

RSE Day livestream 2021

This year's RSE Day livestream is delivered in partnership with Nottingham City Council, Challenge Nottingham and [Discovery Education Health and Relationships](#)

Times are approximate and subject to change. You can view the livestream in the following places: [Nottingham City Council YouTube](#) www.challengenottingham.co.uk www.rseday.com

[Get a shout-out on our livestream](#)

Don't forget to share your activities and creations on social media using the hashtag #RSEday and [email them to us](#) to share on the livestream



Time	Content	Delivered by	Age	Challenges/suggested activities and equipment needed
9.00	Welcome to RSE Day – a welcome from the people of Nottingham			
9.03	Introduction from the RSE Day Livestream Host – Jon Rea			
9.10	The Great RSE Day Assembly – join Discovery Education as they open RSE Day with their Health and Relationship programme's virtual friendship tree assembly demonstrating the power of showing kindness and being a good friend. Help grow the tree by asking pupils to write down acts of kindness on leaves and share them with friends.	Discovery Education Health and Relationships	All	Task: Friendship tree - Join us in creating a nationwide friendship tree! Help grow the tree by asking pupils to write down acts of kindness on leaves and share them with friends. Details on how to submit your ideas to follow. Primary School offer: Access all the materials used within this activity with free access to Discovery Education's Health and Relationships programme for years 1 to 6 www.discoveryeducation.co.uk/rseday
9.25	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
9.30	Family picnic art workshop - This workshop focuses on the importance of families through the drawing and colouring of a picnic blanket. Katie takes us through the process of planning and	Katie Sandoval – Artist and Teacher	KS2/KS3	Task: Draw your own family picnic blanket

	creating our artwork whilst encouraging thinking about families and how they support us. (Families and people who care for me)			Materials - Printed resource sheets ; Pencil and rubber; Colouring pencils; Fine line (black) pen; A4 white printer paper; (optional extras) Watercolour painting equipment – eg. Watercolour paints, thin brush, water-pot and water, tissue paper
9.50	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
9.55	School live-link – find out what is happening in schools around the country as we join them live!	King Edward VI School, Lichfield	Secondary	
10.05	RSE Day ‘Faces’ poem – the premiere of our RSE Day poem written specially for the day by Nottingham performance poet Manjit Sahota.	Manjit Sahota – Nottingham performance poet.	All	Task: Write an RSE Day Faces poem Materials: pencils/pens and paper.
10.07	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
10.10	Healthy relationships mood board – Join Jacob as he leads us through the creation of a mood board exploring healthy and unhealthy relationships. (Being safe)	Jacob Denness – Artist and campaigner	KS2/KS3	Task: Create your own healthy relationships collage Materials: images from magazines/internet/newspapers around healthy/unhealthy relationships, A4 card, glue and scissors.
10.25	The Faces of RSE Day – Join us for the premiere of our ‘Faces’ of RSE Day films featuring people from around the country sharing their views on healthy relationships.			
10.35	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
10.40	Exploring the poetry of Lord Byron – considering our relationships with our pets	Rosny Hayward – Learning Programmes Officer, Museums and Galleries, Nottingham City Council	KS2/3	
10.50	School live-link – find out what is happening in schools around the country as we join them live!	Hampsthwaite Primary School	Primary	

11.00	Celebration poems - In this poetry workshop we will focus on healthy relationships by writing celebration poems for people, places or objects in our lives that make us happy and that we have good relationships with. We will play with language and senses and build up towards writing a poem in small, easy to follow steps (Respectful relationships)	Matt Miller – Nottingham poet	KS2/KS3	<p>Task: Create your own celebration poem celebrating someone you admire.</p> <p>Materials: Senses Map and 'Gingerbread person' outline; pencils/pens and paper.</p> <p>Caroline Bird poem</p> <p>Music credit - www.bensound.com</p>
11.20	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
11.25	Emotion cube – learn how to make your own emotion cube		Primary	<p>Task: Create an emotion cube</p> <p>Materials: card, scissors, glue, coloured pens</p>
11.30	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
11.35	The Faces of RSE Day – another chance to watch as people across the country share their views on healthy relationships			
11.45	The story of the Lion and the Mouse – Join our story-teller Nicky for the tale of the Lion and the Mouse. An engaging story focusing on friendship and helping one another. (Caring friendships)	Nicky Rafferty - Storyteller	EYFS/KS 1	Discussion prompts
11.50	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
12.00	Lunch			
13.00	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
13.05	'See me for who I am' – we invite teachers and pupils to experience life from school boy Nicolas' point of view in the ' See me for who I am ' video. During the session you will learn about	Discovery Education Health and Relationships	KS2/KS3	Task: Reflect on your personal qualities and strengths using the 'My reflection sheet'

	how school boy Nicolas campaigns for ‘facial equality’ and the notion that “it is our actions and not our appearance that make us who we are”. Pupils can complete reflection activities on resilience and self-belief following the film.			Materials: My reflection sheet Primary School offer: Access all the materials used within this activity with free access to Discovery Education’s Health and Relationships programme for years 1 to 6 www.discoveryeducation.co.uk/rseday
13.25	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
13.30	Friendship sculptures - Make simple models of the people we have caring friendships with using readily available materials. The basis of the workshop is to celebrate the qualities we like best about our caring friendships and also show that we can open our friendship groups to new people. (Caring Friendships)	Elaine Winter - Freelance artist practitioner, Associate Artist at New Art Exchange and Nottingham Lakeside Arts	KS2/KS3	Task: Make models of your close friends, decorate them and get them to stand up. Materials: card template , thin card – cereal box card or thin craft card all fine – Approx 1 A4 size per child, scissors, pencil, felt tip pens, aluminium foil on a roll, masking tape, newspaper, scrap paper to plan on.
13.50	Host – join our host to hear all about the wonderful activities happening around the country on RSE Day			
13.55	School live-link – find out what is happening in schools around the country as we join them live!	Oakfield Special School		
14.05	The Faces of RSE Day – another chance to watch as people across the country share their views on healthy relationships			
14.15	Song-writing workshop - workshop to encourage students to think about how they are influenced by social media, peers, celebrities and influencers. (Online relationships)	The Freedom Foundation	KS2/3	Task: Create your own song or rap Materials: Pens and paper
14.35	Story-time with Sid – join CBeebies’ Sid Sloane for an RSE Day story-time!	Sid Sloane	Primary	
14.50	Gallery – a chance to see all the wonderful work created on RSE Day across the Country			