



Relationships and Sex Education (RSE) Day

Communicate

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 26th June 2025. 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 26th June is an opportunity to celebrate, raise awareness and share what you are doing with others.

This year the theme for RSE Day is 'Communicate'. 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**.



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1. Use the **RSE Day Assembly** to launch your celebration for this year. This year the theme is Communicate!
2. Choose a book that explores the theme of communication and share it with the class. You can find some examples **here**. Talk about how communication is a vital tool for the characters. Discuss how communicating honestly and openly helps strengthen our relationships, can ease our worries, and get us the help we need.
3. Listen to some of the songs on **Nottingham Music Hub's playlist** around the theme of communication. Ask children to create a short dance to reinforce the message of one of the songs. Talk about how we communicate with our bodies, faces and physical actions, not just words.
4. Create a mural around the theme of healthy communication in relationships. This could be on paper, cardboard, or a wall. Use the **information** from artist Millie Yarwood and ChalleNGe Nottingham to support you.
5. Use the **prompt questions** to explore the value of communication with your class. Ask children to write or draw their ideas about what makes good communication on a strip of card or paper. Link the strips to form a giant chain displayed in the school showing how the school values communication from Y1 – Y6. Classes can create their links separately, with a final "linking ceremony" to unite the chain.
6. Create **emotion masks** on paper plates using the **emotion prompts**. Discuss how communication isn't always through words but can often be through facial expressions. Celebrate by asking pupils to show their masks and other pupils guess the emotion they are communicating.

7. Play the classic whisper game where pupils pass a message around the circle to highlight the importance of clear communication. Ask: what happened to the message from the beginning to the end? Use this activity to explore the key skills of listening and speaking clearly, whilst also recognising the influence of interpretation, bias, and assumption on communication.
8. Brainstorm some ideas of meaningful questions to ask others to help them communicate how they feel. You could have a list of “feeling questions” and a list of “fun questions” so there is a variety. Instruct the class to make a simple **chatterbox**. Pupils decorate their chatterbox with questions to prompt communication with peers and family.
9. Create a Do's and Don'ts of Communication poster. Begin by mind mapping ideas of things to “do” for good communication and “don't” for poor communication. Use these ideas to create posters that can be displayed around the school.
10. Practice communicating in different languages and in non-verbal ways. Use **these videos** to support or create your own featuring skilled staff or pupils. Record children communicating in different ways to share with your school community and/or on social media to encourage acceptance of difference.
11. Talk with pupils about how the way we say something can be just as important as the words we use. For example, when saying “No” to someone, it can be expressed in a kind and considerate way. Explore the differences between **passive, assertive, and aggressive** communication. Have students read the different scenarios and encourage them to reflect on the most respectful and effective ways to say “No.”
12. Draw a tree on a large piece of paper leaving spaces for leaves, labelling the trunk as “consent”. Explain that consent means asking for permission, listening to the answer and then respecting it. Share **scenarios** and ask pupils whether it's important to ask for consent in these situations or not. Give pupils paper leaves to write three scenarios in which they would need to ask for consent, or someone should ask for their consent. Stick these onto the branches of the tree.
13. Use the **scenarios** to practise communication skills in different situations. Ask small groups to role-play how they would communicate to resolve the problem. Take feedback on how the class used their communication skills to manage the situation.
14. Hold a class **debate**. Emphasise that clear, reasoned communication is more effective than shouting. Split the class into two groups, assign a topic, and let them plan arguments. The teacher will chair the debate and guide pupils in expressing their points clearly.
15. Create a collaborative story. The teacher starts with a short prompt, and pupils take turns adding a sentence. Encourage careful listening and clear communication to keep the story flowing. Once complete, read it together and compare stories across classrooms.
16. Pick an **accessible team task** for pupils to attempt. Give pupils 10 minutes to attempt the task in total silence. Once complete, ask for feedback. Was it difficult to work together? Why so? Repeat the task and allow pupils to communicate. Was it easier? Why? Highlight the importance of communication when working together to accomplish something.
17. Discuss what communication is like in healthy relationships. How can we communicate in a way that is respectful and kind? Ask children to use their learning from the discussion to create an acrostic poem using the word “COMMUNICATE”.
18. Discuss the importance of handwritten messages as a kind and lasting way to communicate feelings. Brainstorm ideas of things that people might write in letters to family or friends. Consider how it feels to receive a letter like this. Ask children to create a decorative letter for a friend or family member.
19. Give each pupil an **emotion mat**. Read out a range of **scenarios** and ask pupils to choose the emotion they think matches. Encourage children to describe how someone could communicate that emotion so that others know how they are feeling.
20. Provide pupils with the **likes and dislikes worksheet** and the **accompanying picture cards** with activities, objects, and prompts. With support, guide pupils to communicate whether they like or dislike something and then stick it on the relevant side.

Click the logos to get more resources and information

