

Primary school assembly slides

February 2021



Let's play Emotion Boogie!

- [I Love To Boogie \(Marc Bolan T.Rex\) - Bing video](#)
- We are now going to boogie to show different emotions. Everybody find a space behind your device and boogie... *happy!* Play the song and practice dancing showing the different emotions.
- *Now boogie... sad!*
- *Now boogie... excited!*
- *Now boogie... scared!*



How has our body language changed each time? How do you feel? In our Emotion Boogie we could see what everybody's feeling was. Sometimes we can't see what somebody is feeling and their feeling is on the inside. Sometimes how someone feels on the inside can be very different to how it looks on the outside.

What is mental health?

Mental health is just like our physical health. Sometimes you feel good, but sometimes you don't feel so good.

Our mental health affects how we think, feel and behave.





Some of the things we might feel when our mental health is good...

- we are confident with new people or places
- we feel happy
- we feel good about ourselves



Some of the things we might feel when our mental health is not good....

- we often feel sad or in a bad mood
- we worry a lot
- we often don't want to see our friends or do anything
- our sleeping and eating might change

**We all feel like this some of the time,
but when these feelings are there all the time,
then we need to ask for help.**

What affect has Covid19 had on mental health?

**worry about
family and
spreading
Covid19 to
grandparents**

**worry about not
being able to
attend school**

**miss seeing
friends and
family**

**miss doing
fun things
like playing sports
or going to clubs**

Inside Out Day
wear an item of
clothing
inside out

makes us all
stop and think



you never
know how
someone is
feeling inside



STOP AND THINK ...



wear an
item of
clothing
inside out



be kind
always



you never
know how
someone is
feeling inside



don't be afraid
to talk to
someone who
you feel
comfortable
talking to

Be kind &
think of
others



I'm thinking about
the fight I had with
my brother this
morning

Why wasn't I
invited to the
birthday party?



I am so upset that
my teacher
shouted today

Kindness

When we are kind, we notice other people. We think about how they feel. We include them in our groups. We look for ways to help people and make things better.

When one person does something kind, it reminds the next person to be kind. Kindness can bounce from one person to another.



Gratitude

Showing gratitude and thankfulness for the small things makes us feel happier and more hopeful.

Try taking time out for one minute each day to think about some of the things that you are thankful for, like our family, our friends, the sunshine



Resilience

Resilience is about finding ways to bounce back from difficult times. Life has its ups and downs, we cannot avoid them, but we can find ways to help the way that we react.

Playing football with your friends may help make you feel less sad. Talking to a friend or teacher may make you feel less worried.



**Be kind
always**



**You are
not alone**

Final Reminders



**Ask for
help and
talk about
your
feelings**



Mental health issues
can affect any one of
us, so always be kind
and think of others.

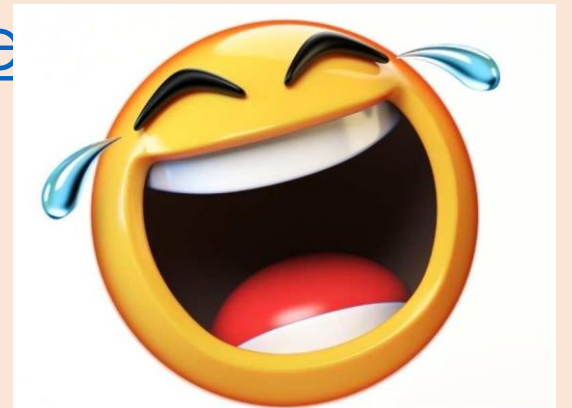


**If you are worried
about anything,
remember to speak
to your teacher or
an adult that you
trust.**



Laughter Yoga!

- Let's end today's Zoom with some laughter, because how good does it to feel to laugh?!
- <https://www.youtube.com/watch?>
- <https://www.youtube.com/watch?v=uVlvPa43V7Q&feature=youtu.be>
[v=zDdnfzpC2s4&feature=youtu.be](https://www.youtube.com/watch?v=zDdnfzpC2s4&feature=youtu.be)



AFTER ZOOM

- Today you are wearing something inside out. This reminds us that we can't always see what someone feels on the inside so we must always be kind.
- Your task is to complete the 'Inside Out t-shirt worksheet' on the webpage. Or you can draw the t-shirt into your home learning books.
- You need to draw feelings. You can choose as many different feelings as you want. You can present this in anyway that you would like.

My Feelings T-Shirt

