

This year's theme...

'This is my place'

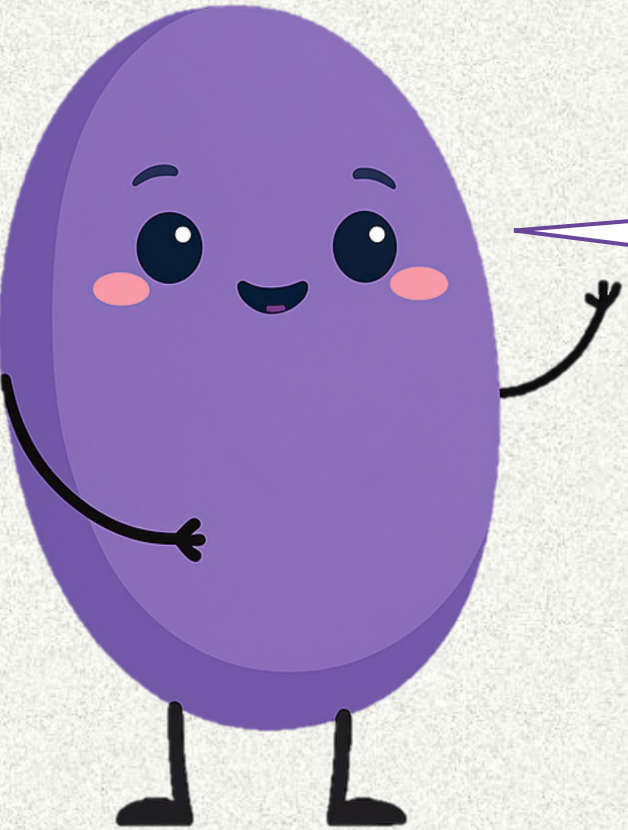
This year's theme is all about knowing our place in the world. When we feel connected to the people and environment around us it helps us to feel happy, safe and ready to take on new challenges.

A feeling of belonging can come from many different places; **in our class, a team, our family or our group of friends.** We can share fun times together and help each other when we need it. We don't always feel like we belong and that's ok, this week is also about learning more about who can support you.



Meet Bertie Bean, he's here to guide you through the workshops





What is Mental Health?



What is Mental Health

Mental health is about how we think, feel and act.

Just like physical health, we all have it and we need to take care of it.



Group Agreement

Listen to each other

Respect each other's
opinions even/especially if
you don't agree with them.

Any worries or big feelings,
we will make time to discuss
later.



Check-in



Which colour of the rainbow are you feeling like today?



Bertie finds his place





Bertie the bean felt out of place.
The eggs didn't always want to play
Bertie's games or sing his songs.

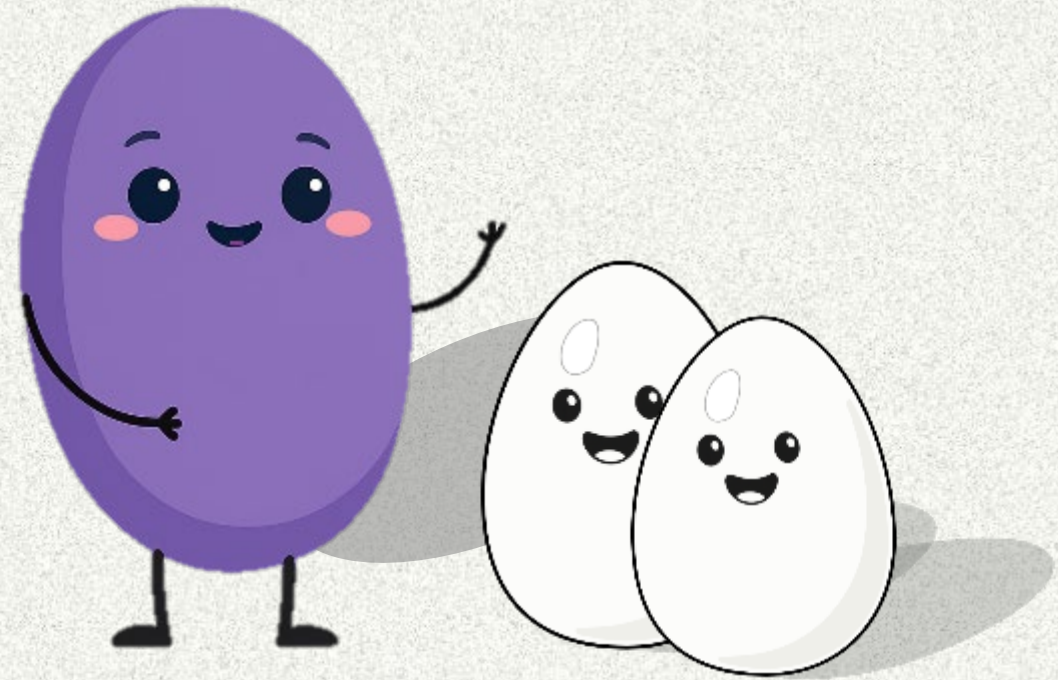
Sometimes, because of this, Bertie had
big feelings and didn't know what to do
with them.

