



# Bankhead Primary & Nursery School



## Nurture Principle Week 4



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](mailto: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 4

### Language is a Vital Means of Communication

**'We use our words and actions to say how we are feeling'**

#### Suggested activities:

- ❖ Charades game: can you act out a variety of feelings and ask someone at home to guess what feelings you are communicating?
- ❖ Design a new set of emojis to represent different feelings.
- ❖ Mirror game: can you use different facial expressions to mime different feelings and ask someone to copy exactly what you are doing?
- ❖ Can you create a superhero for a positive feeling? (e.g. Captain Courageous, Marvellous Man, Agent Ace, etc.) Think about details in their costume, facial expressions and stance that show the feeling they represent.
- ❖ Taboo Game: write different feelings on a post it and turn them over. Take turns to pick a feeling. You have to describe it to the other person without saying the word and they have to guess the feeling (e.g. turn over 'Happy' - clues: you might feel this way when someone helps you, you might feel this way when someone gives you something, you might feel this way after you do something kind for someone).
- ❖ If you were in charge of spreading happiness throughout the world how would you do it? What rules would you make? How would you share your message with people? (you could write a poem or song, perform a sketch, create a jingle for the radio or make an advert for the television)
- ❖ Write an Acronym for your friend's name using positive words. Tell them about this the next time you speak to each other!  
T – Talented H – Happy E – Energetic O – Outgoing (THEO)
- ❖ How would you encourage other people to use kind words and actions at school? Create a poster about this.