

TOPIC

Advocacy

LEVEL

Kindergarten

THEME

My Voice Helps Me

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Recognize that everyone has feelings
- Understand that it's okay to ask for help
- Practice using their voice to share a feeling or need
- Know that adults in their life want to help them

MATERIALS

- Slides
- Coloring supplies
- My Voice Helps Me Worksheet (one per student)

ESSENTIAL QUESTIONS

- How can I use my voice to let others know how I feel or what I need?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Did you know your voice is powerful? We can use our voice to say kind words, ask questions, and tell others how we feel. When we speak up for ourselves, it helps others understand us better."

Ask:

- "Can you think of a time that you needed help and asked for it?"
- "Who can you talk to when something feels wrong or you feel upset?"

Explain: "Self-advocacy means using your voice to say how you feel or to ask for help when you need it. Everyone needs help sometimes!"

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Teach a simple call-and-response:

- You say: "When I need help, I can say..."
- Kids say: "Can you help me, please?"

Practice using the slides:

- "Can you help me tie my shoe?"
- "Can you help me zip my coat?"
- "Can you help me if I'm feeling sad?"

Role-Play Game:

Show the student on each slide who's having a problem. Ask the class, "What can this student say if they need help?"

Let them answer or model the sentence.
"Can you help me...?"

ACTIVITY: MY VOICE HELPS ME (15 MINUTES)**Instructions:**

- Give each student a “My Voice Helps Me Worksheet” and coloring supplies.
- Ask them to draw a picture of themselves using their voice to get help or say how they feel to reinforce the importance of using their voice.

WRAP-UP (5 MINUTES)**Ask:**

- “Why is it important to use our voice?”
- “How does it help when we tell others how we feel?”

End with a group affirmation (have students repeat after the teacher):

- “I can use my voice.”
- “My voice matters.”
- “I can ask for help!”