

RELATIONSHIPS

UKS2 Assemblies

STARTER MUSIC

- High Hopes

<https://www.youtube.com/watch?v=kLLnd32F5LI>

- Try Everything

<https://www.youtube.com/watch?v=jpqV3dzYOgk>

- The Climb

<https://www.youtube.com/watch?v=PpAEncw-H5Q>

Dragon Breathing



Imagine you are sat on a dragon.
Inhale and hold on tight clenching
your fists, exhale and release your
fists. Breathe into the dragons
scales.
Repeat.

The title 'Bubble Breathing' is centered in a white rectangular box with an orange border. To the left of the text are several teal-colored circles of varying sizes, some with white highlights, resembling bubbles.

Bubble Breathing

Imagine you are holding a bubble wand. Take a deep breath in, breathe out and blow into the wand slowly and gently. Imagine blowing a huge bubble.

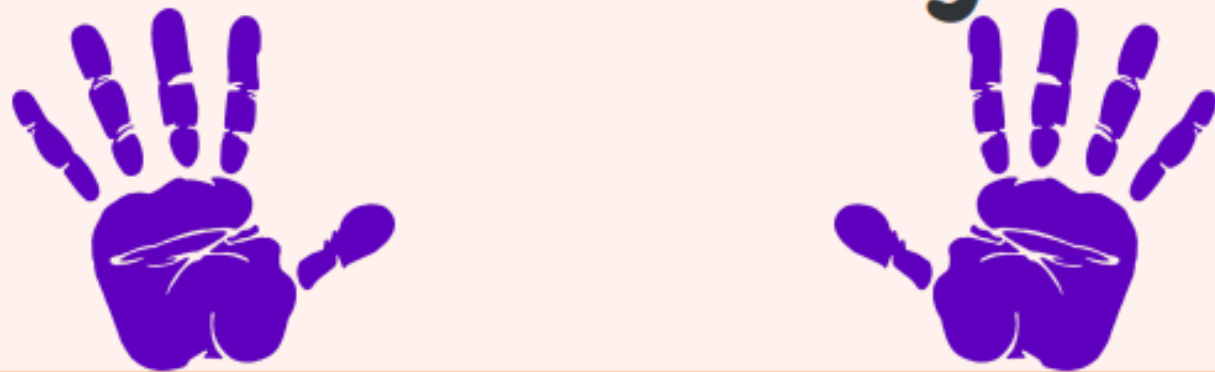
Repeat.

FALL LEAF BREATHING

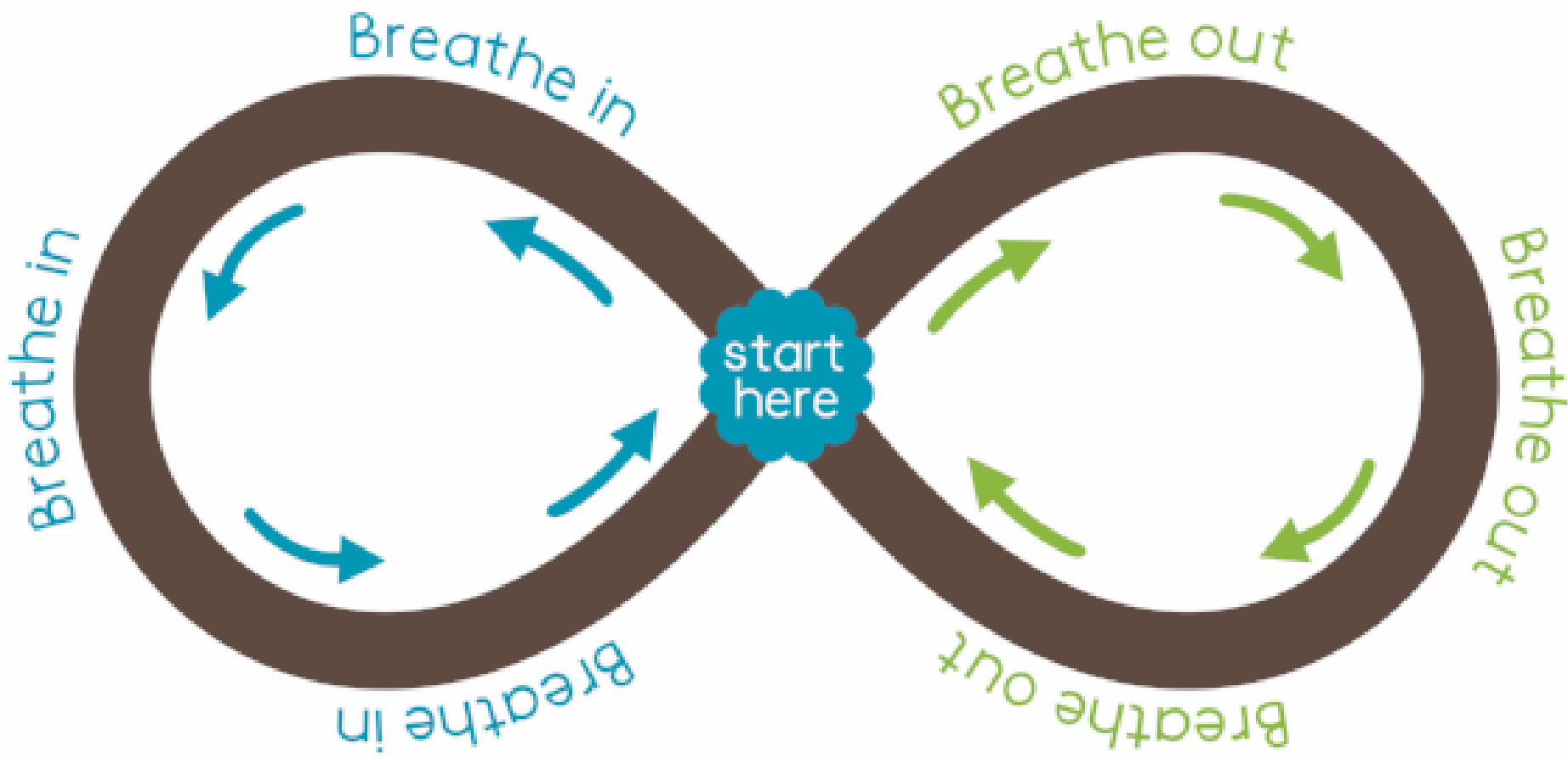


Start on the left side of the leaf at the *. Trace the leaf with your finger, following the instructions written outside the leaf. Repeat as needed.

Hand Breathing



Place your hand in front of you and spread your fingers. Breathe in as you trace up each finger, and exhale as you go down. Repeat until you have traced each finger.



Think of your best friend... who are they?
Why are they your best friend?



Job Advert – Best Friend
Apply if you have the
following attributes...



- What do you think are the main jobs of a mum?
- What makes a mum great?

Girls – what kind of mum will you be?



- What do you think are the main jobs of a dad?
- What makes a dad great?

Boys – what kind of dad will you be?

Grandparents

- How is your relationship with your grandparents different to the relationship you have with your parents?



What kind of grandparent will you be?

You receive a present for your birthday that you don't really like... how would you handle this with the different people in your life?



You go to your friends house for tea and you don't like it. How would you handle this without causing a fall out or hurting their feelings?



REFLECTION

Calming music

<https://www.youtube.com/watch?v=Iw9Z8SAg59A>

https://www.youtube.com/watch?v=Lp6XIsBm_Lw&list=RDEMYGmuQkq0_83GuHcCL-WwHg&start_radio=1