



# St Barnabas

Monday 6th February 2023

Church of England Primary Academy

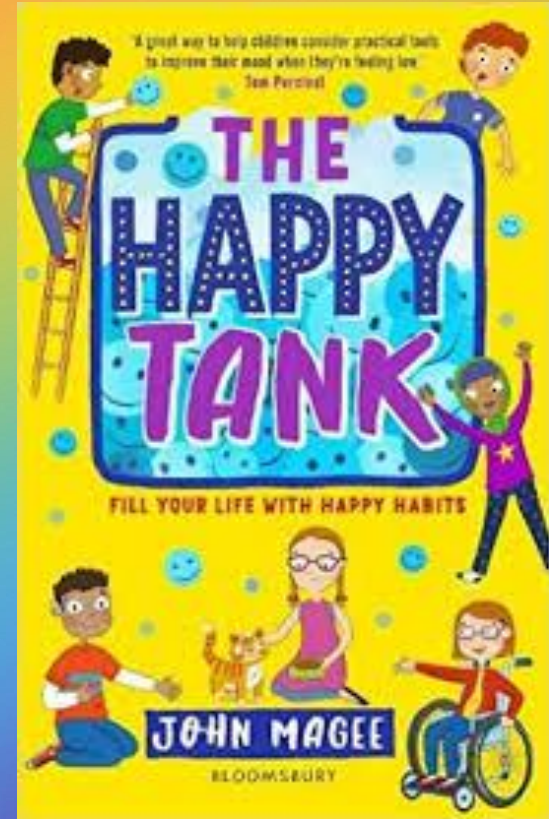
A member of **C+DARI**

# LET'S CONNECT





# Happy Tapping



" Sometimes your mind plays  
tricks on you. It can tell you  
you're no good, that it's all  
hopeless. But remember this;  
You are  
loved,



and important and you bring  
to this world things no one  
else can. So hold on "



"Have you met others  
who have struggled?"

"I've never met anyone who  
hasn't," said the horse.

"The truth is," said  
the horse



"that no matter how it looks,  
everyone has their struggles."

IT'S **OK** TO FEEL:

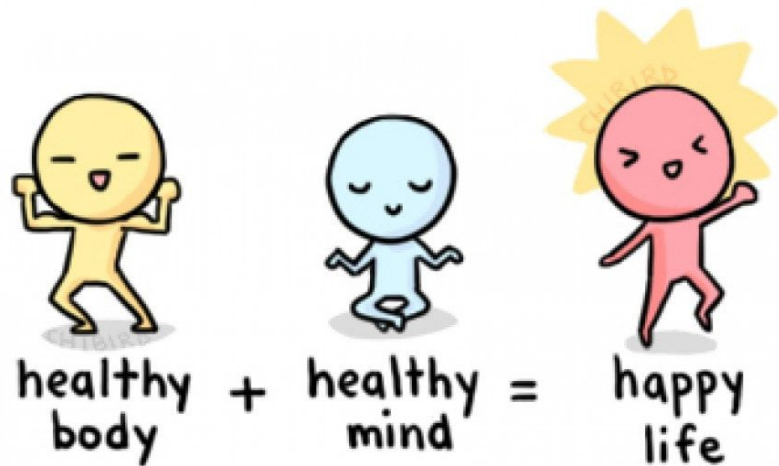


EVERYBODY FEELS THAT WAY SOMETIMES.  
WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

**HUMAN.**

AND IT HELPS TO TALK ABOUT IT.

©elisegravel





# LET'S CONNECT



6-12  
FEBRUARY  
2023





LET'S  
CONNECT



What does connecting  
with others mean to you?





Who have you already  
connected with today?

How did you connect?



