

ASSEMBLY OR CLASS SESSION FOR 4-7 YEAR OLDS

AIMS

- To introduce children to this year's Children's Mental Health Week theme: 'Let's Connect'
- To help children explore how they can come together to help each other

MATERIALS REQUIRED

- Tray of LEGO, Multi-link or unifix
- Picture of a simple model made from those materials
- Room on the Broom by Julia Donaldson (or book with a similar theme)

LET'S CONNECT TO HELP EACH OTHER!

 **Session length:** approximately 20 minutes

 Hello everyone. Welcome to our Place2Be Children's Mental Health Week Assembly. The theme this year is 'Let's Connect'. Can we think about connections and what they are?

For example, I have a tray of LEGO bricks/unifix/multi-link here.

Is just one of these by itself useful? What do I need to do to build something?

That's right, I need to connect pieces together. Who would like to help connect some pieces together?

Invite 2-4 children to the front to build a simple model or even the phrase 'Let's Connect'.

 So individual pieces of LEGO can connect together, and these children all connected together and helped each other to make something/the words 'Let's connect'.

We will now read a story that shows how wonderful things can happen when we connect together to help each other.



Read a book such as **Room on the Broom** by Julia Donaldson (or a book with a similar theme).



Discuss the story with the children, using the following questions as prompts if useful:

- Why did the witch let the animals on her broom? Would you have made room on the broom for the animals? Why?
- Would you consider the witch and the animals to be friends? Why?
- Why do you think the animals helped the witch find her things?
- Could the animals have saved the witch on their own?
- Does working together with other people make things easier? Why?
- What does it feel like when you connect or work with others to do something good?
- Are there times when you like to be on your own?
- Do you ever feel lonely? What do you do in those times?
- What can we do to make sure we include each other when we are feeling lonely?



Finish with a song (e.g. 'We're All In This Together' from High School Musical)

OTHER WAYS TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK



- 1 Hold a 'Dress to Express' day to raise vital funds for children's mental health childrensmentalhealthweek.org.uk/fundraise
- 2 Watch our video activities, and explore the theme of connection through art and creativity childrensmentalhealthweek.org.uk/schools
- 3 Share our tips for parents and carers with your school community childrensmentalhealthweek.org.uk/families
- 4 Spread the word by sharing how you plan to take part on social media! Don't forget to use #ChildrensMentalHealthWeek childrensmentalhealthweek.org.uk/socialmedia
- 5 Add yourself to the Children's Mental Health Week map! childrensmentalhealthweek.org.uk/map

