



Article 12

**We have the right to be listened to, and taken seriously**

*Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.*

**Children will:**

- **Come and sit in the Well-being Corner if I need a quiet space**
- **Tell an adult how I am feeling**
- **Share a book about my feelings**
- **Talk quietly with my friends**
- **Respect my friends' feelings**
- **Play with the puppets**
- **Cuddle a soft toy if I want to**

**Adults, as duty bearers will:**

- Tune in to children's feelings and describe to them what you think they may be feeling eg 'You seem to be feeling very angry....'
- Model language of emotions to teach them to recognise a range of emotions eg 'I am feeling very excited because....'
- Encourage children to express how they are feeling
- Read stories to children about different emotions
- Refer children for Well-being Intervention Group if this is appropriate
- Talk your Key Children's parents and carers about how they are feeling and if there is anything we may be able to support them with

**Parents and carers, as duty bearers, can:**

- Tune in to children's feelings and describe to them what you think they may be feeling eg 'You seem to be feeling very angry....'
- Model language of emotions to teach them to recognise a range of emotions eg 'I am feeling very excited because....'
- Encourage children to express how they are feeling
- Read stories to children about different emotions
- Talk to your child's Key person if there is something that may be making your child upset or worried
- Please talk to your child's Key Person, or any member of staff if your family requires support, and we will do our best to access support for you