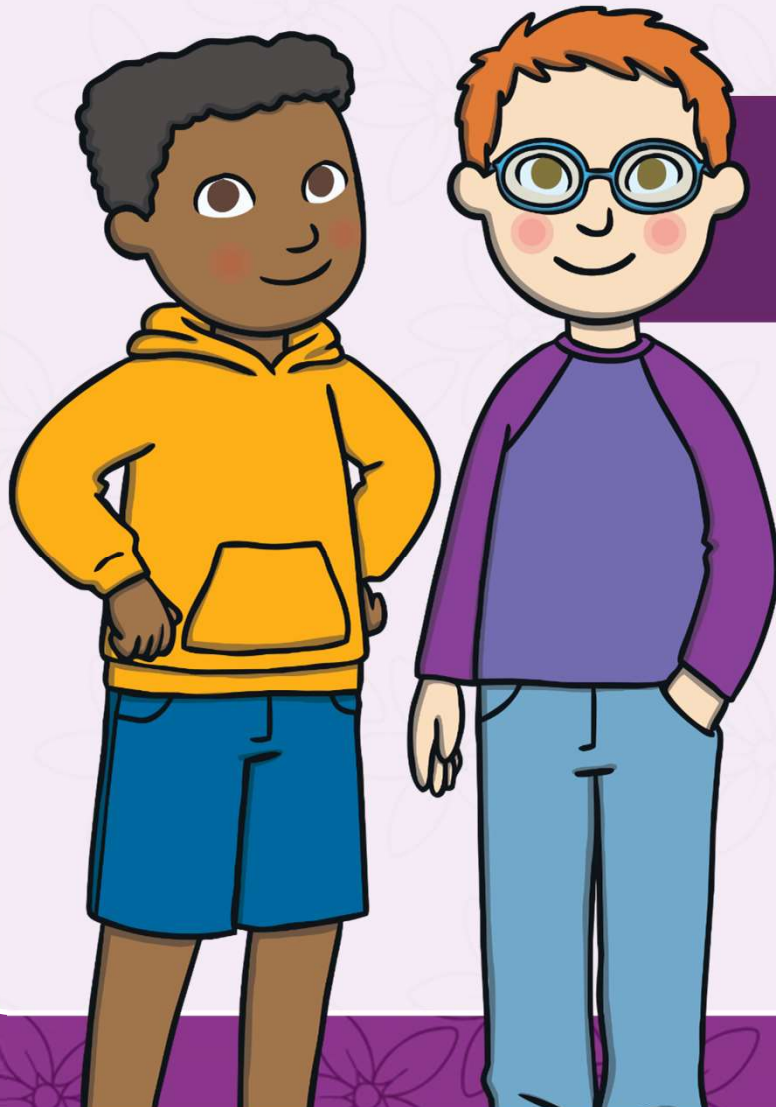
We are all different people with different personalities. We all have different families and different likes and dislikes.



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?



# 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.



# **Exploring**

# History



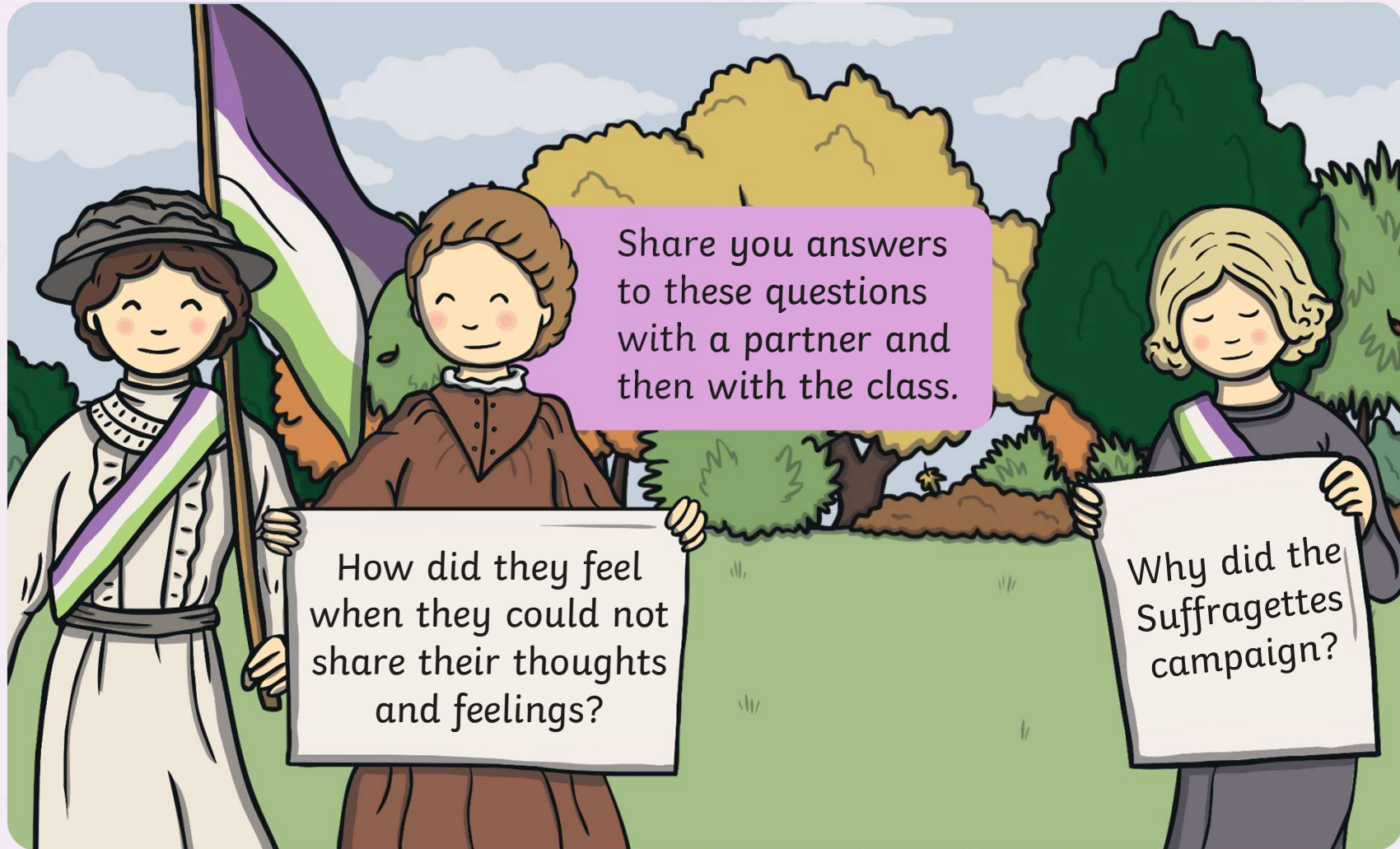


# History



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 – they were able to share their thoughts and feelings.

# History





# 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?



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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.



We must always speak kindly and respectfully to others.

# **Consolidating**



# 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!



# Reflecting

# Tricky Times

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

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.

What could you do in these situations?





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What could you do in these situations?

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



# 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.



