

All About Me, All About You Assembly Script

Aim:

- * To learn about cystic fibrosis (CF) and what life is like for children with the condition.

Entering the assembly:

- * You may wish to play a song such as 'This Is Me', by Keala Settle, for children to walk into.

Instructions and teacher notes

Welcome pupils into the assembly and tell them that in today's assembly, there will a video to watch and lots of questions for them to think about and answer.

Ask the children to think about what makes them the person they are; their likes, interests and hobbies, and about what sort of personality they have.

Explain that no two people are entirely identical and that we are all unique. However, although we have differences, we also share similarities with others. Ask children to find something they have in common with the person next to them.

Use the examples on this slide to think about similarities we share with others when thinking about our bodies. Children might like to add more examples of similarities they are aware of.

Presentation slide



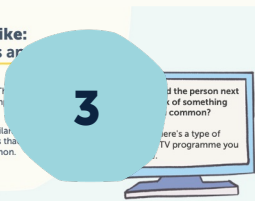
What makes me...

Have a think about your hobbies.
What games or sports do you like?
Do you have a favourite TV programme?
How might other people be different to you?



What we like: similarities and differences

We are all unique! Think about the person next to you. What do you and they have in common?
But we all have similarities. That means that we have something in common.



Our bodies: similarities and differences

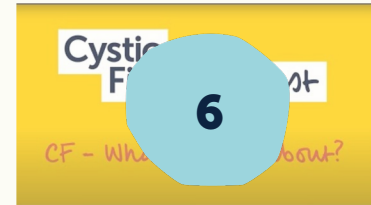
We can also find things that we have in common with others about our bodies.
* Two people might have the same hair colour.
* Two people might have the same sized shoes.
* We might have the same condition as someone else, the same condition, or the same medication.



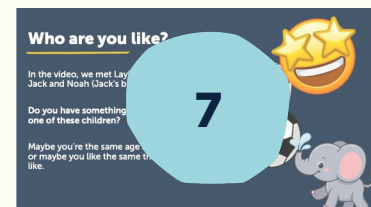
Explain that something else some people have in common is that they have certain conditions. Children may be aware of those mentioned on the slide and may wish to mention others.



Watch the video to meet some children with CF and learn about the condition.



Ask the children if they have anything in common with the children in the video.



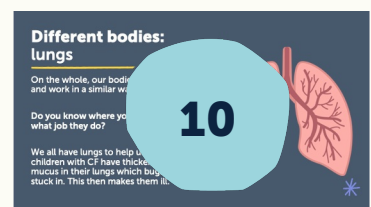
Ask children to think about something they have in common with one of the children from the video.



Encourage children to think more carefully about the children in the video and how their lives might differ from their own, due to having CF.



Discuss the treatments and medications that the children with CF in the video take and ask children to think about any medicines they have had.



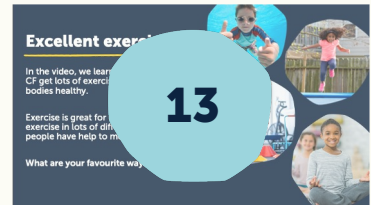
Discuss the lungs and the job they do, then explain how CF affects the lungs.



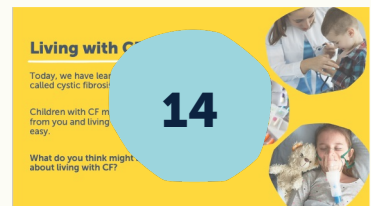
Discuss how CF affects the stomach and how people with CF take medication with their food to ensure they get all the nutrients they need.



Encourage children to consider ways in which we all look after our bodies to stay fit and well.



Focus on exercise and how important it is for people with CF. Ask children about their favourite ways to stay active.



Encourage children to empathise with children living with CF, reflecting on what they learnt in the video about having to take lots of medicines and sometimes having to stay in hospital, as well as avoiding face-to-face contact with other people with the condition.



End the assembly on a positive note, explaining that with the right treatment and support, people with CF can live a full, fun life, just like everyone else.

