

Sentence starters

Sentence starters can be useful prompts for children who are struggling to order their thinking or express the way they feel. Children and young people can use them to communicate verbally or to write down their thoughts and feelings. They can also be used to encourage students to identify actions they can take to support their wellbeing and if written down they can refer back to them in times of difficulty.

It could be helpful for this activity to be modelled by adults, with the adult completing a few of the sentences before the child completes theirs.

I feel...

I wish...

I need...

I hope...

I want...

I want to do more...

I want to do less...

I want to feel...

To feel this way I will...

If I get stuck I'll remember...