

# HOW CAN WE SUPPORT CHILDREN TO FEEL HEARD?



Exciting Teacher 2024



The theme of Children's Mental Health Week 2024 is

# 'MY VOICE MATTERS'

Let explore how to:

- ★ Show children that we are ACTUALLY listening to them.
- ★ Celebrate what is already going well in promoting the child's voice in our setting.
- ★ Address any barriers that arise when thinking about valuing the voice of a child.
- ★ Explore ways to emphasise the voice of the child.

# THE CHILD'S VOICE IS A RIGHT:



## Article 12:

States Parties shall assure to the child who is capable of forming his or her own views the right to express those views freely in all matters affecting the child, the views of the child being given due weight in accordance with the age and maturity of the child.

## Article 13:

The child shall have the right to freedom of expression\*; this right shall include freedom to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print, in the form of art, or through any other media of the child's choice. \*subject to restrictions (legal, reputations and safety).



# HOW MUCH DO WE ACTUALLY LISTEN TO CHILDREN?

★ We might feel that we are listening to children. Think about an average day in your Setting, how many of these can you tick? *(It is okay to be honest).*

I use more open questions than closed questions when I am talking with children.

I always make eye contact when a child is talking to me.

I look out for different feelings that children might be experiencing when they are speaking to me.

I summarise what children have said to me after they have finished speaking to.

I never interrupt children when they are speaking to me.

I always give children my full attention when they are speaking to me.

I always show I am listening through body cues, such as nodding.

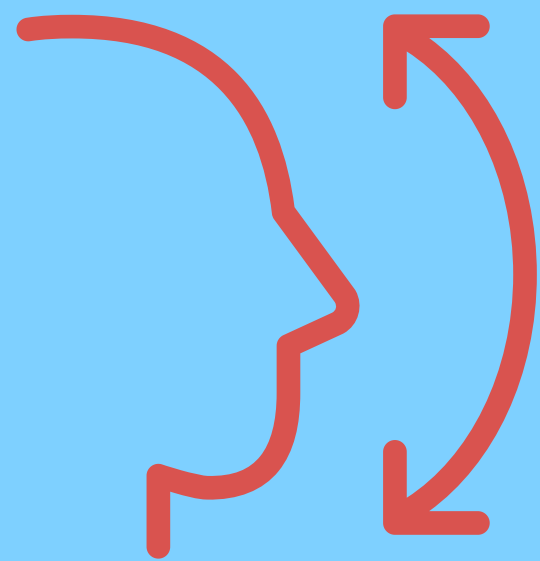
I check I have understood things correctly by repeating what children say to me.



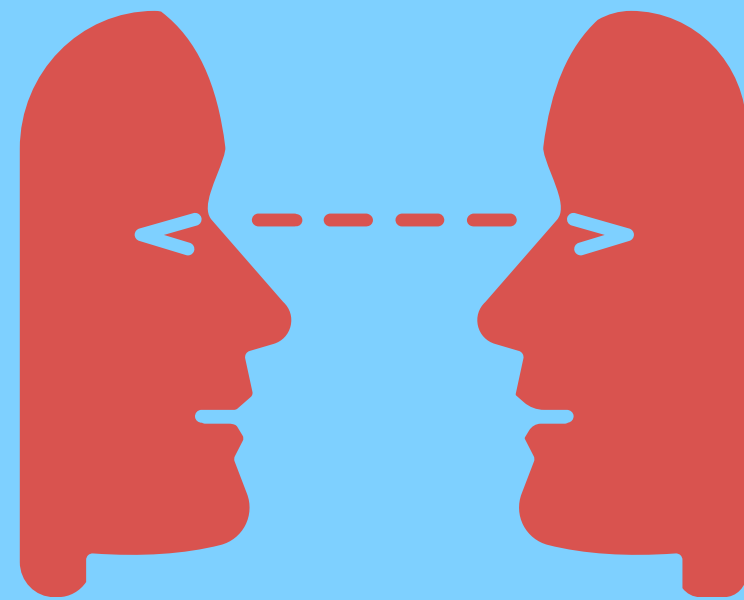
# HOW CAN WE SHOW CHILDREN WE ARE LISTENING TO THEM?

What do children want?  
Children want to feel heard,  
valued and respected.