# Together by Matt Goodfellow

LET'S  
CONNECT



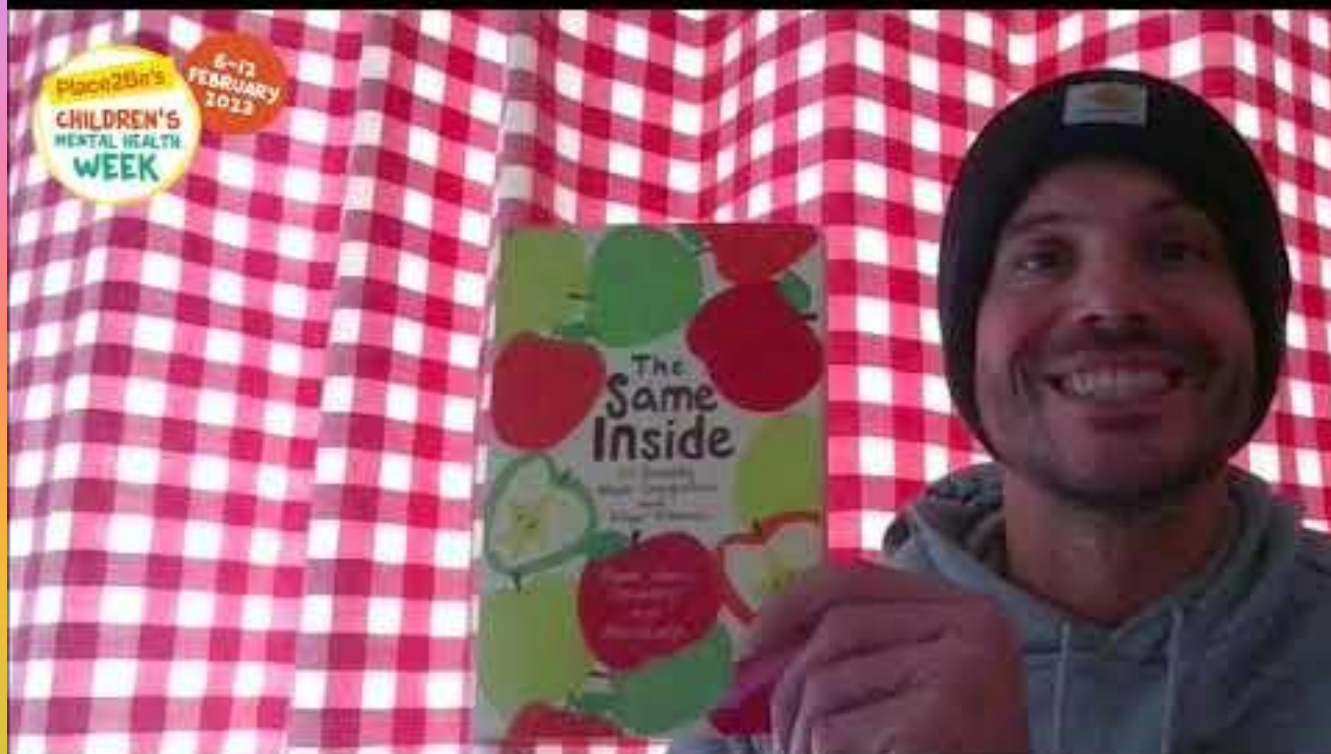
6-12  
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Watch this video:

[https://youtu.be/bOsbofgusa\\_k](https://youtu.be/bOsbofgusa_k).

Poet Matt Goodfellow reads his poem 'Together' as part of Children's Mental Health Week 2023. This poem is taken from the book 'The Same Inside', published by Macmillan.



**When we connect together, is it always to celebrate something?**

- When else is it good to connect together?**
- Do you agree with the poet when he say's 'together we are one'? Why/why not?**
- What happens when we feel alone and disconnected from others? How do we feel?**

**Who might feel disconnected or on the outside?  
What can we do to include them better?**

# LET'S CONNECT



Malala  
Yousafzai



Anne  
Frank



Greta  
Thunberg



Louis  
Braille

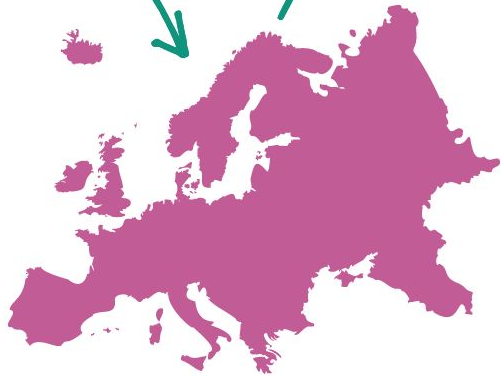


Jazz  
Jennings

# LET'S CONNECT



6-12  
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2023



# Reflection

**How can we connect more to others?**

Can you say hello to someone or talk to someone new today?

Can you ask someone how they are feeling?



**Dear God,**

**You created us and you love us.**

**You care about how we are feeling  
and love it when we tell you.**

**Thank you for the special people  
in our lives who help us look after  
our bodies and our minds.**

**Help us to find joy in expressing  
ourselves creatively this week!**

**Amen**

WE ARE ONE





St Barnabas

Church of England Primary Academy

A member of **CDARI**

# 'Achieving great things through learning and growing together in a love-filled Christian family'

*'That they shall have life, life in all its fullness' John 10:10*



Our **every** vision for **Child**  
Life in all its fullness;  
Our prayer for  
every heart,  
The **will** to  
make it  
so.