



Loch PS

Nurture Principle of the Week 3



As you know, at Loch Primary School and Nursery, we strive 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 planned to launch our Child Friendly 'Six Principles of Nurture' during our 'Nurture Week' in May. This is now postponed until next session but we want to continue to promote the 'Six Principles of Nurture' online by launching a 'Nurture Principle of the Week' each week with some suggested activities.

If you complete any of the suggested activities, we would love to see a photograph of this. Please upload it to Google Classrooms or send an email to Miss Simpson (gw14lochpsht@glow.sch.uk). If your parent/carers is happy for this to be shared on our website or Twitter, please ask them to write this on your message.



Our 'Nurture Principle' this week is:
The Importance of Nurture for the Development of Wellbeing
"Nurture helps us feel good in our mind and body"



Suggested activities:

- Try some yoga to help you relax. There are some great videos on the following website: <https://somuchyoga.com/best-yoga-videos-for-kids-on-youtube/> or you can find one of your own.
- Try some breathing exercises to relax. There are ideas on the following websites - <https://exploringyourmind.com/4-fun-breathing-exercises-children/>
<https://cosmickids.com/five-fun-breathing-practices-for-kids>
- Do some mindful drawing or colouring in. You may have your own books or try this website for free printable pages - <https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html>
- If you were allowed to plan a relaxation afternoon at school what would this involve? Write a list of activities you would like to do (this could be activities for in the classroom or outside).
- Draw the place that makes you feel most relaxed (maybe it is a place in your house or a place you go with family).
- Make a healthy snack or meal. There are some great recipe ideas at <https://www.bbcgoodfood.com/recipes/collection/healthy-snacks-kids>

- Invent a new outdoor game for the playground. You could draw a picture of this and write the instructions/rules (think about how many people you need, what equipment you might use, how would you start/finish the game?).
- Go for a walk/run/cycle with your family.
- Keep an exercise journal for a week. You can log the date, duration, activities, how you feel before/after etc.
- If you could create your own 'Relaxation Room' what would you have in it? (waterbed, hot tub, relaxing music, beanbags, etc.) Can you draw this?
- Challenge your negative thoughts!
 - Work with a parent/carer/family member
 - Think about a negative thought that you need to challenge (e.g. I am not good at drawing)
 - Discuss
 - What is the evidence for this?
 - What is the evidence against this?
 - What would my friend say if they heard my thought?
 - What would my parent/carer say if they heard my thought?
 - What would I say to my friend if they had this thought?
 - Finish with a positive thought!