

Community

4

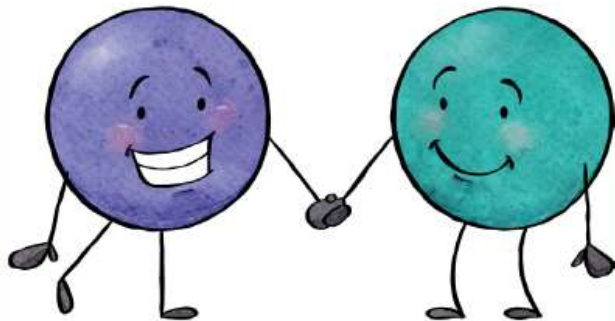


Creating a community where everyone can feel supported is important. Everyone's voice can be heard and listened to. It makes everyone feel safe, happy and connected.

Belonging to a community will help boost your self-esteem. It will make you feel safe. Remember to communicate, your ideas, feelings and anything else that is on your mind and make sure you listen when others talk or communicate with you too.

Respect everyone's opinions and ideas just as you want your opinions and ideas to be respected and listened to.

Together we are strong



Strength

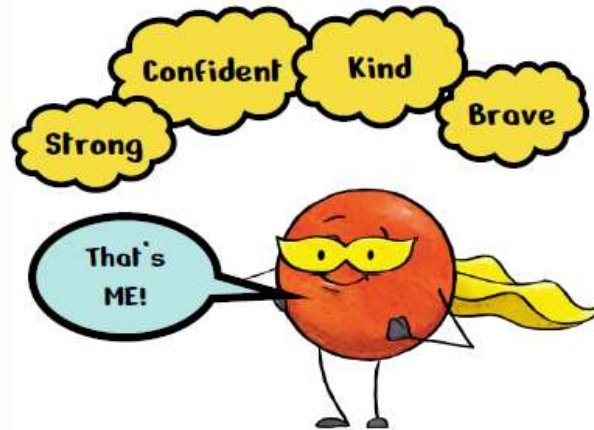
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Do you realise how powerful and strong you are? When you communicate you are making a difference. You are making the world a better and brighter place for everyone!

When you use your voice to help yourself and help others you are being a superhero of change.

You can change the world. You can change your life. You can change other people's lives. Be strong, be bold, be confident, be kind, be YOU!



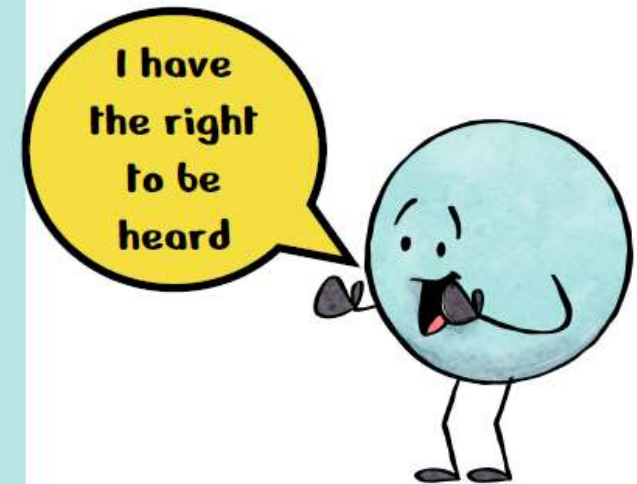
Remember YOUR VOICE MATTERS!

If you need more help...

Carolyn Solkin Learning Mentor
solkinc.gcp@schools.sefton.gov.uk



My Voice Matters



How to express yourself



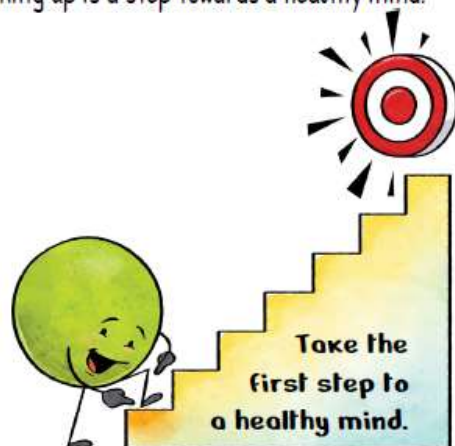
Mental Wellbeing

1



Talking about your thoughts and feelings helps your brain feel better. It's ok to share what is on your mind with your friends, family or a teacher.

Speaking up is a step towards a healthy mind.

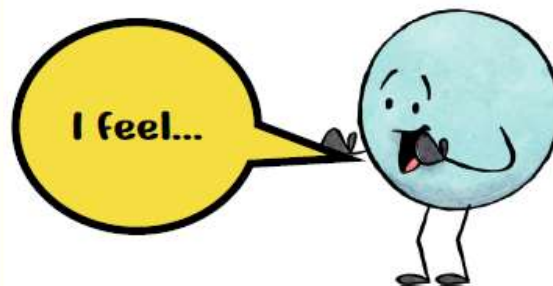


Emotions Matter

2



We all have emotions. You do, your friends do, your teachers do, in fact everyone you know has emotions. It's normal to feel different emotions. Whether you are happy, sad, exciting, worried, angry or scared. Your emotions come and go constantly every single day. Sometimes you need a little help with dealing with those BIG emotions and it's ok to talk about them and ask for help.



ELSA support

Boost Confidence

3



There are many ways to express yourself. When you express yourself, you are showing the world how amazing you are. It might be through your voice and talking but it might be other ways too such as writing, drawing, or nonverbal communication such as showing your expressions, hand signals or body language. It doesn't matter how you communicate as long as you do it! Expressing yourself and being HEARD will BOOST YOUR CONFIDENCE.

Music or dance



Write or journal



Draw or paint



Facial expressions and body language



Talk

