



The Big Think

The Big Newsletter Volume 22

#RSE Day Celebrating Difference



COMMUNITY - Celebrating Difference
How do you celebrate diversity?

The Big Think PSHE programme explores Big life questions using shared human values and real-world stories that build Social and Emotional Learning (SEL) skills.

Sessions can be part of your whole-school PSHE provision or used to support key events like **RSE Day** over the year.

This session explores some of the feelings and experiences we might have when we notice differences between each other and how to reach out and connect with those around us to celebrate diversity in all its glory.

To support **#RSEDay**, try our free Assembly and Lesson Kit for KS1 or KS2 which includes:

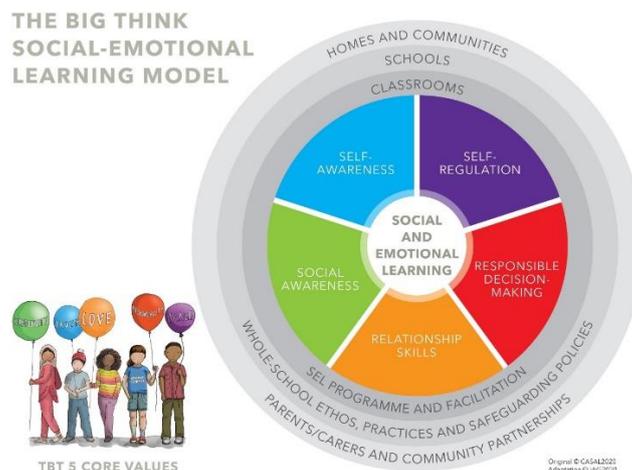
Silent Sitting - A 5-minute recorded mindfulness session called 'Your Special Animal' thinking about what attributes you might have that make you unique

Big Story - KS2: Fruit Salad - a play script by Maeve Clarke
KS1: Lara And The Yellow Ladybird - a picture book

Values Dialogue - KS2: How do you celebrate Diversity?
KS1: How do you celebrate the differences between you and your friends?

Download resources at the foot of our homepage.

Free #RSEDay Assembly & Lesson kit



The Big Think meets statutory RSHE requirements and builds Social and Emotional Learning competencies

RSHE Statutory Requirements met in this lesson:

<p>RELATIONSHIPS EDUCATION</p> <p>Topic 1: Families and people who care for me</p>	<p>c. that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</p>
<p>RELATIONSHIPS EDUCATION</p> <p>Topic 2: Caring friendships</p>	<p>c. that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p>
<p>RELATIONSHIPS EDUCATION</p> <p>Topic 3: Respectful relationships</p>	<p>b. <i>practical steps they can take in a range of different contexts to improve or support respectful relationships</i></p> <p>d. the importance of self-respect and how this links to their own happiness</p> <p>g. <i>what a stereotype is, and how stereotypes can be unfair, negative or destructive</i></p>
<p>PHYSICAL HEALTH & MENTAL WELLBEING</p> <p>Topic 1: Mental wellbeing</p>	<p>c. <i>how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</i></p> <p>g. <i>isolation and loneliness can affect children and that it is very important for them to discuss their feelings with an adult and seek support</i></p>

SEL competencies met in this lesson: **Social Awareness Skills**

SEL Relationship Skills Competencies	C3
Recognising strengths in others	✓
Demonstrating empathy and compassion	✓
Showing concern for the feelings of others	✓
Understanding and expressing gratitude	
Identifying diverse social norms, including unjust ones	✓
Recognising situational demands and opportunities	



Are you a PSHE Lead?

Join us at our next scheduled free workshop **Values, SEL Skills and Relationships** on **Tuesday 5th July 4pm-5pm** to get a taste of our approach and share experiences with like-minded educators.

[Sign up for the next Teacher workshop](#)

[Contact us to find out more](#)



June 2022

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