



Bankhead Primary & Nursery School



Nurture Principle Week 6



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 6

The Importance of Transition is Children's Lives

'Change is important as it helps us grow'

Suggested activities:

- ❖ Can you create a poster to highlight safety aspects/changes that happen when in school to make sure that we keep everyone safe (eg. handwashing, social distancing in class, social distancing in the playground, one-way system for walking, lining-up apart, etc).
- ❖ Create a fact-file all about you: your name, age, likes/dislikes, favourite subjects, family members etc. You could share this with someone who doesn't know you well in school. Or keep for high school.
- ❖ Illustrate your favourite memory so far from this year in school/or a previous year.
- ❖ Write a list of goals you want to achieve in the new school year.
- ❖ Create a comic strip/poster/picture showing all of the things you are looking forward to this year.
- ❖ Make a poster about all the people who can help you when you move on to the next stage/high school. Think about people at home and in school.
- ❖ Make a playlist of your favourite songs. If you are feeling anxious about any changes listen to these and remember everything will be great!
- ❖ Identify positive qualities in yourself and link them to how they would help you deal with change.
- ❖ Change Chat - ask someone to discuss change with you.
- ❖ Talk about all the changes you have had - growing from a baby to who you are now. Discuss all the things you can do now that you couldn't do as a baby. Talk about changes you can make happen like changing your hair style or your appearance. Discuss changes that you cannot control like growing older or getting taller. Talk about good changes and bad changes and how you feel about these. Remember, change can be difficult but there are people you can talk to for support (like family or teachers) and strategies to use if you are anxious (like breathing strategies, relaxing in a comfortable place, taking a walk or doing an activity you enjoy).
- ❖ Follow up task to change chat - make a list of changes you can control and changes you can't control. Write down 5 strategies you could use to help you feel comfortable with the changes you can't control.