

# RSE DAY

Celebrating relationships & sex education

## Relationships and Sex Education (RSE) Day

### Embracing Change

### 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 27th June 2024. 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 27th June is an opportunity to celebrate, raise awareness and share what you are doing with others.

This year the theme for RSE Day is 'Embracing Change'. 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**.

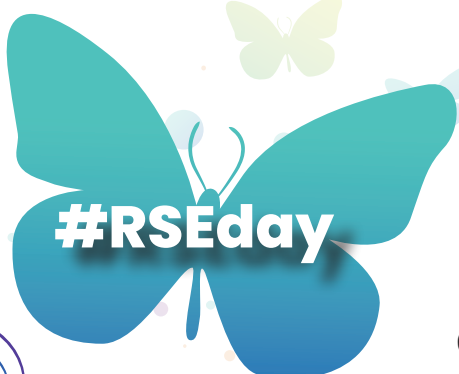
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1. Use the **RSE Day Assembly** to launch your celebrations! The assembly is focused on the RSE Day theme, Embracing Change.
2. Give each pair an **Embracing Change** worksheet, ask them to discuss the scenarios and answer the questions. As a class discuss the differences between embracing change and coping with change using the definitions to support.
3. Ask children to **write a letter** to their future self, celebrating how they have embraced change. Encourage them to reflect on the changes they expect to embrace over the course of the next year. Once complete, discuss some of their ideas as a whole class. Hand the letters to their next teacher to share on RSE Day 2025.
4. Make **handprint butterflies** with the children. As they see their hands change into butterfly wings, discuss the process of a caterpillar transforming into a butterfly. Encourage them to share reflections on their own journey of change and growth since they were babies. Display the butterflies in the classroom, school or playground.
5. Give small groups of children, a sheet of paper, a different colour marker pen and a **Change Situation**. Ask children to write down all the negative things that might happen as a result of this change. After 5 minutes, each group swaps papers, they read through the negative list from another group and add to it with all the positive things that might happen. Return the papers to the original group to review or add to. Take feedback on the responses and ask: What can we learn from this to help us when we face change?
6. Ask children to create **puberty toolkits** using collage to highlight things that will help them to deal with the changes of puberty. These might be physical items, books or support.

7. Create an **Embracing Change** display for the school. Ask the children individually or as a class to complete the sentence 'Change is...' Encourage them to write down all the words they think of in response to 'change'. Take feedback from the class to build up a list of words on the board putting positive words on one side and negative on the other (you may have some in the middle!) Which list is longest? Why is that? What is good about change? Use the positive words to create a display about why change can be good using the **butterfly notes**.
8. In pairs or small groups ask children to create an **illustrated timeline** showing how friendships develop and change over time using two or more characters they have imagined. They should mark important moments or changes such as, first meeting, first disagreement, a new person joining the group, going to different schools or moving away. Encourage children to identify the emotions their character(s) are feeling. Share the timelines and discuss as a group.
9. Give small groups a **Relationship Conflict scenario** and ask them to discuss what happens next. Ask them to act out how the conflict could be resolved. Each group performs their scene to the class. Reflect with the children on the list of ways to resolve conflict in relationships, which have/could they use? Why is it important to resolve conflict peacefully?
10. Create a podcast about embracing change. Children plan the podcast for a particular year group in school, including developing questions to **interview people** about their experiences of change. You could introduce a theme, such as transition or friendships. Record the podcasts and share with others within school.
11. Choose a book that explores change and share it with the class. There are some examples from the **Booktrust here**. Talk about the feelings associated with change and how characters in the story deal with it. Ask the children to share ideas of how they have dealt with change.
12. Use the **ChalleNGe Nottingham Embracing Change illustrations** to explore feelings around change with your class. Ask children to create their own illustrations to show how change affects people and relationships.
13. Use the **if...then cards** to explore transition to secondary school. Give each group a set of cards to discuss and encourage them to come up with several solutions for each 'if'. Lead a class discussion on the various strategies used to manage change. Ask children to create a 'top tips' list for managing transition.
14. Use this **interactive resource and video** from 1 decision to help prepare your pupils for their transition to secondary school. Explore their feelings and emotions and help them to find coping strategies to ensure a positive start to their secondary journey.
15. Have a game of musical chairs using the **Nottingham Music Hub's playlist**. Once complete, explain that life can be like musical chairs with situations and opportunities constantly changing, and we have to adapt to find our place. Ask the children to share ideas about changes that require someone to adapt quickly and how we can embrace these positively.
16. Share pictures of **tree cross-sections** with visible growth rings. Explain how each ring represents a year of growth and change for the tree. Give each child a **circle** and ask them to draw, write or decorate their own growth rings, to represent different stages or milestones in their lives. Display these in the classroom.
17. Using the **Changes Bingo card**, children find classmates who have experienced the change on the card and write their names underneath. Continue until someone gets a full house. Discuss different experiences and draw out strategies for embracing change.
18. In groups, ask children to think about the messages they would like to share to promote the idea of embracing change. Show children some **memes about change**. Ask them to work in groups to plan some memes to share their ideas about change. Create these and share on your social media platforms on RSE Day and beyond.
19. Implement a Change Challenge in the week leading up to RSE Day. Children set personal goals relating to embracing change, such as trying something new or facing a fear. Discuss progress throughout the week and hold a celebration event to reflect on their experiences on RSE Day.
20. Using shoeboxes or small containers, along with art supplies and miniature figures or objects, guide children in creating **dioramas** that depict the changing seasons. As they create, prompt them to consider how change is a natural and inevitable part of life that can be embraced. Display the dioramas in the class or school.

Click the logos to get more resources and information

