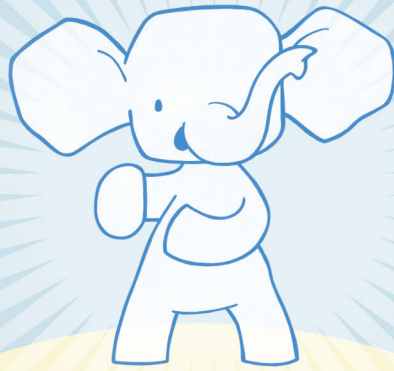


Storytime Kit\_\_\_\_\_

WALKER BOOKS

Words and Activities  
written by Rebecka Shelberg  
with Venita Dimos

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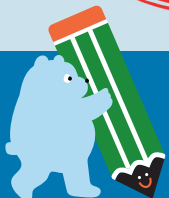
# THE TEENY-TINY VOICE

Venita DIMOS &  
Natasha CURTIN

## Exploring the Story

After reading the story, discuss with the children that everyone can have their own teeny-tiny voice inside their head, even grownups. Sometimes the teeny-tiny voice can be wonderful and encouraging, it can help us to look after ourselves. But sometimes it can be mean and naughty, making us feel small or giving us too many things to worry about.

**Discuss** with the children how, just like we need to look after our physical health by eating well, exercising and getting the right amount of sleep, we also need to look after our mental health. This can include setting some rules for the teeny-voice inside our heads.



Storytime Kit\_\_\_\_\_

\_\_\_\_\_ WALKER BOOKS





**Discuss** with the class some of the problems their teeny-tiny voices can cause for them. What other rules would they add to the list?

**Encourage** the children to find a trusted person in their life that they can talk to when the teeny-tiny voice is causing worry or stress.

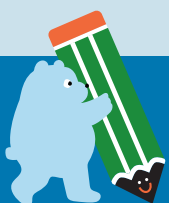
Although our teeny-tiny voices can sometimes get us into trouble or cause us to worry, they are not a bad guy or a villain.

We all need rules to follow so we can understand what is expected of us. And so do our teeny-tiny voices!

**Look** at the rules that Mini writes down for her teeny-tiny voice. The rules are made to stop some of the problems that the teeny-tiny voice is causing.

**Discuss** with the class that having a teeny-tiny voice that says rude or mean things doesn't make us rude or mean people. It is what we choose to do that is the most important thing. When Mini's teeny-tiny voice isn't listening, she tells herself 'I've got this!'.

**Discuss** with the class what things they might be able to say to themselves and each other when their teeny-tiny voices are not following the rules like they should.



# ACTIVITY SHEETS:

## 1. You Set the Rules

You are the boss of your head, so you get to set the rules. Use the template provided to write a list of rules for inside your head, just like Mini did for her teeny-tiny voice. Once you're done, stick up the rules somewhere that you (and your teeny-tiny voice) will see it everyday.

## 2. Teeny-Tiny Portrait

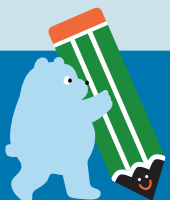
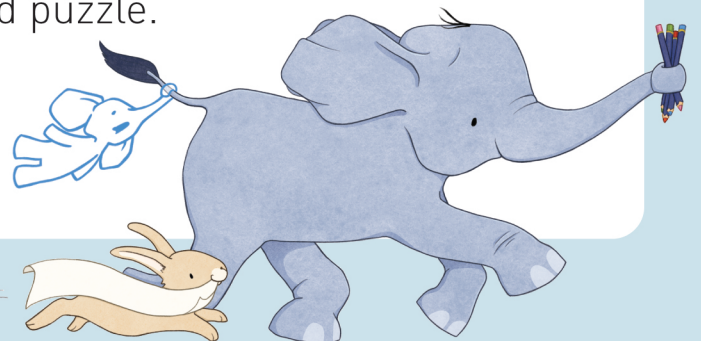
Use the template provided to draw a picture of what you imagine your teeny-tiny voice to look like. Think about who you might want to talk to when your teeny-tiny voice isn't listening to the rules and write their name down in the space provided.

## 3. I've Got This!

Mini tells herself 'I've got this!' and then her teeny-tiny voice says it too. Colour, paint or decorate the template provided and stick it up somewhere for when you need reminding that 'I've got this!'.

