

Lockdown RSHE Lessons – Children’s Mental Health Week & Inside Out Day – KS1 & 2

Children’s **Mental Health Week 2021** takes place from **1st–7th February**. The theme this year is **Express Yourself** which fits in really well with...

Inside Out Day which takes place on **Wednesday 3rd February**. The focus of the day is kindness and a reminder that you never know how someone is feeling on the inside.

Below are some activity ideas for home learning that may help encourage pupils to recognise and express their feelings and remember to be kind.

For each resource, either double click on the embedded pdf to open, or download using the link. (Presentations have been sent separately due to size.)

Books that Help Children stay Safe, Calm, Connected and Hopeful



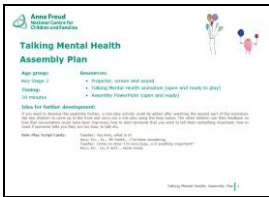
A list of books from The Reading Agency. Most of the titles are available as free downloads or video story-times. The Reading Well collection books mentioned at the end are available from Slough Libraries. The following books included in the list can be used to support the development of resilience and coping with change:

Everybody Worries –Jon Burgerman

Questions and Feelings about Worries – Paul Christelis

https://reading-well.org.uk/resources/4716?goal=0_ef82b5d6fa-ef12b48db8-82313641&mc_cid=ef12b48db8&mc_eid=a0372b6df8

Talking Mental Health



Talking Mental Health presentation.pdf

An assembly presentation and plan produced by the Anna Freud Centre (Mentally Healthy Schools) that could also be delivered as a remote lesson.

https://www.mentallyhealthyschools.org.uk/resources?gclid=EA1aIQobChMIkKSdLIiW7gIVy4FQBh3yTgtcEAAYASAAEgJcpvD_BwE

We All have Mental Health



We All Have Mental Health presentation.p

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Understanding Our Emotions



KS1 Understanding Our Emotions present



KS2 Understanding Our Emotions present

Power point presentations, lesson plans and materials for KS1 and KS2 produced by Young Minds in partnership with Beano. The presentations are fully editable so instructions can be amended to suit remote learning. Follow the link below to download lesson plans and materials.

<https://schools.beano.com/lesson-plans/understanding-our-emotions-2/>