

# RSE DAY

Celebrating relationships & sex education

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

RSE DAY  
29 June  
2023

### Primary 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, 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 [1decision RSE Day assembly to launch your celebrations!](#) Our friends at 1decision will help us to explore the theme for RSE Day 2023 'Let's Launch into Kindness'.
3. Create a [Kindness Bookmark to give to a friend or family member](#) or just to leave in a book for someone else to find – a random act of kindness! They could be decorated with kind words, quotes, kind act challenges or suggestions.
4. Create a [Be Kind display](#). Lead a discussion on ideas of kind things we can do for our friends, our families and for ourselves. Then create a display of these ideas on a wall to form the letters K, N, D, leaving a space for the 'I' (make the letters child-size). Take photos of children standing in as the 'I' in KIND!
5. Build a [kind word bank](#) by asking the class to think of all the kind, positive words or phrases they can. Challenge the children to try and use some of them throughout the day in their written work and to each other. Maybe paint some of your 'kind' words and phrases on stones to leave around the school or in your local community as a gift!
6. Make a [Gratitude Garden in the school grounds to thank people for their kindness](#). Give each child a 'thank you' flower to complete and decorate. Attach it to a stick and 'plant' these in pots, soil or grass around the school. Invite parents to view the Gratitude Garden at the end of the day.
7. Create a [Jar of Kindness](#). Ask children for ideas of 'kind acts', write these on slips of paper and place in a

- jar. Select a 'kind act' at random as a challenge for an individual or for the whole class to complete on RSE Day. Continue until all are complete.
8. **Choose a book where someone is kind and share it with the class.** There are some examples from the Book Trust [here](#). Talk about how kindness is shown and discuss the characters' feelings before and after. Can the children find other books with examples of kindness to share with each other?
  9. Celebrate the RSE Day theme with [music about friendship and kindness with Nottingham Music Hub's playlist](#). The playlist can be used for activities with children including dancing, singing and asking children to share experiences where others have been kind to them or they have been kind to someone else.
  10. **Give each child, or pair, a Kindness Bingo card.** Ask children to find classmates who have carried out the actions on the card and write individual names in the corresponding boxes. Carry on until someone gets a 'full house'. Discuss the children's kind acts. Make a class pledge for each child to complete as many as they can over the next week.
  11. **Take a set of Kindness cards** and in pairs or a small group ask the children to select the ones they think are 'most kind'. 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?
  12. **Use the Friendship cards to explore what a good friend is.** As a class, in pairs or small groups, starting with the phrase "A good friend...", ask the children to take it in turns to turn over a card and discuss. Think about what makes a good friend? What are they like? Can they fill in the blank cards with some of their own?
  13. **Look at the Kindness Quotes.** Select a few then as a class or in small groups, discuss what they mean. Which is their favourite and why? Ask children to create their own kindness quotes – what do they want to say about kindness? Display their responses.
  14. **Read the Jigsaw Comic Strip "Friends We Haven't Met Yet"** in class, in an assembly and/or send copies home for children to share with their families to help everyone consider how we can support refugees in our communities. Discuss how kind acts helped Jello to feel welcome. You may like to follow the [Jigsaw lesson plans](#) too.
  15. **Select an Offering Help scenario** then as a class, in pairs or small groups, discuss how they might help. What might they say or not say? What could they do? Who else might help? For older children you might want to consider their approach in more detail, i.e. tone of voice, body language, when and where?
  16. **Explore how kindness feels using the worksheet** as a guide. Ask the children to think about a time someone was kind to them and a time they were kind to someone else. How did it make them feel? As a class discuss the scenario on the 'unkind' sheet and complete the questions. Feelings can be easy or hard to express depending on where we are and who we are with (e.g. at home, with friends, in school, online), why do they think that is?
  17. **Create a ChalleNGe Nottingham Kindness Quilt** using paper or fabric to share children's ideas about kindness. This could be completed in one class or across the whole school. Display in school to remind children of how we can be kind to others.
  18. **Ask the children about an adult they admire in school and write them a letter.** Let the children know they need to include three pledges as a gift of appreciation for everything that person does within their school community. This [lesson](#) from Kapow Primary forms part of a unit, 'Give', that looks at the ways in which we can provide kindness and support to each other.
  19. **Ask children what signs tell them how someone is feeling.** Encourage them to think about words, expressions and also body language. Give pairs or groups an **emotion**. Ask them to portray the emotion using still image/freeze frame with no words. Share the still images with the class and ask them to guess the emotion. Ask: How easy is it to understand someone's feelings by how they look or act? How can this knowledge help us to be kind to others?
  20. **Give each child an Ackworth School rocket worksheet.** Discuss: If the planet is kindness, how would the children fuel their rocket to get there? First in pairs, then as a class lead a discussion on what their 'fuel' might be, eg. helping someone with their school work or offering to wash the dishes. Ask children to draw or write ideas on their rockets and display in your class or school.

[Click the logos to get more resources and information](#)

