Wellbeing and Me: Children's Mental Health Week 2023

Key Stage 1: 30-minute Session

Aims:

- To introduce the children to the character of Sebby Star (used in the Heads Up Kids Key Stage 1 programme - current users can use the MyMoodStars.)
- To help children think about how we connect to each other.
- To explore what connecting means, how connecting makes us feel and why connecting is good for us.

Content:

- Story
- Video on connecting: https://youtu.be/VapOOe9iXyE
- Class discussion
- Worksheet activity
- Wall display

Learning themes:

Supporting the class to think about…



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Sebby Star Story - Read by Teacher 3 min

I want to tell you a story about a little Star called Sebby. You might have met him before… Sebby is a Star, who, one day fell out of the sky and found himself in the playground at Hilltop Primary School. A playground just like ours. Scared and alone, he hid under the bench until some children - children just like you - found him and brought him into the classroom.

The children and Sebby got to know each other and soon became good friends. Together, Sebby and the children learned all about how to get on well together. Even though Sebby was a star, and different, and not even a pupil at Hilltop Primary School, he began to feel part of the class very quickly.

One day, Sebby tried to tell their teacher - Mrs Kaye - what it felt like.

"Whenever I smile at someone and they smile back, or I learn something new about someone, it feels like an invisible link between us, I feel joined up and when I feel joined up to someone I get a glowy feeling inside… it's hard to explain in words but I know what it feels like!"

"That's very interesting Sebby," said Mrs Kaye thoughtfully, "I think you are talking about feeling connected. Connecting with others is really important. You've given me a great idea. I think we should all spend some time thinking about what connecting looks like, what connecting feels like and why connecting is good for us. Let's watch a video together!"

VIDEO Script (video to be played on whiteboard) 3 min
https://youtu.be/VapOOe9iXyE

What do we mean when we talk about ***connecting?***

Connecting can look like*: Smiling at someone, holding someone's hand, sharing, helping somebody, playing together, being a team, sharing an interest…*

When we connect it ***feels like*** *something lights up inside of us, we feel more comfortable, understood, included, noticed, we feel like we belong, (happy, bright).*

Connecting is good for us*. When we connect we look out for each other, we are kind to each other, we offer support to each other and help each other.*

Just like eating fruit and vegetables helps to keep our bodies healthy. Connecting with other people is good for our mental health - because it makes us feel good. It gives us that bright feeling inside. Even when things happen that are difficult and make us feel sad, connecting can help us feel better.

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There are many different places we connect, at home, in the classroom, in the playground, at out of school activities, in our communities, even when we are out and about in the park or at the shops. We can help ourselves and others feel good by reaching out and connecting.

Return to the Story 2 mins

Mrs Kay asked the children if they had any examples of connecting and lots of hands shot up.
"I remember when we found Sebby in the playground and we asked him if he was okay," said Grace.
"I remember feeling welcomed when you all smiled at me, even though I was different from you all," said Sebby
"I remember you all explaining to Sebby about our class and what we do and how you all played together at lunchtime. I was so proud of how you all connected," said Mrs Kay.
"Connecting made Sebby feel good and made you all feel good too"

Sebby, Mrs Kaye and the children decided to show the whole school the many different ways we can connect. They wanted to remind everybody to reach out and be kind.

How do we connect? Teacher Introduction 5 min
It's important to remember that connecting is different for all of us. Some people feel very confident to say hello, smile or start chatting to someone new. Other people can feel shy and find that really hard. Maybe you are someone who can get to know lots of people very quickly, or perhaps you are someone that needs a bit more time. Some people find it easier to connect if they share an interest with someone or like doing the same things.
Sometimes we all need a reminder of the many different things that we can do to connect and sometimes we need to practise them!

If there is time you may wish to invite children to share their thoughts about this.

Activity Worksheet 5 min
The teacher hands out the **How can we connect activity** sheet to each child and explains that we are going to write or draw our own ideas of how we can connect.

The children will then colour them in and cut out the shooting star image. The teacher suggests that, just like in the story, they can take their ideas and put them all around the school. Their stars could go on the front door of the classroom, or the walls in the corridor, in the lunch hall, in the playground… The teacher and children can then put these all up.

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Differentiation

Children who are not able to write and draw their ideas may wish to choose some colours to show how they feel when someone is kind to them or when they enjoy doing something with someone else.

Message of the day

We can help ourselves and others feel good by reaching out and connecting.

Resources

- **How can we connect?** activity worksheet
- Interactive whiteboard/projector to play video (youtube)
- Coloured pens/pencils
- Scissors
- Blu Tac

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How can we connect?

Connecting is good for our mental health!

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