



Loch PS

Nurture Principle of the Week 5



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/carer 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:
All behaviour is communication
"How we behave tells you how we feel"



Suggested activities:

- Create a cartoon strip/comic book story about what you would do if someone was feeling sad/lonely/upset.
- 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.
- Make a card for someone with a positive message.
- 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 shoe box!
- 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 - "All our dreams can come true, if we have the courage to pursue them" by Walt Disney.
- 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.
- Eye signal game. Work with another person. Create signals with your eyes (e.g. look left = move one space to the left; look up = move one space back; blink = jump in the air, etc). Take turns communicating using only eye signals.
- With your family, create a list of 5 positive Golden Rules for your household/class/school.
- Think about your feelings:
 - How do you behave when you feel happy? How do others know you are feeling happy?
 - How do you behave when you feel sad/angry? How do others know you are feeling sad/angry? Come up with a list of 5 things that could help you to feel happy again when you are feeling this way.