Bertie decided to be brave and ask the
eggs in their nest for some help.

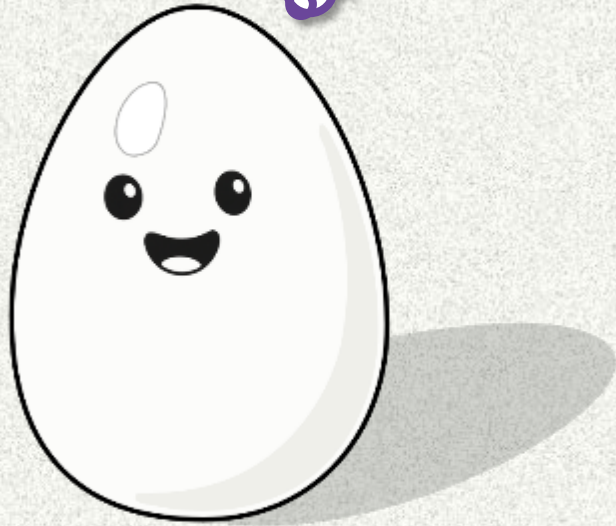


Bertie asked Greggory, "What helps you when you feel left out and alone?".

Greggory said, "Hmmm I usually speak to my Nana about it, she listens to me and helps me feel better. We play a special game together and then I feel more included".



There's only
one me!!



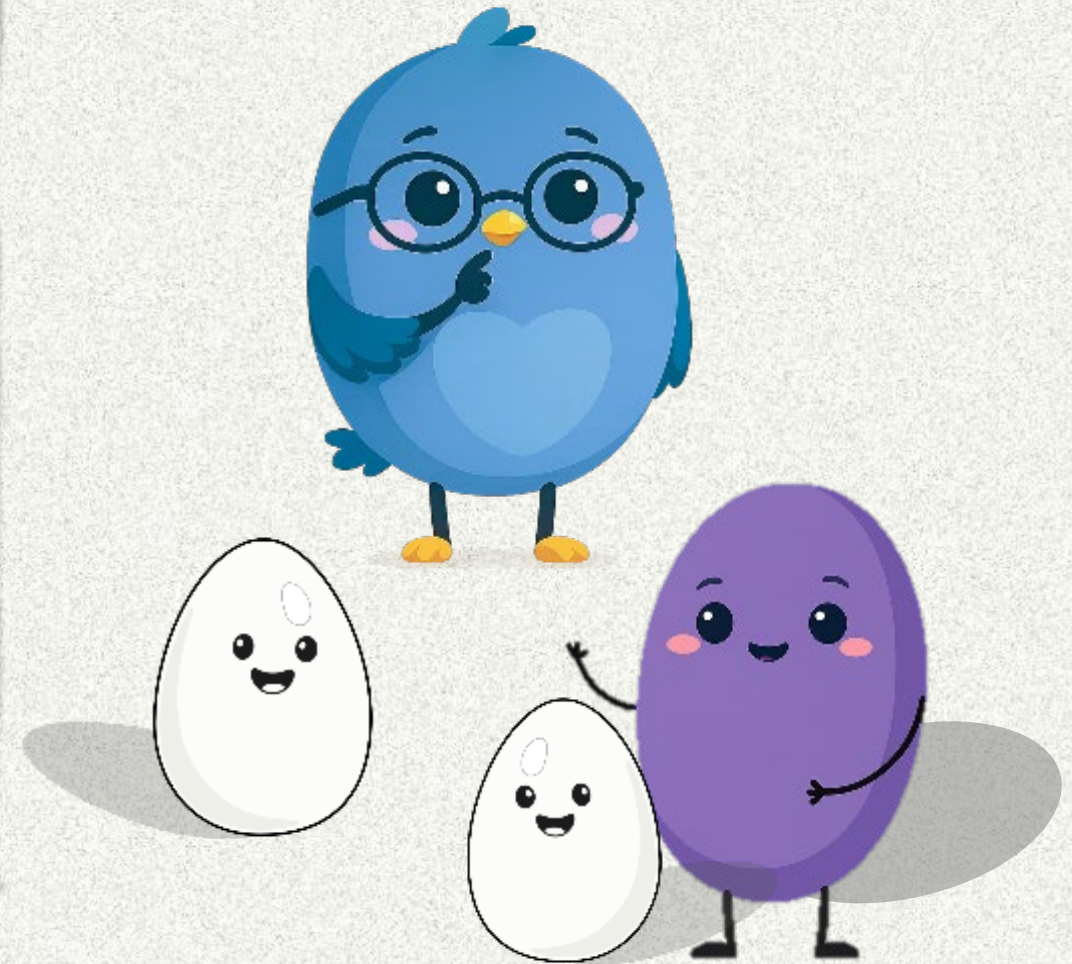
Bertie asked Meggan, "What do you do when you feel different from the other eggs?".

