

Slide	Summary
	NB: A more detailed 'script' is in the notes part of the PPT if preferred
Slide 1	Remind children these assemblies focus on mental health and wellbeing and that we need to keep on working on this.
Slide 2	Share hand breathing activity: Trace around fingers, starting at the base of the thumb. Breathe in as you run finger up the thumb then exhale as you trace down the thumb. Repeat as many times as needed. 
Slide 3	- Recap 5 ways to wellbeing. - Remind children last time we looked at 'Connect' - Were they able to do something that made a new connection / noticed some of the connections they already make?
Slide 4	- Ask – Take a moment for children to think about what 'giving' means to them. - Explain: We're going to look at different ways to give and why it's such a great thing to do.
Slide 5	- First of all – You can give your time - Share ideas of how to do this e.g Litter picking; Inviting others to play etc. - Giving time also includes offering your attention, listening to others, and expressing gratitude.
Slide 6	We can give our help or skills e.g. Lend your voice - singing for a local nursing home or with the school choir outside the school gates or do some chores without being asked. If you are good at growing things maybe you can volunteer to help water the plants in school – etc
Slide 7	Giving physical things: Of course, when we think of giving - we often think of physical things but these don't have to cost money. You could: Create a gift e.g. art/ writing a joke; give unwanted clothes or toys to charity; make someone a drink or offer someone a crisp rather than having the whole bag.

Slide 8	Giving is good for you too: • When we 'give' time, skills or an actual physical thing to another person – it's proven to help us too! • Our brain releases "feel-good" hormones which reduce stress and anxiety while boosting happiness and self-esteem.
Slide 9	Giving to your self is another good idea to boost your wellbeing. • November 17th - 23rd is self care week and a good reminder to also be kind to our selves through our thoughts and actions. • You could look after yourself by treating yourself like you would a good friend. • Boost your wellbeing using affirmations such as 'I am kind' or "I matter".
Slide 10	• ASK: What will you do to work towards the theme of 'giving' this half term? • Let children know, there are two additional resources with ideas and activities which promote kindness/ giving to others and to yourself.
Additional Ideas	• Launch a 'Random Acts of Kindness' week where children pick a name of someone in the class and they do something 'extra' for them that week e.g. pop a note in their tray • Set up reading buddies and give time to each other to hear about a book they are enjoying and why. • Set up a litter picking event one afternoon, break or lunch time • Bring in baked goods and give the money raised to charity.
Takeaway	• Invite children to share 'Give' ideas in different areas of their lives e.g. at school, home, community. • Offer the "Give' Homework Challenge see links below or attached in email

Links:



- The slides (as PDF) can be found [HERE](#)
NB: The Power Point and notes are attached in the email sent.
- A recording of this assembly can be found [HERE](#)
- A poster around the theme 'Give' can be found [HERE](#)
- The follow up tasks are [HERE](#) and [HERE](#)



Email phoenix@compass-uk.org or call the office on 01904 661916 to discuss how we can support you and your school.