## 4. Mini's Find-a-word

Mini needs your help to find all the hidden words in this find-a-word puzzle.



NAME: \_\_\_\_\_

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# BIG RULES FOR TEENY-TINY VOICES

1	
2	
3	
4	
5	
6	

NAME: \_\_\_\_\_

## 2. Teeny-Tiny Portrait

Use the template provided to draw a picture of what you imagine your teeny-tiny voice to look like. Think about who you might want to talk to when your teeny-tiny voice isn't listening to the rules and write their name down in the space provided.

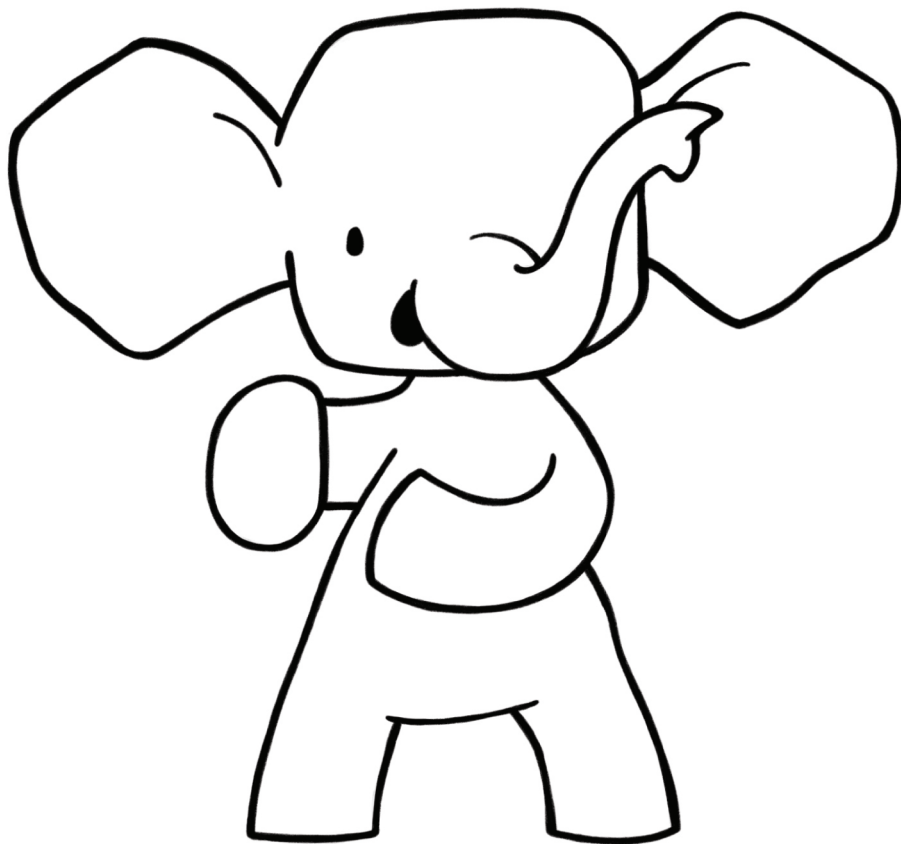
**'When I need help with my teeny-tiny voice,  
I can talk to: \_\_\_\_\_.'**

NAME: \_\_\_\_\_

### 3. I've Got This!

Mini tells herself 'I've got this!' and then her teeny-tiny voice says it too. Colour, paint or decorate the template provided and stick it up somewhere for when you need reminding that 'I've got this!'.

I'VE GOT THIS!



NAME: \_\_\_\_\_

## 4. Mini's Find-a-word

Mini needs your help to find all the hidden words in this find-a-word puzzle.

Y	D	M	E	A	N	U	X	J	P
T	T	A	R	V	X	Z	B	A	B
Q	I	E	U	J	D	O	O	P	Y
E	N	L	L	M	W	L	M	T	R
Z	Y	N	E	R	D	I	T	V	R
F	B	V	S	M	N	M	E	O	O
F	V	R	J	T	I	W	E	I	W
O	W	L	A	H	K	V	N	C	M
Y	I	X	L	V	Q	Q	Y	E	Y
M	I	N	I	W	E	I	D	L	J

Mini  
Worry

Milo  
Brave

Rules  
Teeny

Kind  
Tiny

Mean  
Voice