

Find Your Voice Family Questions

Today we explored what finding our voice means and discussed what it feels like when we find the confidence to speak up. We explored situations which can hinder our confidence with speaking up and what can make finding our voice difficult. In today's session we explored why speaking up is important and ways we can become more comfortable with sharing our thoughts and feelings.



**I heard today's topic was about
finding your voice**

What does finding your voice mean?

**What can take away your confidence with finding
your voice?**

What can help you to find your voice?

TIP: This week let's practice finding our voice at dinner time. Pick a topic and go around the table asking everyone to share their thoughts about the topic. You could have 3-4 questions about the topic for each person to answer. This is a great way to encourage everyone to have an opinion and to feel comfortable expressing themselves around others. Be proud of everyone for opening up and finding their voice and ensure everyone takes turns listening and respecting each others thoughts, opinions and feelings.