Meggan thought for a moment and then she said, "It's really hard to feel different, it can be so lonely. What I do is think about what makes me special and unique. It helps me to remember that everyone is different and there is only one me!"



Bertie had one more question, so they decided to ask their teacher Ms Finnegan,

"What do I do with my big feelings?."



You can always
ask me for help
if you need it.



Ms Finneggan smiled and said, “Our big feelings are so important! They let us know we need some help. When I have a big feeling I try really hard to take 4 deep breaths before deciding what to do. When I feel a bit calmer it's easier to know what to do next.”

“You must remember you are just a small bean Bertie and small beans need extra help with their big feelings. You can always ask me for help if you need it.”



Bertie felt so much better in the nest after hearing how the eggs managed these tricky situations.

He knew that he was special and unique and **this was his place.**



Introducing the theme: My place

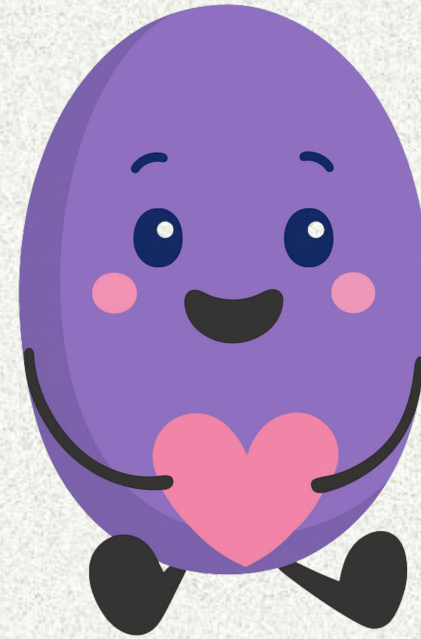
We all need different things to feel happy and calm and to look after our feelings.

What helps you feel good inside?

How can you give yourself what you need?

How can you make a place that feels good and happy?

How can other people help you to create a happy place around you where you feel special and loved?



Creating YOUR place

Your **magic egg** is a special place where you can remember how important, loved and magic you are! Your egg belongs to you and can look and feel however you want it to!

First, we are going to imagine what our egg looks like:

1. Make sure there is enough space around you to stretch your arms out wide. Stand with both feet firmly planted on the floor. Use your arms to stretch up and draw the egg around you in the air.
2. Now that you've got your egg on, what does it look like on the outside. Is it sparkly? Is it lots of different colours? Does it have windows and doors?
3. Now we are going to decorate and arrange the inside of our egg. You can put things in there that help you feel safe, special and important. It could be ha snugly blanket ,photographs of family or important memories, or a favourite toy.

Remember: Your magic egg is a special place you can imagine whenever you need to. It can help to put your 'egg on' using your arms like we did in step 1.

Now its time to create your egg!



Creating the classroom nest

Eggs are not by themselves; they tend to be with others in a nest.

Let's **create the nest together!** Once you have finished your egg, paste it on the classroom nest and write or draw **what makes the nest a safe place.**

What can we include in our classroom nest?
(e.g. smiles, laughter, kindness)

How do we want our classroom nest to be?
(e.g. safe, welcoming, supportive)

How can we take care of our classroom nest every day?

What can you adults do to make our nest a nice and safe place?



Check Out: Hatching Hopes

Growth, hope, future thinking

Write or draw your hopes, goals, or something good you feel about yourself or the world on the little eggs and place them inside the imaginary basket [class pot].

We can create a “Hatchery of Hopes” where the eggs are placed in our imaginary basket. Each day, we will choose one or two eggs to “hatch” by reading them aloud to celebrate positivity and connection.

Example sentence starters (you can also draw a picture):

“One way I help my place feel better is...”

“Something I’d like to grow this year is...”

“What I like about myself is...”

“What I like about the world around me is...”

