



**“Sometimes I need to speak up so people understand me.”**



**“Speaking up means using my words to share what I feel, think, or need.”**



**“It’s okay to express myself—my voice matters.”**



**“I can start by noticing my feelings inside.”**



**“If something feels uncomfortable, unfair, or confusing, I can say so.”**



**“I can use clear words like ‘I don’t like that,’ ‘I need help,’ or ‘Please stop.’”**



**“I can speak up when I need space or when something is too loud or too much.”**



**“I can speak up if someone is bothering me or doing something I don’t like.”**



**“I can speak up if I need help understanding something.”**



**“When I speak up, I should use a calm and respectful voice.”**



**“If someone doesn’t hear me, I can try again politely.”**



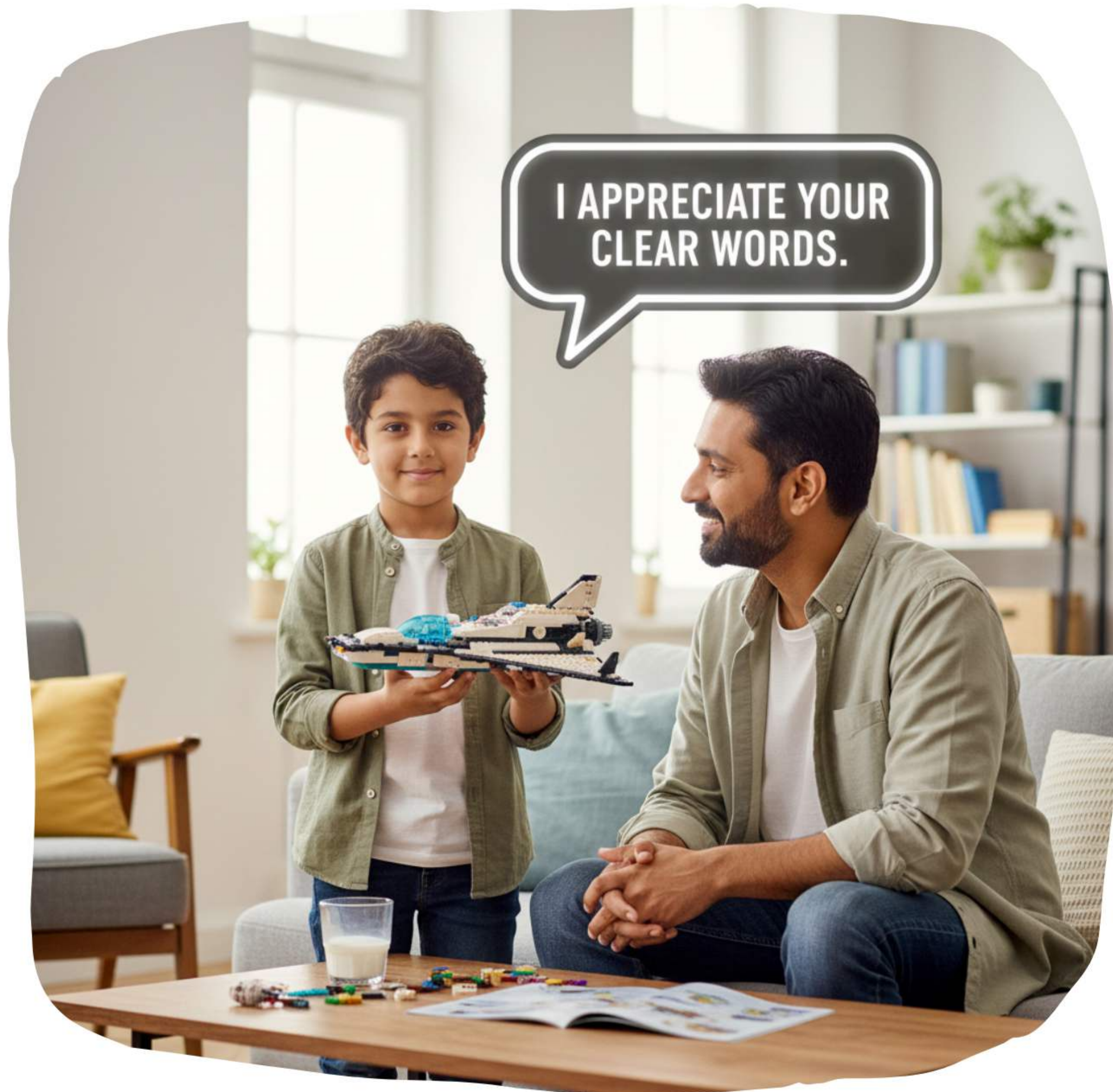
**“If the person still doesn’t listen, I can find an adult who will.”**



**“Speaking up helps keep me safe and comfortable.”**



**“It also helps others understand my boundaries.”**



**“People appreciate when I use my words clearly.”**



**“When I speak up for myself, I show confidence, courage, and self-respect.”**



# Vocabulary

- **Speak Up**

A: Use my words to express what I feel or need.  
(Correct)

B: Stay silent even when something is wrong.

- **Boundaries**

A: Limits I set to feel safe and comfortable. (Correct)

B: Rules for playing only outside.

- **Respectful**

A: Speaking kindly and calmly. (Correct)

B: Shouting loudly.

- **Uncomfortable**

A: When something doesn't feel right to me. (Correct)

B: When I feel perfect.

- **Courage**

A: Being brave enough to use my words. (Correct)

B: Being too scared to say anything.



# Spellings

A: Speek

B: Speak (Correct)

A: Hlep

B: Help (Correct)

A: Stop (Correct)

B: Stopp

A: Safe (Correct)

B: Saef

A: Voyce

B: Voice (Correct)



# Comprehension

- Why is speaking up important?  
A: It helps others understand my feelings and needs. (Correct)  
B: It makes things harder for everyone.
- What should I do if someone doesn't hear me the first time?  
A: Try again politely. (Correct)  
B: Yell loudly or walk away upset.
- What voice should I use when speaking up?  
A: A calm, respectful voice. (Correct)  
B: A rude or angry voice.
- When should I speak up?  
A: When something feels uncomfortable, unfair, or confusing. (Correct)  
B: Only when I'm completely calm.
- What can I do if someone still doesn't listen?  
A: Ask a trusted adult for help. (Correct)  
B: Give up and say nothing.



# Open-Ended Questions

- When was a time you spoke up for yourself?  
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- What words help you express your feelings clearly?  
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- Who do you feel comfortable talking to when you need help?  
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- What makes speaking up sometimes hard?

# Role-Play Activity

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- **Scenario 1**

Someone takes your toy without asking. → Practice saying, “Please give it back. I was using it.”

- **Scenario 2**

A place feels too loud. → Practice saying, “This is too loud for me. Can I move or take a break?”

- **Scenario 3**

You need help with something confusing. → Practice saying, “Can you help me understand this?”

- **Scenario 4**

You need personal space. → Practice saying, “I need some space, please.”