



Relationships and Sex Education (RSE) Day It begins with me

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 25th June 2026. 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 25th June is an opportunity to celebrate, raise awareness and share what you are doing with others.

This year the theme for RSE Day is 'It begins with me.' You will find ideas to support this theme in the list below.

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 as applicable for your nation.

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**.

 www.rseday.com

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#RSEday

1. Use the [RSE Day Assembly](#) to launch your celebrations This year the theme is 'It begins with me.'
2. Tell the story of the [Eagle Who Thought He Was a Chicken](#). Talk about how the eagle tried to fit in with the chickens but finally learned to spread his wings and fly. Discuss how we sometimes hide our unique strengths or differences and shrink ourselves to fit in, when we should use these to soar. Give pupils a [paper feather/paper eagle template](#). Ask the children to write one skill, dream or talent they'd like to develop. Collect the feathers and create a 'Wings to Soar' display.
3. [Rehearse and perform the RSE day song 'It begins with me'](#) created by Nottingham children with help from Nottingham Music Service. Use the PowerPoint to teach your children the lyrics and tune. Share videos of your children singing via our Padlet or on your socials to be in our national RSE Day song video.
4. [Create affirmation mirrors using silver card to reflect the qualities and strengths of the children](#). Ask them to decorate the mirrors and write words on the glass that describe all their positive attributes, skills and abilities.
5. [Use the Why I'm Amazing activity cube template printed onto card](#). Ask the children to colour it in and take turns to roll the cube with a classmate to answer the questions.
6. [Allow children to choose from the Words of Worthiness Bracelet templates](#). They can choose which ones they would like to colour in and wear on their wrist as a reminder of their worth.
7. [Discuss how we can help others to feel good about themselves when we know how to care for ourselves](#). Give each child a [cloud template](#) and ask them to write examples of hope and kindness on strips of coloured paper or ribbons. Attach the strips to the cloud and stick cotton wool on it. The rainbow clouds can be used to make a class mobile.

8. [Create an 'I am' collage using A3 scrapbook paper and magazine cuttings](#). Ask the children to choose positive words and phrases that describe themselves and cut these into ray shapes that spread out around a circle in the centre. See examples of how to do this [here](#).
9. [Discuss with the class how we all have both similarities and differences that make us wonderfully unique](#). Create a class word cloud of ways that people may be different or similar to one another. See [prompt sheet](#) for ideas. Ask children to trace round their hands on coloured paper, then decorate these in words, patterns, and colours to represent diversity. Display the united hands in the form of a large 'Share Our Similarities, Celebrate Our Differences' wreath.
10. [Talk to the class about the way that negative self-talk can impact our self-esteem](#). Play the [Flip the Negative Thoughts game](#) to help Alberto the Alpaca find positive phrases to help counteract the untruths in his mind.
11. [Give the children the self-love camera template printed onto card](#). They can draw images of themselves, inspirational quotes or things they love on the snapshot outlines. They may want to also include a caption below each photo. Ask them to score through the dotted lines on the camera and feed the snapshots through the two lines. Then poke through the two holes at the top of the camera and thread a piece of string through so that the camera can be worn around the neck.
12. [Devise a poem or rap around the theme of 'It begins with me.'](#) Ask pupils to create an affirmative piece that celebrates self-esteem, positive body image or diversity. Pupils may want to choose background images from magazines to make a visual display copy. Use words from the [word bank](#) to support learners who need these.
13. [Talk to the children about what effect they think positive self esteem has on their relationships with others](#). Discuss the metaphor of self-esteem as a bucket that can be filled. You may wish to read 'Have You Filled a Bucket Today?' by Carol McCloud. When our metaphorical bucket is full, we can then pour out of the overflow to fill others' buckets. Ask the pupils to create a [bucket filler headband](#) to represent ways they can be kind.
14. [Create a group Kindness Postbox](#). Each table can decorate a shoebox and decide upon someone in their local community to give it to. They can fill it with small items such as hand-drawn pictures or thank you notes.
15. [Talk to the pupils about the need to assert their right to say no in situations they feel uncomfortable with](#). Discuss the importance of healthy boundaries in relationships with others. Ask the children to act out how they would deal with a variety of scenarios, using sentences starters in the [PowerPoint](#) as prompts if needed.
16. [Discuss who some of the pupils' favourite celebrity role models are](#). What makes them admire them? Ask the children to imagine they themselves are to become celebrities on a magazine cover. What would they like people to admire and read about them? The children should draw themselves and write down the internal qualities, achievements and abilities that make them amazing. See examples [here](#).
17. [Create a paper cup lighthouse with a battery-operated tealight](#). Explain that lighthouses are a symbol of guidance, hope and strength through life's storms. When we face challenges in life, we may need help from others to guide us through. At other times we might be the ones to be the light and help others. On the white stripes of the cup, pupils should write how they can shine like a lighthouse.
18. [Provide the children with a copy of the Kind to My Mind mini-book template and ask them to complete the activities](#). When they have finished, they can follow the instructions to fold the pages.
19. [Ask the children to brainstorm ideas as a class of all the things they are grateful for](#). Explain that practising gratitude is scientifically proven to raise happiness levels and boost self-esteem. Give pupils a large sheet of paper with a [heart of gratitude outline](#) on it (or ask them to draw one). Ask them to divide it up into a number of sections. They should try to think of all the things they are grateful for, such as people, special objects, memories, places, pets. The sections can be coloured in and labelled.
20. [Play a game of Star Spotters](#). Each pupil has a star-shaped piece of card taped to their back. Play music while the children quietly walk around the room. When the music stops, each child should write a compliment on another child's star. (E.g. I love how you include others, you're always kind/funny.) Repeat until pupils have written on several children's stars. At the end, remove the compliments and read them aloud.



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