



Lesson starter: P · Play with Purpose

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Age: Ages 4–11 | **Time:** 5–10 minutes | **Focus:** Effort, curiosity and having a go.

Learning objective: To understand that trying and giving our best matters more than getting it right first time.

Preparation: None. Optional: sticky notes for goals.

1. Discuss (2–3 mins)

- What does 'having a go' look like in our class?
- How do we feel before and after trying something new?

2. Activity (3–5 mins)

Children set one 'have a go' goal for the week and share it at the end.

3. Reflect (1 min)

What is one thing you will have a go at today?

Adapting it: Younger: act out 'having a go' with a simple movement. Older: set a goal with one step to reach it. SEND: model an example first and allow a drawn or spoken goal.

Links to: circle time, PSHE (relationships, wellbeing) and PE (teamwork, safe play).

Teacher notes:



Lesson starter: A · Always Be Kind

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Age: Ages 4–11 | **Time:** 5–10 minutes | **Focus:** Kindness, inclusion and noticing others.

Learning objective: To recognise kind actions and how they help others feel included.

Preparation: Strips of paper and glue or tape for the chain.

1. Discuss (2–3 mins)

- How can we help someone feel welcome?
- What kind words could we use on the playground?

2. Activity (3–5 mins)

Create a class 'kindness chain' with one link added for each kind act seen.

3. Reflect (1 min)

Who could you be kind to before home time?

Adapting it: Younger: use puppet or picture scenarios. Older: discuss what exclusion feels like and how to include others. SEND: give sentence starters such as 'Would you like to join us?'

Links to: circle time, PSHE (relationships, wellbeing) and PE (teamwork, safe play).

Teacher notes:



Lesson starter: W · Work Together

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Age: Ages 4–11 | **Time:** 5–10 minutes | **Focus:** Teamwork, sharing and communication.

Learning objective: To practise sharing ideas and listening as a team.

Preparation: Scrap paper (5 sheets per group) and tape.

1. Discuss (2–3 mins)

- Why do teams need everyone?
- How can we listen well to each other?

2. Activity (3–5 mins)

Small groups build the tallest paper tower together, then talk about who helped and how.

3. Reflect (1 min)

What did you do to help your team today?

Adapting it: Younger: build in pairs with a clear, small task. Older: add a rule such as no talking to stretch communication. SEND: assign clear roles and allow extra time.

Links to: circle time, PSHE (relationships, wellbeing) and PE (teamwork, safe play).

Teacher notes:



Lesson starter: S · Stay Safe & Strong

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Age: Ages 4–11 | **Time:** 5–10 minutes | **Focus:** Safe play, resilience and looking after ourselves.

Learning objective: To name simple ways to play safely and keep going when things feel hard.

Preparation: Large paper and pens for each group.

1. Discuss (2–3 mins)

- What keeps us safe when we play games?
- What can we do when something feels hard?

2. Activity (3–5 mins)

Groups make a 'Stay Safe & Strong' poster of rules for PE or playtime.

3. Reflect (1 min)

What is one safety rule you will remember at playtime?

Adapting it: Younger: sort picture cards into safe and unsafe. Older: write rules for a real game they play.

SEND: keep the list to three rules and use symbols or drawings.

Links to: circle time, PSHE (relationships, wellbeing) and PE (teamwork, safe play).

Teacher notes: