

# RSE DAY

Celebrating relationships & sex education

## Relationships and Sex Education (RSE) Day Let's Launch Into Kindness

RSE DAY  
29 June  
2023

### Secondary age children Ideas to make the most of RSE Day

This list of ideas is designed to inspire you to join in with RSE Day on 29th June 2023. RSE Day is a time to celebrate excellent Relationships, Sex and Health Education that promotes the wellbeing of, and safeguards, children and young people. Good quality RSHE needs to happen all year round, with a planned curriculum, in line with the DfE statutory framework, but 29th June is an opportunity to celebrate, raise awareness and share what you are doing with others. Find out more about RSE Day on our [website](#).

This year the theme for RSE Day is 'Let's Launch into Kindness' which was suggested by pupils at Ackworth School Coram House. You will find ideas to support this theme in the list below, along with links to additional materials. During the day we will be giving shout-outs to schools taking part via our Instagram, Facebook and Twitter, if you would like your school and activity to be mentioned complete the form [here](#).

Effective RSE is the responsibility of parents and schools, it is good practice to engage parents/carers in your plans for RSE Day and encourage involvement. If you are covering any elements of sex education on the day you should follow your usual policy and procedures regarding requests for withdrawal.

Remember to let us know what you are doing via our socials using [#RSEday](#) so we can find you! You can also share using our [Padlet](#).

 [@RSEday23](#)

 [@RSE\\_day](#)

 [@RSE\\_day](#)



Scan me to get to Padlet

[#RSEday](#)

1. Carry out a countdown to RSE Day using the [Countdown to Kindness Launch](#). Starting in the week prior to RSE Day in tutor time set the scene with a simple class challenge or activity each day for 5 days. Each activity introduces a key idea or concept linked to this year's theme, counting down to the day itself.
2. Use the [RSE Day assembly](#) to launch your celebrations! The assembly is focused on the RSE Day theme 'Let's Launch into Kindness' and sets a challenge for your students for the day ahead.
3. Ask students to choose a book they like where someone is 'kind'. In pairs, students talk about how kindness is shown and discuss the characters' feelings before and after. Share other examples of books featuring kindness, there are some from the Book Trust [here](#).
4. Celebrate the RSE Day theme with music about friendship and kindness with [Nottingham Music Hub's playlist](#). Use the playlist as a background to your RSE Day activities or within tutor time to encourage students to think about messages received from music about relationships. Ask students to share experiences where others have been kind to them or they have been kind to someone else.
5. Take a set of [Kindness in Relationships Cards](#) and in pairs or small groups ask students to turn over the cards one at a time and discuss. Ask them to select the ones they think are most kind. Are there any they would disagree with? Do they have any other suggestions? Join with other groups to share and explain their choices. Ask which ones would be easy to do and which would be harder? Are there times when is it harder to be kind? Why?
6. Ask students to discuss the [Kindness Quotes](#) in pairs or small groups. Which is their favourite and why? What do the students want to say about kindness? Ask each group to come up with their own kindness quote. Share and display their responses.

7. **Challenge students to complete a Gratitude card during the day.** Explain that keeping a gratitude journal is one of the best ways to show yourself some kindness. Writing three things you are grateful for each day can really help to improve your well-being, make you happier, and encourage you to make positive changes. Ask for feedback during tutor time the following day.
8. **Pose the question, "What does being kind mean to you?"** Share some ideas, for example, 'someone remembering my name' or 'sharing my chocolate with a friend'. Gather the views of students across school using post-its, a graffiti wall or a virtual tool like Padlet or Jamboard. Share the results with students during assembly or form time. Ask, what does this tell us about kindness?
9. Challenge the students to plan and create a short video to promote kindness that can be shared around school or for local primary schools. Share the videos on your social media or via the RSE Day **Padlet**.
10. **Ask students to create social media posts about kindness to be shared on the school's channels.** Ask each class to select their favourite from those created. Gather all the posts together and share on social media and your website over the course of a month, a term or a year.
11. **Share the Relationship Dilemma cards with pairs or small groups.** Ask students to discuss each scenario in turn. What could be changed to create a kinder outcome? Lead a whole class discussion about the scenarios highlighting the importance of acting responsibly and considering others' feelings.
12. **Invite students to create a 'Welcome to Our School' booklet, video or podcast for Year 6 students in readiness for Year 7.** Start by discussing how it felt when they first came to this school and what would have made the transition from their previous school easier? Plan and produce something that will be of help to future new starters.
13. **Give each student a Jug worksheet.** Ask students what they think the saying "You cannot fill from an empty vessel" means. Explain that we need to look after and be kind to ourselves in order to give and be kind to others. This means looking after our own physical, mental and emotional needs, such as relaxing in a bath, stroking a pet or watching a film. Individually, or in small groups, ask students to 'fill' their jugs with things that make them feel good. Challenge the students to do at least one of these each day.
14. **Show the students some examples of art that shows kindness.** How is it portrayed? Encourage them to share and discuss what they find. For a bigger project, they could create their own piece of visual art, image or sculpture to show what they think kindness looks like.
15. **Give each student a copy of Hodder Education's Explore PSHE appreciation card worksheet.** Encourage students to think about a person whose contribution to their life they really value and would like to thank, for example, a friend, teacher or family member. Ask each student to write an appreciation card for this person using the template. Once completed they can present their card to their person. Discuss how it feels to give and receive appreciation.
16. **Create a Challenge Nottingham Kindness Quilt** using paper or fabric to share student's ideas about kindness. This could be completed in one class or across the whole school. Display in school to remind students of how we can be kind to others.
17. **Plan a 'Kindness Event'.** Lead a discussion about what a kindness event might include. What would it look like? How long would it be? Who would it be for? Consider the 9 protected characteristics of the Equality Act, how could students ensure everyone feels involved? When would be the best time of day and how long would it last? Ask students in groups to create a plan.
18. Give small groups a large sheet of paper. Give them 3 minutes to write down all the kind things they could do in a relationship. These could be one off acts like giving a present or qualities, such as being considerate. Once time is up, give them 8 minutes to decide on their top three and then to underline their top one. Invite each group to share their top answer and give reasons for their choice. Lead a discussion on similarities and differences amongst groups. **Challenge students to carry out their act of kindness over the course of the day.**
19. **Run the great RSE Day quiz in tutor time** or assembly. Use the discussion points to further learning.
20. **Celebrate kind acts in school.** Ask for nominations from students and staff for people who have been kind. Present certificates in a special assembly.

**Click the logos to get more resources and information**

