



Bankhead Primary & Nursery School



Nurture Principle Week 5



At Bankhead Primary School and Nursery, we are striving to be a 'nurturing school' as we believe it is important to ensure our pupils are in a nurturing environment that supports them to learn. Nurture helps us to develop our social and emotional skills to support our development as well as to develop our resilience.

We want to promote the 'Six Principles of Nurture' the children are learning about in school by launching a 'Nurture Principle of the Week' each week with some suggested activities for you to discuss and do at home. If you complete any of the suggested activities, we would love to see a photograph of this. Please send an email to Miss Boyd at (bankheadps@gmail.com). If you are happy for us to share pictures and work on twitter please let me know when you send work to email address. You could also upload to twitter and tag @BankheadPrimary.

Nurture Principle 5

All Behaviour is Communication

'Our behaviours tell you something about us'

Suggested activities:

- ❖ Write a list of 5 things you could do to cheer yourself up if you are feeling down. You could also do this for a friend or family member.
- ❖ Draw a picture of someone you could talk to at school/home about your feelings if you are not feeling yourself.
- ❖ Make an 'Appreciation Box' for your house. When someone does something kind, add a note to say thanks and why you appreciate it. You could decorate an old shoebox!
- ❖ Can you make a poster about your favourite inspirational quote? This website has some fantastic quotes, or you could make up your own! <https://everydaypower.com/motivational-quotes-for-kids/>
A personal favourite quote is - "Nothing is impossible, the word itself says 'I'm possible!' by Audrey Hepburn.
- ❖ Complete the following sentences about a friend or family member. You could even make a miniature book about them (Fold A4 paper into quarters, cut and staple together. Make a front cover and answer the questions on the rest of the pages)
 - One idea I got from you is . . .
 - I really like your personality because . . .
 - I know I can count on you when . . .
 - I really appreciate when you . . .
 - Some adjectives that describe you are . . .
 - I am impressed by the way you . . .
 - I look forward to seeing you because . . .
- ❖ Balloon Bop. Work co-operatively with your family whilst you play this game! Stand in a circle, holding hands. An adult drops one balloon into the circle. The goal is for everyone to see how many times they can tap the balloon into the air, whilst holding hands. You can use arms, heads, knees, shoulders, etc.
- ❖ With you family, create a list of 5 positive Golden Rules for your house/class/school.