

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

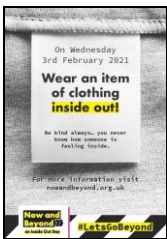
Children’s **Mental Health Week 2021** takes place from **1st–7th February**. The theme this year is **Express Yourself** which fits in really well with...

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.)

Inside Out Day



Inside Out Day presentation.pdf

An assembly presentation, that could also be used for remote teaching, plus information about Inside Out Day and its significance.

https://nowandbeyond.org.uk/?utm_source=sendinblue&utm_campaign=Lou+November+Schools+Email&utm_medium=email

Partnership for Children

A selection of activities based on the Partnership for Children Skills for Life programme to help children find healthy ways to deal with their feelings and reactions to the Covid-19 situation. The following activities are relevant to recognising and expressing feelings. <https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

Our feelings Diary:



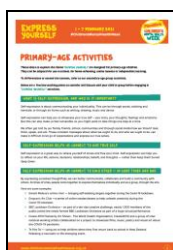
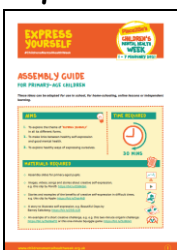
Feelings Chart:



Worry Jar:



Express Yourself



Express Yourself presentation.pdf

An assembly presentation and plan for produced by Place 2 Be that could also be delivered as a remote lesson.

<https://www.time-to-change.org.uk/time-talk-day/activity-packs#toc-2>

Feelings Activities



An activity pack from the Anna Freud Centre (Mentally Healthy Schools)

https://www.mentallyhealthyschools.org.uk/resources?gclid=EAlaIqobChMIkKSdLIW7gIvY4FQBh3yTgtcEAYASAAEgJcpvD_BwE