



Assemblies – Mental Health

Theme	Story/Stimulus	Author	Song and link	Focus
Autumn Term Theme 1 – Self-efficacy	Values – Self Belief	Twinkl PP	Take That – Shine https://www.youtube.com/watch?v=2CubdZNIyKg Believe in Yourself - Sesame Street characters with Michael Buble https://www.youtube.com/watch?v=5mw5E6gYpB8	Our Mental Health matters
	The Hare and the Tortoise	Twinkl story PP	Five – Keep on moving https://www.youtube.com/watch?v=hmT7jx4kP1s	Believing in yourself
	'I can' paperchains	N/A	Imagine Dragons – Believer https://www.youtube.com/watch?v=W0DM5Icj6mw	'I can...' – Reflecting on our positives
	Sometimes you win, sometimes you learn	John C Maxwell	A million dreams from The Greatest Showman https://www.youtube.com/watch?v=Sr3X0DCXI-M Will.i.am What.i.am with Sesame Street https://www.youtube.com/watch?v=cyVzjoj96vs	What motivates us?
Theme 2 – Gratitude	Attitude of Gratitude https://www.youtube.com/watch?v=T5Umo80x9og	N/A	Thank you for being a friend https://www.youtube.com/watch?v=HqeWF90GvHQ	What is Gratitude?
	The Giving Tree https://www.youtube.com/watch?v=XFQZfeHq9wo	Sel Silverstein	Giving Song https://www.youtube.com/watch?v=UH5oU28SKgo	What are we grateful for?

Theme 3 – Hope	Hope	Twinkl PP	Don't worry, be happy – Bobby Mc Ferrin https://www.youtube.com/watch?v=68vZX2uUKKA	Our dream for the world
	Paper Boat https://www.youtube.com/watch?v=6dZ7b7Bimrc		Natasha Bedingfield – Hope https://www.youtube.com/watch?v=sym0HQB2-lk	What is hope?
	Noah's Ark	Twinkl Story PP	Paul McCartney – Hope for the Future https://www.youtube.com/watch?v=7ijWqsHuQdE	Images of hope
	Noah's Ark	Twinkl Story PP	Take That – The Flood https://www.youtube.com/watch?v=2CubdZNIyKg	What gives us hope?
Theme 4 - Connectedness	The Lion and the Mouse	Aesop	Lean on me – Bill Withers https://www.youtube.com/watch?v=dRjKnOiMJ1M	Reflecting on when someone helped us
	Stone Soup	Twinkl PP	Lean on me – Bill Withers https://www.youtube.com/watch?v=dRjKnOiMJ1M	How it feels when we are helped
	The Pigeon and the Hunter https://www.youtube.com/watch?v=LDq-6kD4O-8		I'll get by with a little help from my friends – The Beatles https://www.youtube.com/watch?v=0C58ttB2-Qg	Asking for help from those who we know
Hello Yellow Day	Hello Yellow Day	Twinkl PP	Help - The Beatles https://www.youtube.com/watch?v=8x7rQ-DtHfE	What is Hello Yellow Day?
Spring Term Theme 1 – The Power of Yet	The girl who never made a mistake	Mariam Gahr	Get back up again – Anna Kendrick https://www.youtube.com/watch?v=HXhydpu8Cvs	It's O.K. to make a mistake
	Giraffes can't dance	Giles Andreae	Brave – Sara Bareilles https://www.youtube.com/watch?v=dyAfjUHIFSM&list=PLD8UBiFGzyFYJ40BIAWw6bh2uS691z7Jo&index=10	Being brave
	How to catch a star	Oliver Jeffers	I won't give up – Shakira https://www.youtube.com/watch?v=jpqV3dzYOGk	Never give up
Children's Mental Health Week (Yearly theme)	Julian is a Mermaid	Jessica Love	The Only One Who Can Be Me song. https://www.youtube.com/watch?v=ilf8N8D8mqg	Express Yourself

Theme 2 – Move it!	The Hare and the Tortoise	Aesop	Eiffel 64 – Move your body https://www.youtube.com/watch?v=JlappV9i8v0	As long as you're moving you're making progress
	Get up and go https://www.youtube.com/watch?v=9OR-oKpfsZs	You Tube Clip	I like to move it – Madagascar https://www.youtube.com/watch?v=hdcTmvpDO0I	How do you take care of your body? Exercise
	The very sleepy sloth	Andrew Murray	Can't Stop the Feeling - Trolls https://www.youtube.com/watch?v=oWgTqLCLE8k	Motivating others to move
	Party of the Party	Twinkl	Better when I'm dancing – Meghan Trainor https://www.youtube.com/watch?v=pwQ12sa0tPE	How does moving make us feel?
Summer term Theme 1 – Calmly does it	Mood Monsters	Anna Llenas	Lava – Disney https://www.youtube.com/watch?v=uh4dTLJ9q9o&list=PLbTwRGn7rcz90ghQaU-wlQWinxisYQeED	Moods and their related colours
	The Busy Fox	Isaac Madge	Can you feel the love tonight? Elton John https://www.youtube.com/watch?v=FTtgVSxfr5M	Finding a calm place
	Lucy and Tom at the Seaside	Shirley Hughes	Ronan Keating – When you say nothing at all https://www.youtube.com/watch?v=tsbkk4SZAqA	Your happy place
	My Magic Breath	Alison Taylor & Nick Ortney	You'll be in my heart – Phil Collins https://www.youtube.com/watch?v=ESgg5mEuiRE	Breathe to be calm
	Ruby finds a worry	Tom Percival	Don't you worry about a thing https://www.youtube.com/watch?v=I038NxV1Mtg	How to calm our worries
	Arlo the Lion	Catherine Rayner	Dream it possible https://www.youtube.com/watch?v=n-4gu7y3maw	Calmness for sleep
	The Lion inside	Rachel Bright	A Thousand Years – Christina Perri https://www.youtube.com/watch?v=NfTS7gM7zQ0	Supporting others when they need to feel calm
Theme 2 – Stronger Together	Knights and Dragons Unite!	Twinkl	Together Stronger https://www.youtube.com/watch?v=cqSUBwHpSac	Finding things that we have in common with others

	The Lion and the mouse	Aesop	Be a light https://www.youtube.com/watch?v=8YuWAZmD0aU	How the strength of others can make us stronger
	The Enormous Turnip	Irene Yates	Lean on me https://www.youtube.com/watch?v=athd5_CW_z0	Who brings their strength when we need them?
	The thing Lou couldn't do	Ashley Shred	You can count on me – Bruno Mars https://www.youtube.com/watch?v=t61KpO1q4Jo	Strength in friendships
	Thank goodness for Bob	Matthew Morgan	I'll be there https://www.youtube.com/watch?v=ARQzyU7ovgs	Appreciating the strength of others
	The Squirrels who squabble	Rachel Bright	The Sharing Song – Jack Johnson https://www.youtube.com/watch?v=lvYORKZZPuc	How strength and support can come from those who we least expect
	Crayon	Simon Rickerty	Everything is awesome (Acoustic version)– Lego movie https://www.youtube.com/watch?v=woiWU18sEFM	Everyone's contributions are valuable
Healthy Hearts and Minds Day	Grow Strong!	Cheri J Meiners	Keeping Healthy Song https://www.youtube.com/watch?v=_gO7vchFIIQ	Ways to support a healthy body and mind