




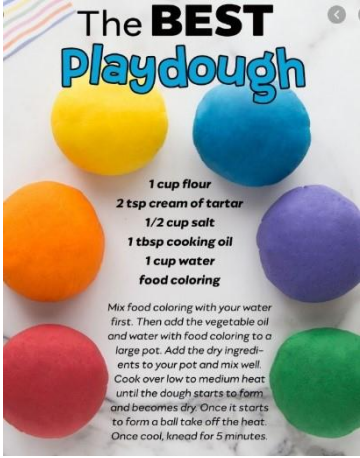
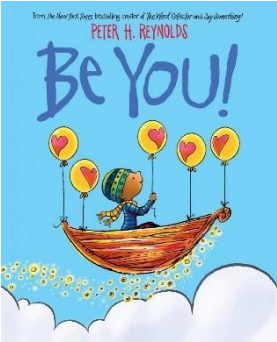


09:00 - 10:00	10:00 – 10:30	10:30- 11:00	11:00 - 12:00	12:00 – 13:00	13:00-14:00	14:00 - 15:00
PSHE ASSEMBLY	GIVE	CONNECT - CLASS ZOOM	BE ACTIVE	KEEP LEARNING	SHARING	TAKE NOTICE
<p>Assembly</p> <p>An introduction to our mental health awareness day under the theme Express Yourself. We are going to spend the day working on 5 pillars for positive mental health:</p> <p>Give Keep Learning Be Active Take Notice Connect</p> <p>You can change the time of all of these to suit your family. Connect will have to remain at the same time for your year group.</p> <p>2 Anning Assembly 2 Seacole Assembly</p> 	<p>Give</p> <p>Take time to do something for your family, a friend or your community.</p> <p>Is there something helpful you could do around the house?</p> <p>Could you write a note/ make a card for a friend/ family member?</p>  <p>Check out these ideas!</p> <p>Could you go on a walk and do a litter pick to improve your local area (with an adult!).</p> <p>Maybe you could bake a cake for your whole family to enjoy?</p> <p>Try out this easy tray bake here.</p>  <p>Let us know how it goes!</p> <p>Express yourself: Which plays to your strengths?</p>	<p>Connect on ZOOM</p> <p>Join in and see your class teacher via a virtual ZOOM connect. Your teacher will be discussing with you how YOU choose to <i>Express Yourself</i>.</p> <p>Don't forget to bring your very best behaviour!</p> <p>Note: All cameras will be on, all microphones will be on MUTE.</p>	<p>Be active</p> <p>Go for a walk, jog, run, or take part in one of Miss Morris' videos!</p> <p>Perhaps you could build an obstacle course in your room? Or complete an exercise for every letter in the alphabet.</p> <p>Check this out.</p> <p>Express yourself: Which type of exercise do you most enjoy?</p> 	<p>Origami</p> <p>Can you learn a new skill today? Origami is a Japanese paper folding technique. You can learn to make all sorts of different shapes and animals and it's super fun!</p> <p>Try out this hummingbird.</p>  <p>Let us know how it goes and send a photo of what animals or shapes you can make out of coloured paper.</p> <p>Express yourself: Which style of learning suits you best?</p>	<p>Make and Share</p> <p>It's always fun to try something new. Try making this at home. You could then share this with a friend or your brother/ sister. What could you make with this playdough?</p>  <p>Try out this great playdough recipe here.</p>	<p>Reflection</p> <p>Pause and observe what is going on around you. Take a break and reflect on what you are feeling.</p> <p>Meditate with Cosmic Kids.</p> <p>Think about what makes you feel happy and confident. Draw a picture of how YOU like to best express yourself.</p> <p>Express yourself: How else can you capture this moment?</p> <p>Story Time</p> 

Please photograph yourself doing these activities and let us know how you felt and what you enjoyed.