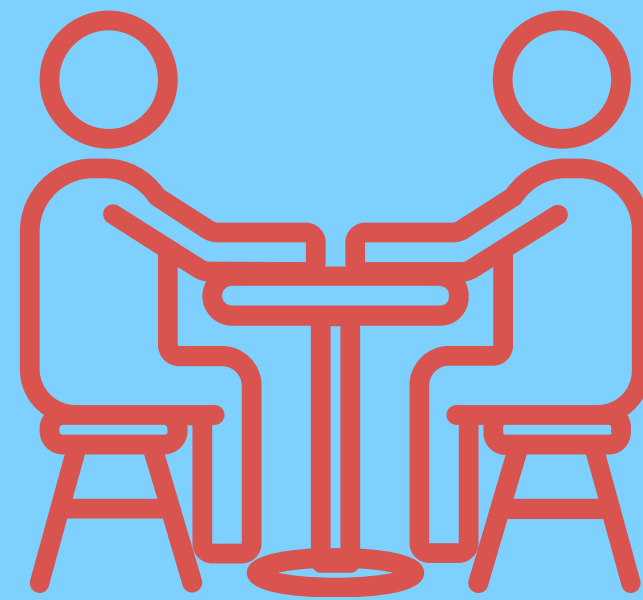
We show children we are listening through our non-verbal cues:



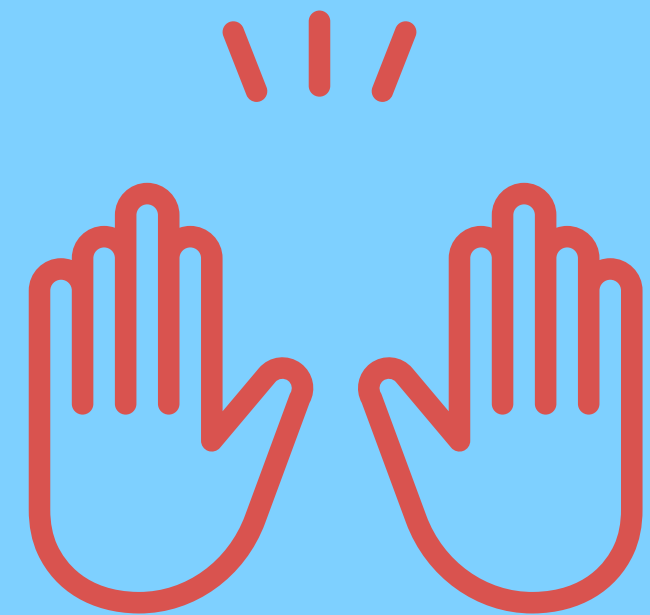
nodding



eye contact



facing our body  
towards them



signal praise

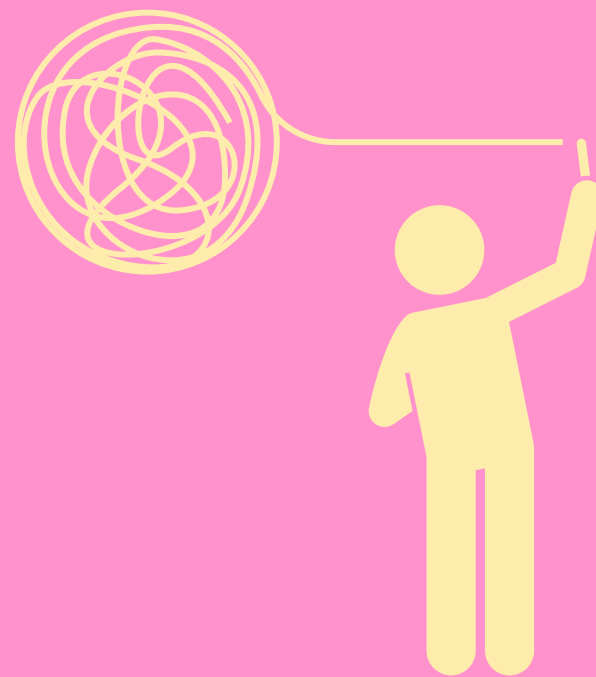
# HOW CAN WE SHOW CHILDREN WE ARE LISTENING TO THEM?

What do children want?  
Children want to feel heard,  
valued and respected.

