**Fact or Opinion**

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**Note: -**

It can be confusing for a child/young person to distinguish between a fact and an opinion to help them understand; complete this activity by stating simple but obvious facts.

**Guidance: -**

1. Cut out and stick or draw the clouds on the wallpaper.
2. Write a fact in each cloud keeping it very simple like the colour of my eyes are… I am…
3. Then write an opinion like - your eyes are…
4. Once the child/young person has an understanding about the difference between fact and opinion repeat the exercise talking about the difficulty that has led you to using this activity for example: - bullying, anxiousness, thoughts etc.

**Resources:**

* Wallpaper
* A variety of pens
* Portable printer
* Life Story book
* **End with a game to reconnect**
* **Write the important comments the child/young person says on the wallpaper.**
* **Take photos, print them and stick them into the child/young persons folder.**
* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**

**Fact:**

**Opinions:**

**Fact:**

**Opinion:**

**Fact:**

**Opinion:**