

RSE DAY

Celebrating relationships & sex education

Relationships and Sex Education (RSE) Day

Let's Launch Into Kindness

RSE DAY
29 June
2023

Ideas to make the most of RSE Day

RSE Day on 29 June 2023 is a day to celebrate Relationships, Sex and Health Education that promotes the wellbeing of, and safeguards, children and young people. The theme this year is 'Let's Launch into Kindness' which was suggested by children at Ackworth School Coram House.

Parents and carers have an important role to play in teaching children and young people about healthy relationships and positive sexual health. RSE Day highlights that RSE is the responsibility of all and is an opportunity for families and schools to work in partnership.

Here are some ideas from the children at Ackworth School Coram House for how families can join in. Let us know how you celebrate via our socials using [#RSEday](#). Choose activities you feel are appropriate for the age and maturity of your child/ren. Your child/ren's school may also be running activities that you can join in with.

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1. **Be kind to the environment:** plant a wild flower garden; make bird feeders together; create a mini pond; go on a litter pick; explore what nature is on your doorstep.
2. **Be kind to animals:** leave food out for the birds; make an insect hotel; make nesting boxes; weed your neighbour's garden.
3. **Be kind to the planet:** walk rather than taking the car; try eating vegan for a day or more; turn the tap off when brushing your teeth; shorten your shower.
4. **Be kind to your body:** put on your favourite music and dance around the house; cook a nutritious meal together; go to bed early.
5. **Be kind to your mind:** create a feelings collage; practice some meditation; read a book together; listen to music.
6. **Have a kindness day** where all the family take it in turns to do something nice for someone else, this could be making their favourite treat, doing the washing up or something else a family member will appreciate.
7. **Make paper aeroplanes with messages of kindness.** Fly them to your friends or neighbours.
8. **Make a family appreciation box.** Decorate a box and fill it with notes about what you appreciate about each other. Take the box out every so often to look through the notes and remember how you feel about one another.
9. **Read a book about kindness with your child/ren.** Talk about how important kindness is and how we can show it to others. The Book Trust has some book lists about kindness [here](#).
10. **As a family, decorate stones with kind words.** Leave these around your neighbourhood for people to find. Talk with your child/ren about how it feels when someone is kind to us. Ask them to imagine the impact they have had on the people who find their stones.

