Assembly 2.5 - Too Much Selfie isn’t Healthy!

Content Overview: In ‘Too Much Selfie isn’t Healthy’ we recognise that there are more people in the world than just us. We develop empathy for others. We learn to look up and look out at the people around us and ask what we can do to help. In this assembly we look at ‘The Starfish story’ by Loren Eisley to find out how small acts of kindness can make a big difference.

SLIDE 1) HeartSmart is about being smart with our heart. The life of our heart affects the whole of our life. Today we’re going to look at the second of the HeartSmart High Five.

SLIDE 2) Read the slide, ‘Too Much Selfie isn’t Healthy!’ and highlight Boris’ new position. Ask the children what it means. Remind the children that we’ve been looking at ‘Don’t Forget to Let Love In!’, learning to love ourselves and allowing others to love us too. But if all we do is think about ourselves then we’re missing out. We are one in a million but so is everyone else! ‘Too Much Selfie isn’t Healthy!’ is about how we can show love and empathy to those around us by being kind and offering our help. Helping others helps our hearts feel good too!

SLIDE 3) Before the children come in, scatter beanbags, quoits or balls all over the front of the hall and have 2 empty boxes to either side. Tell the children that someone has left the PE equipment out. Pretend to be upset and ask for two volunteers to help you tidy up. Once you have your volunteers, explain that to make the job more fun they must only pick up the objects with their feet and the first one to tidy their side is the winner. Split the rest of the hall into 2 teams to cheer on their helper.

Thank the children for their help and say that it was a small job that didn’t take them long but to you it made a big difference.

SLIDE 4) Tell the children ‘The Starfish story’ by Loren Eisley

‘One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean.

Approaching the boy he asked “What are you doing?”

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The boy replied “Throwing Starfish back into the ocean. The surf is up and the tide is going out. If I don’t throw them back, they will die.”

“But boy,” the man replied, “don’t you realise there are miles and miles of beach and hundreds of starfish? You can’t make a difference!”

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said, “I made a difference to that one.”

SLIDE 5) Ask the children to consider what would have happened if the boy hadn’t thrown any of the starfish back into the ocean.

His small act of kindness made a huge difference to the starfish he picked up - it saved their lives!

SLIDE 6) Emphasise, no one is too young to help and no act of kindness is too small.

SLIDE 7) Explain that there are 2 ways to help others:

We can be ACTIVE - think about it in advance and plan to help someone e.g. with the dishes, tidying the classroom, feeding a pet, etc.

We can be RESPONSIVE - we can be aware of the people and situations around us and respond to the need we see e.g. comforting a friend who is upset, picking up someone’s belongings when they drop it, carrying the shopping when Dad has his hands full, etc.

To be HeartSmart we need to do both.

SLIDE 9) Reflection - ask the children to think of someone they can help today.

SLIDE 10) Holding slide