



Slide	<h2>Summary</h2> <p>NB: A more detailed 'script' is in the notes part of the PPT if preferred</p>
Slide 1	<ul style="list-style-type: none"> <li>Remind children these assemblies focus on mental health and wellbeing and that we need to keep on working on this like we do for any other areas of our health.</li> </ul>
Slide 2 and Slide 3	<ul style="list-style-type: none"> <li>Recap previous breathing techniques then share 'Hot Chocolate' breathing activity: Imagine you have a cup of hot choc - smell the drink by breathing in through your nose. Then slowly cool it down by breathing out through your mouth</li> </ul> <p>Repeat as many times as needed.</p> 
Slide 4	<ul style="list-style-type: none"> <li>Recap 5 ways to wellbeing.</li> <li>Remind children last time we looked at 'Give'</li> <li>Were they able to give any time or energy to people they care about since the last assembly?</li> </ul>
Slide 5	<ul style="list-style-type: none"> <li>Ask – Take a moment for children to think about what 'Learning' means to them and how it might be good for their mental health?</li> </ul>
Slide 6	<ul style="list-style-type: none"> <li>Lots of us feel learning is a real pain but each time we learn it improves our brain health.</li> <li>Learning creates new pathways in the brain called 'Neural Connections' which strengthen the brain's ability to cope with aging – like using a muscle and getting stronger.</li> <li>Learning - if it's pitched at the right level - can also reduce stress as it distract us from things that are bothering us and can provide purpose and motivation.</li> </ul>
Slide 7	<ul style="list-style-type: none"> <li>Whatever the group you learn with looks like - be it a classroom or club - the act of learning with others or alongside others in the same class or group is beneficial.</li> <li>It helps us to connect with others which helps us to boost wellbeing and avoid loneliness. These social connections are important for our wellbeing and link back to the assembly we first did on 'connect at the start of the year.'</li> </ul>
Slide 8	<ul style="list-style-type: none"> <li>Learning can boost our self esteem and confidence – we can feel a sense of accomplishment when we achieve our goals or learn something new which increases our self worth. This is linked to feeling proud of ourselves.</li> <li>Learning also enhances our mood as when we learn, our brains release dopamine which is a feel good chemical which boosts our motivation.</li> </ul>

Slide 9	<p>Learning doesn't just have to be at school – it can be:</p> <ul style="list-style-type: none"> <li>• A new skill in a sport you already do</li> <li>• A new recipe of something you haven't made before</li> <li>• A new dance routine or song lyric you are practising your self</li> <li>• It could be learning about a subject you are interested in like a different culture or an animal you'd like to know more about.</li> </ul>
Slides 10 - 12	<p>We all learn in different ways.</p> <p>Share the 'Multiple Intelligences' resource on the next slides. Start with the orange segment labeled "word." Some of us find reading and writing easy, but others may struggle, making school difficult since so much involves these skills.</p> <p>You might learn better in another way, like:</p> <ul style="list-style-type: none"> <li>• People Smart: You connect easily with others and work well in teams.</li> <li>• Self Smart: You're great at understanding your own feelings.</li> <li>• Music Smart: You play an instrument or love singing along to songs.</li> <li>• Nature Smart: You know how to care for plants or animals.</li> <li>• Picture Smart: You're creative and have a good eye for details.</li> <li>• Math Smart: You excel at problem-solving and logical thinking.</li> </ul> <p>Everyone has a different strength—which would you say is yours?</p>
Additional Ideas	<ul style="list-style-type: none"> <li>• Invite children to identify which 'smart' they are and think of ways they can bring thier 'smart' into their lives e.g. if they are 'music smart' maybe they can learn their x tables to music or If they are 'picture smart' - maybe they can create a poster rather than write a report for their next piece of work.</li> <li>• Would they add any other 'smarts' to the circle - e.g. computer smart?</li> </ul>
takeaway	<ul style="list-style-type: none"> <li>• Recap the different ways learning is good for our mental health (use slide 14 or poster to suport with this)</li> <li>• Offer the "Multiple Intelligence" resource to refer back to or share with people at home.</li> </ul>

### 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 'Learn' can be found [HERE](#)
- The follow up task is [HERE](#)



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