

Activity: It's good to talk because...

This activity is suitable for pupils of any age to participate in.

This is a great way to encourage pupils to take the time to consider why talking will make them feel better when they feel unhappy or unsafe, further embedding the idea that talking will always help.

Objective: To reflect on why it's good to talk. To consider why talking will help them when they're feeling unhappy or unsafe.

Time: 10-20 minutes

Materials: Print out of speech bubble, 1 per pupil (optional, pupils can draw their own)

Instructions: Ask pupils to write a word or phrase that means something to them when they think about why it's good to talk. Encourage them to decorate their speech bubbles if there is time! Use the activity as an opportunity to have a discussion about the importance of speaking up. Encourage your pupils to talk about their answer, and why they chose it. Summarise by celebrating their differences, and emphasizing the importance of talking!

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