

TALKING ABOUT RED NOSE DAY IN TUTOR TIME

Red Nose Day makes a great starting point for some inspirational tutor time learning with your students!

This year's Red Nose Day film for secondary schools tells the story of Steph, a 19-year-old from Liverpool who loves nothing more than a spot of watersports down at the Docks. Steph was left homeless after a family breakdown and ended up living in a hostel. After struggling with loneliness and mental health, Steph discovered Local Solutions' Sports Horizons, a project funded by Comic Relief.

Steph began taking part in a range of watersports and fitness activities – from kayaking and paddleboarding to boxing – and noticed her mood and strength beginning to improve. The team even helped her move out of the hostel and find a place to live. Today, Steph is volunteering as a watersports instructor herself, hoping to help others like her to discover a new sense of purpose.



How to use these activities

This guide contains a range of activities inspired by Steph's story and is designed for use with students during tutor time. Get started by downloading the film at comicrelief.com/rednoseday/schools/downloads

Choose what to do with your students based on how much time you have, what you want to achieve and whether you want them to work on their own or in groups. Some activities are great for prompting a collaborative discussion, while others lend themselves to independent learning. Everything in this pack is flexible and adaptable, so feel free to use it in the way you know works best for your students.

Why not use the activities to build a buzz and help students understand why they're raising money in the run-up to Red Nose Day?

Sensitivity warning

This year's Red Nose Day film and these activities focus on the story of Steph, a 19-year-old whose life has been affected by family breakdown, homelessness and mental health issues. When using the materials, please be aware that students in your class may have experienced these issues within their family. If you would like further information or support, please visit comicrelief.com/support

ACTIVITY IDEAS

Steph's story

Give students an opportunity to watch the Red Nose Day film about Steph. You can find it at comicroelief.com/rednoseday/schools/downloads

Use the questions below to start a group discussion, or encourage your students to write down a few quick responses as they reflect.

- What happened in Steph's life that led to her becoming homeless?
- What was life like in the hostel, and why did Steph find it difficult?
- How many people find themselves homeless or at risk of homelessness in the UK every year?
- How did Steph discover Local Solutions?
- What does the charity do to help young people?
- Why do you think Steph volunteers for Local Solutions today?



Talking about emotions

Give students a copy of the activity sheet on the next page.

Remind them of Steph's story – if there's time, you could even watch it again together. Ask them to complete the activity sheet, creating lists of adjectives to describe Steph's feelings when:

- She was living in a hostel
- She first discovered Local Solutions and started taking part in watersports
- The Local Solutions team found her a safe place to live
- She volunteers with Local Solutions

Completing this activity as a class? Encourage students to share the emotions they've identified and talk about them together.

Bring up the idea of mixed emotions, and explain that feeling opposing things is completely normal, but can be confusing. For example, Steph might have felt nervous as well as relieved when she first found Local Solutions. Can your students relate to this?



Talking about emotions

	Adjectives expressing emotions
How do you think Steph felt when she was living in a hostel?	
How do you think Steph felt when she first discovered Local Solutions and started taking part in water sports?	
How do you think Steph felt when the Local Solutions team found her a safe place to live?	
How do you think Steph feels when she volunteers with Local Solutions?	

Finding out about homelessness

Local Solutions is a charity that supports people and communities who are disadvantaged, excluded and vulnerable. The team often works with people experiencing homelessness to help find long-term solutions.

According to the charity Crisis, more than 200,000 families and individuals in England are currently homeless. Ask the students to research more facts about homelessness and to use their findings to create a fact sheet. You could give them prompts for facts to find out, for example:

- How many people are homeless across the whole of the UK?
- What percentage of homeless people are children?
- What are the leading causes of homelessness?
- How have the figures for homelessness changed in the UK over the past 10 years?
- How many people are homeless worldwide?

Point out to students that it's often tricky to find precise figures in relation to homelessness, due to differences in the way statistics are gathered and factors such as hidden homelessness (people who are homeless but find temporary solutions, such as living in a squat or with friends).

Does finding out facts like these help the students understand why support is so badly needed to tackle homelessness? Does it make them more enthusiastic about raising money for Red Nose Day in order to make a difference?



Learning Links

PSHE Association Programme of Study

Key Stage 3

H2. to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)

R1. about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them

Key Stage 4

H5. the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health

R1. the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality

Fundraising superpowers

Once your students have learnt more about how Comic Relief supports people, talk about what they could do to raise money for this year's Red Nose Day. This is all about realising that every action – no matter how small – can make a big difference.

In line with this year's Red Nose Day theme, 'Funny is Power', secondary students across the country will be tapping into their secret superpowers to fundraise. Ask your students:

- What's your special skill or superpower? It could be anything from singing or drawing to cooking or playing sports.
- Could you raise money this Red Nose Day by getting sponsored for your superpower? What challenge could you set yourself?
- Could you raise money by selling things that you make? For example, if you're a fantastic baker, could you sell cakes? If you're an artist, could you make and sell greetings cards?

You can download everything you need – from posters and recipes to sponsorship forms – at comicrelief.com/rednoseday/schools/downloads

If your school already has activities planned for Red Nose Day, why not spread the fundraising out? Encourage your students to put their fundraising superpowers to good use earlier in the week, or even the week before Red Nose Day.

WORD SEARCH

Can you find the words related to Steph's story?

CHARITY
HOMELESSNESS
LIVERPOOL
VOLUNTEERING
FUNDRAISING
HOSTEL
POWER
HEALTH
KAYAKING
STEPH

H	X	C	Q	K	X	C	H	T	S	T	E	P	H	H
W	U	I	Z	A	P	H	J	W	C	W	T	V	W	O
G	G	V	Y	Y	N	Q	E	T	C	U	D	U	B	M
D	M	U	D	Q	B	X	X	V	X	A	D	O	Y	E
V	R	Q	F	U	N	D	R	A	I	S	I	N	G	L
Y	C	A	N	E	H	Y	X	Y	Y	C	K	K	L	E
B	H	T	E	O	G	Y	L	G	L	S	B	U	O	S
G	H	E	S	B	T	I	J	Z	S	B	L	D	O	S
X	Y	T	A	I	G	N	I	K	A	Y	A	K	P	N
S	E	W	R	L	R	I	F	O	Q	O	S	N	R	E
L	F	A	J	E	T	K	V	S	G	X	C	K	E	S
E	H	W	W	T	K	H	D	O	X	V	T	S	V	S
C	P	O	N	G	A	H	R	C	G	M	H	M	I	N
E	P	M	W	Y	M	V	Q	A	L	N	E	L	L	W
X	W	G	N	I	R	E	E	T	N	U	L	O	V	W

Word search answers

