



Lumi Nova Interactive Assembly Guide

What is the interactive assembly?

We have created an interactive assembly in the form of a video. The session is designed to help children identify their worries, learn self-management strategies, and build resilience while doing so. It encourages the understanding that anxiety is a normal part of life and provides steps to manage it effectively through a non-stigmatising approach. Lumi Nova is introduced to children as a support option.

The video can be paused and unpaused where instructed allowing you to guide discussions and peer interactions. The videos are under 9:00 minutes and may take around 15 minutes including time for discussions in between.

There are two assemblies available:

- Upper Key Stage 1 to Lower Key Stage 2 (Y2-Y4)
- Upper Key Stage 2 (Y5-Y6)

Videos can also be shown to other year groups if deemed appropriate by teaching professionals and parents/carers.

Outcomes and Key Themes:

- Recognise and Understand Emotions: Children will understand that feelings of worry, fear, and anxiety are normal and can be managed.
- Build Resilience and Coping Skills: Children will begin to develop resilience in the face of challenges.
- Foster Positive Attitudes Towards Mental Health: Children will recognise the importance of mental health and learn to seek help when needed.

These objectives align with the [National Curriculum for PSHE](#) and supports a [whole-school approach to mental health and wellbeing](#).

How can the assembly video be used in schools?

The interactive video can be used in classrooms or as part of school-wide or year group specific assemblies. It can be shown as part of regular assembly schedules or as a standalone session.

What preparation is needed?

It's important to let parents/carers know that students will be learning about Lumi Nova so they have the information they need to register should their child wish to.

Sharing information with parents/carers:

- Share the letter provided before or after the assembly (digitally or printed) - [Parent Email/Newsletter](#)
- Share the information sheet before or after the assembly (digitally or printed) - [Parent/Carer Information Sheet](#)
- Additionally you can add a post to your social media account - [Social Media Image](#)

Delivering the interactive assembly:

You will need to pause and unpaue the video where instructed to provide opportunity for discussion. It's helpful to inform children beforehand that there will be time at various points in the assembly to discuss with a partner or small groups if they would like to do so, which fosters idea-sharing and provides teachers with pupil feedback.

You will need an audio and visual equipment setup available. We recommend testing the video and sound prior to the session you are delivering.

YouTube access is required; ensure it aligns with your school's policies. Links to the videos on YouTube are below:

- [Interactive Assembly Y2-Y4](#)
- [Interactive Assembly Y5-Y6](#)

If you have any questions or need any support you can contact the team on luminova@bfb-labs.com.