We show children we are listening through our verbal cues:



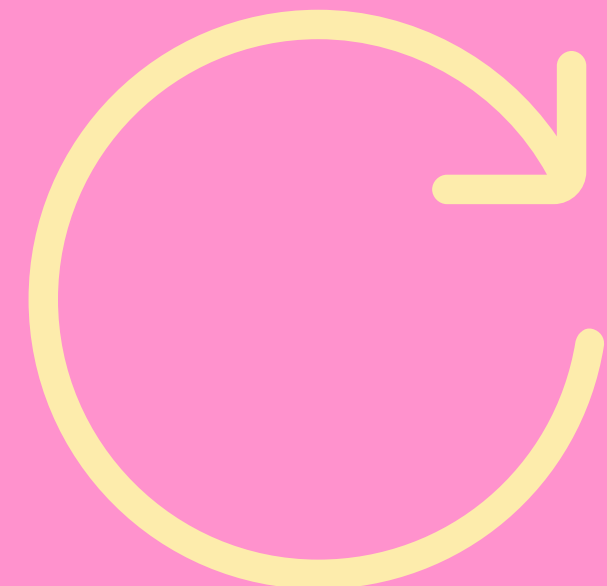
repeat



clarify



open-ended questions



summarise

# WHAT CAN WE SAY TO CHILDREN TO SHOW WE ARE LISTENING TO THEM?

What I heard  
you say was...

I noticed that...

This reminds me  
of... do you agree?

That makes me  
wonder about...

I can see that...

What you said  
makes me think...

What do you  
mean by...

*\*summarise\*,*  
Have I understood  
this correctly?

Could you tell me  
more about...

I agree/disagree  
with you because...



# WHAT ARE WE ALREADY DOING TO PROMOTE THE VOICE OF THE CHILD?

Discuss!



# WHAT BARRIERS ARE THERE WHEN PROMOTING THE VOICE OF THE CHILD?



# WHAT MORE CAN WE DO TO PROMOTE THE VOICE OF THE CHILD?

Discuss!





# HERE IS WHAT YOU CAN IMPLEMENT FROM TODAY:

Morning  
Feelings Check-In



Introduce  
'I wish my Teacher  
knew...' slips

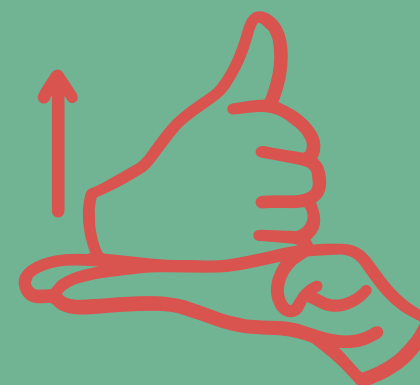


Ask  
open-ended  
questions to children



Incorporate  
children's views  
when decisions that  
affect them

Use signed  
signals to  
communicate



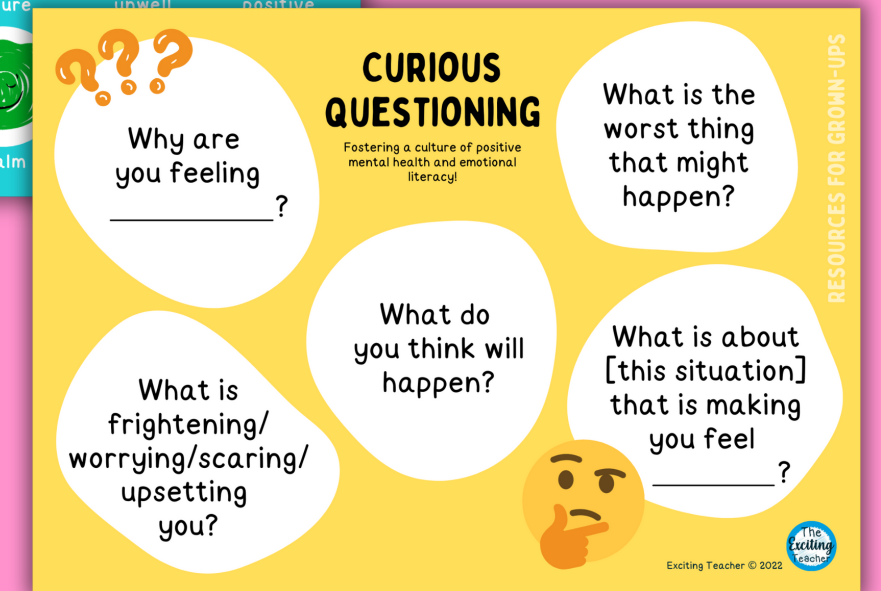
# HELPFUL RESOURCES:



BSL Signal  
Posters



Feelings  
Check-In



Curious Questioning



"I Wish My Teacher  
Knew" Slips

You will find all of these resources and 500+ more in  
the Exciting Teacher Member's Club!



More resources over at:

[www.excitingteacher.com](http://www.excitingteacher.com)



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