

# A Voice of the Child Resource: A Sentence Completion Tool for Children

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## People in My Life

### Sentence Completion

Someone I feel close to is... \_\_\_\_\_

\_\_\_\_\_

Someone I do not see enough but wish I could is... \_\_\_\_\_

\_\_\_\_\_

I feel safe when I am with... \_\_\_\_\_

\_\_\_\_\_

Someone who makes me feel upset or worried is... \_\_\_\_\_

\_\_\_\_\_

I get upset when adults... \_\_\_\_\_

\_\_\_\_\_

I wish I could talk to someone about... \_\_\_\_\_

\_\_\_\_\_

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## My Feelings

### Sentence Completion

I feel happy when... \_\_\_\_\_

\_\_\_\_\_

I feel scared or worried when... \_\_\_\_\_

\_\_\_\_\_

I get angry when... \_\_\_\_\_

\_\_\_\_\_

Something that helps me calm down is... \_\_\_\_\_

\_\_\_\_\_

I feel most like myself when... \_\_\_\_\_

\_\_\_\_\_

I do not like it when people... \_\_\_\_\_

\_\_\_\_\_

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## About My Family

### Sentence Completion

My family is really good at... \_\_\_\_\_

\_\_\_\_\_

I feel safe at home when... \_\_\_\_\_

\_\_\_\_\_

I sometimes feel worried at home when... \_\_\_\_\_

\_\_\_\_\_

A happy memory I have with my family is... \_\_\_\_\_

\_\_\_\_\_

I wish my family would... \_\_\_\_\_

\_\_\_\_\_

Something I want adults to know about my family is... \_\_\_\_\_

\_\_\_\_\_

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# My Feelings

## Sentence Completion

I feel happy when... ..

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Something that helps me calm down is... ..

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I feel most like myself when... ..

.....

I do not like it when people... ..

.....

# School and Learning

## Sentence Completion

I enjoy school most when... ..

.....

I find school hard when... ..

.....

A teacher or adult at school who helps me is... ..

.....

I feel sad at school when... ..

.....

Something I am proud of at school is... ..

.....

I wish school was more... ..

.....

# My Strengths and Talents

## Sentence Completion

One thing I am really good at is... \_\_\_\_\_

\_\_\_\_\_

A time I did something I did not think I could was... \_\_\_\_\_

\_\_\_\_\_

People say I am... \_\_\_\_\_

\_\_\_\_\_

Something I like about myself is... \_\_\_\_\_

\_\_\_\_\_

I sometimes feel not good enough when... \_\_\_\_\_

\_\_\_\_\_

I wish I could show people that I can... \_\_\_\_\_

\_\_\_\_\_

# People in My Life

## Sentence Completion

Someone I feel close to is... ..

.....

Someone I do not see enough but wish I could is... ..

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.....

I get upset when adults... ..

.....

I wish I could talk to someone about... ..

.....

# Feeling Safe

## Sentence Completion

I feel safe when... ..

.....

I feel unsafe when... ..

.....

A place I go that feels safe is... ..

.....

A time I felt scared was when... ..

.....

If I ever feel unsafe, I... ..

.....

I wish people helped me feel safer by... ..

.....



# My Wishes and Hopes

## Sentence Completion

Something I am looking forward to is... \_\_\_\_\_

\_\_\_\_\_

I hope that one day I can... \_\_\_\_\_

\_\_\_\_\_

I wish I did not have to... \_\_\_\_\_

\_\_\_\_\_

If I could change something in my life, it would be... \_\_\_\_\_

\_\_\_\_\_

I want things at home to change by... \_\_\_\_\_

\_\_\_\_\_

I would feel happier if... \_\_\_\_\_

\_\_\_\_\_

# Talking and Being Heard

## Sentence Completion

I feel listened to when... \_\_\_\_\_

\_\_\_\_\_

I find it hard to talk about things when... \_\_\_\_\_

\_\_\_\_\_

I wish adults would ask me about... \_\_\_\_\_

\_\_\_\_\_

I feel brave when I talk about... \_\_\_\_\_

\_\_\_\_\_

It is hard to tell people when I feel... \_\_\_\_\_

\_\_\_\_\_

I feel comfortable talking to... \_\_\_\_\_

\_\_\_\_\_

# Thoughts and Worries

## Sentence Completion

A thought that goes round and round in my head is... \_\_\_\_\_

\_\_\_\_\_

I worry most about... \_\_\_\_\_

\_\_\_\_\_

Something that helps when I am overthinking is... \_\_\_\_\_

\_\_\_\_\_

I sometimes think that people... \_\_\_\_\_

\_\_\_\_\_

I feel better when I remind myself that... \_\_\_\_\_

\_\_\_\_\_

I wish I did not have to worry about... \_\_\_\_\_

\_\_\_\_\_

# My Daily Life

## Sentence Completion

My mornings usually feel... ..

.....

At night, I feel... ..

.....

My favourite part of the day is... ..

.....

A part of my day I do not like is... ..

.....

I sometimes find it hard to sleep when... ..

.....

I wish I could do more of... ..

.....

# Things I Find Hard or Need Help With

## Sentence Completion

My mornings usually feel... ..

.....

At night, I feel... ..

.....

My favourite part of the day is... ..

.....

A part of my day I do not like is... ..

.....

I sometimes find it hard to sleep when... ..

.....

I wish I could do more of... ..

.....

# Rules and Boundaries

## Sentence Completion

I get told off when I... ..

.....

I try really hard when... ..

.....

I get upset when adults tell me to... ..

.....

Two rules in our house are... ..

.....

A rule at home I find hard to follow is... ..

.....

A rule I would make if I was in charge is... ..

.....

# About This Resource

## A Voice of the Child Resource: A Sentence Completion Tool for Children

This sentence completion tool is designed to help professionals capture the voice of the child in a clear, gentle and structured way. It supports social workers, foster carers, teachers and other professionals doing direct work with children during child assessments, looked after child reviews, or emotional wellbeing sessions.

By using simple sentence starters for children, this child-friendly resource encourages them to share their thoughts, feelings, wishes and experiences. The prompts help children talk about their family life, friendships, school, daily routine, worries, hopes and support needs.

This child voice tool is ideal for use in fostering, adoption, early help, and trauma-informed practice. It promotes emotional literacy, strengthens relationships between children and trusted adults, and helps professionals better understand what matters most to the child.

It can be used as a one-to-one social work resource, an informal emotional check-in worksheet, or as part of ongoing support work. Whether exploring safeguarding concerns, identifying strengths, or planning next steps, this voice of the child worksheet helps ensure kids feel heard, understood and supported.