



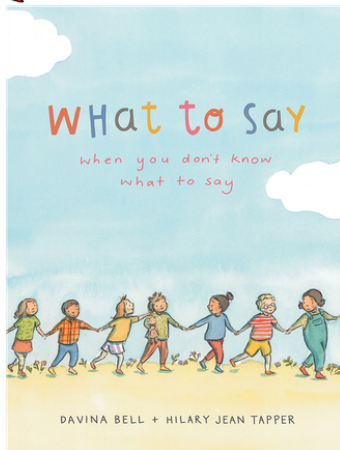
Wellbeing Playlist

I am valued and loved.



Story, Talk, Try it!

The Nest is Australia's shared vision for the wellbeing and development of all children and young people.



What to Say When You Don't Know What to Say

Age group: 3-7

Author: Davina Bell

Illustrator: Hilary Jean Tapper

Storyteller: Tamala Shelton

Publisher: Hachette Australia

Themes: empathy, kindness, big emotions, speaking up, sorry, consequences, consent, forgiveness, feelings.



This book supports Value, Love & Safe in The NEST: Ensuring children feel valued in loving and secure environments

Talk

1. Look at the cover on the screen before pressing play. Have you ever been in a situation when you've found it hard to find the right words?
2. Which ideas for 'what to say' did you think would be helpful for you?
3. How do the illustrations help show how characters in the book are feeling?
4. Discuss the term 'empathy' and how it involves showing awareness or understanding of someone's feelings. Can you find an example in the book that shows empathy? How does showing someone empathy help them?
5. Can you find examples of inclusion, cooperation, forgiveness, acceptance and problem-solving in the book?

* Raising Children Network: Talking and Listening Activity

In the story, characters find the words to say how they feel, and to help others feel heard too. Find a regular time to talk and practise the skills of conversation, questioning and listening.

Try it!

- Ask open-ended questions like 'What was something fun you did today?'
- Encourage with phrases like 'Tell me more...' or 'Really? Go on...'
- Watch their facial expressions and body language. Listening means understanding what's behind the words, not just hearing them.



Scan the QR code to view the story!

For the full activity see: raisingchildren.net.au