



SEALGD Assembly Plan

Relationships (Empathy: Understanding the feelings of others)

This theme is the second of two focusing specifically on feelings. It explores feelings within the context of our important relationships including family and friends.

The theme aims to develop knowledge, understanding and skills in three key aspects of learning: self-awareness, managing feelings and empathy.

Week beginning:	Focus Word	Story/Activity
12.04.2027	Community	Remind children of behaviour expectations during our assembly. Check in. How are we feeling in our minds and bodies? In my mind I feel... In my body I feel... Children and adults pair up and share with each other. Take feedback. Share story about our community. Focus on the fact that everyone here (pupils, staff, families) belongs and important part of our school community. Recap our five important values: Respect, Kindness, Resilience, Integrity, Trust, and Honesty. Encourage the children to reflect on these questions: Have I shown respect today? Have I been kind? Have I kept going when something was difficult? Have I shown integrity? Have I shown that I can be trusted? Have I been honest in my words and actions?
19.04.2027	Friendships	Remind children of behaviour expectations during our assembly. Check in. How are we feeling in our minds and bodies? In my mind I feel... In my body I feel... Children and adults pair up and share with each other. Take feedback. What Does Friendship Mean? What makes a good friend? Read <i>The Girls</i> by Lauren Ace. This beautiful picture book celebrates the value, joy, and importance of friendship, encouraging children to reflect on what it means to be a kind and caring friend. After reading, invite the children to discuss and think about the following questions: Have I been a good friend recently? What have I done to show kindness and care to my friends? What could I do to be an even better friend? How can I make sure everyone feels included and valued?
26.04.2027	Empathy	Remind children of behaviour expectations during our assembly. Check in. How are we feeling in our minds and bodies? In my mind I feel... In my body I feel... Children and adults pair up and share with each other. Take feedback. The Invisible Backpack Children to imagine that everyone in the room is wearing an invisible backpack. Inside it are all the feelings they are carrying today. Some backpacks are light, filled with happiness and excitement. Others are heavy, filled with worry, sadness, or loneliness. The important thing is that we can't see what anyone else is carrying. Focus on why empathy matters. Empathy means trying to understand how someone else might be feeling before we judge their words or actions. It

		means asking ourselves, "I wonder what they might be going through today?" As they walk through school today, remember the invisible backpacks. A smile, a kind word, an invitation to play, or simply listening can make someone's backpack feel a little lighter. Reflection: Before they react today, ask themselves: <i>What might this person be carrying in their invisible backpack? And what could I do to help lighten their load?</i>
03.05.2027	BANK HOLIDAY NO MONDAY ASSEMBLY	
10.05.2027	SATs WEEK NO MONDAY ASSEMBLY	
24.05.2027	Celebration Celebration is about appreciating achievements, people, cultures, kindness, and everyday moments—not just big events.	Remind children of behaviour expectations during our assembly. Check in. How are we feeling in our minds and bodies? In my mind I feel... In my body I feel... Children and adults pair up and share with each other. Take feedback. What is something you celebrated recently? Why do people celebrate? Can we celebrate small successes as well as big ones? Share story about how celebrating effort encourages growth and confidence. Encourage the children to: Congratulate someone on their effort. Thank someone who helps them. Celebrate one thing they are proud of each day. Notice and celebrate the successes of others.