

The Six Principles of Nurture



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Week 1:

**Children's learning is
understood developmentally**

You are at different stages of development:

☐ Socially

☐ Emotionally

☐ Physically

☐ Intellectually

You need to be responded to at your developmental level in each of these areas.

Responding to you 'just as you are', with a non-judgmental and accepting attitude, will help you to feel safe and secure.

Task:



[How to Make an Origami Butterfly : 7 Steps - Instructables](#)

[How To Make an Easy Origami Butterfly \(in 3 MINUTES!\)](#)
[\(youtube.com\)](#)

Reflect: What did you learn?
Why is this important?

Why is this important?

- All of our learning builds on things that we have learnt before. Everybody learns different things at a different rate. Just because two children might be the same age, it doesn't mean they are at the same stage in their learning.

Week 2:

**The classroom offers a safe
base.**

Why is a safe classroom important?

Why is this important?

A safe base helps you to:

- Ask questions
- Take risks in your learning
- Make mistakes
- Be yourself!
- All of these things help us to do our best learning.

Reflect :

- What would you like to say about your classroom?
- What do you like?
- What part makes you feel safe?
- What else would you like to see?
- What impact does the classroom have on your learning?

Task:

- Reflect on your classroom with your teachers and together come up with ideas to make positive changes/ let your teachers know the parts that you like/ why you like them/ how they make you feel.
- You could have a discussion/ you could design your own safe space classroom.

Reflect: What did you learn?

A safe base helps you to:

- Ask questions
- Take risks in your learning
- Make mistakes
- Be yourself!

All of these things help us to do our best learning.

Week 3:

**The importance of nurture for the
development of wellbeing.**

What does well being mean to you?

Definition of well-being:

- Wellbeing is defined as the state of being comfortable, healthy, or happy. It includes having good [mental health](#), high life satisfaction, a sense of meaning or purpose, and being able to manage stress. More generally, wellbeing is just feeling well.

- It's important for a wellbeing definition to include that wellbeing doesn't simply mean being happy. While it does include happiness, wellbeing also includes other things, such as how satisfied people are with their life as a whole, their sense of purpose, and how in control they feel.

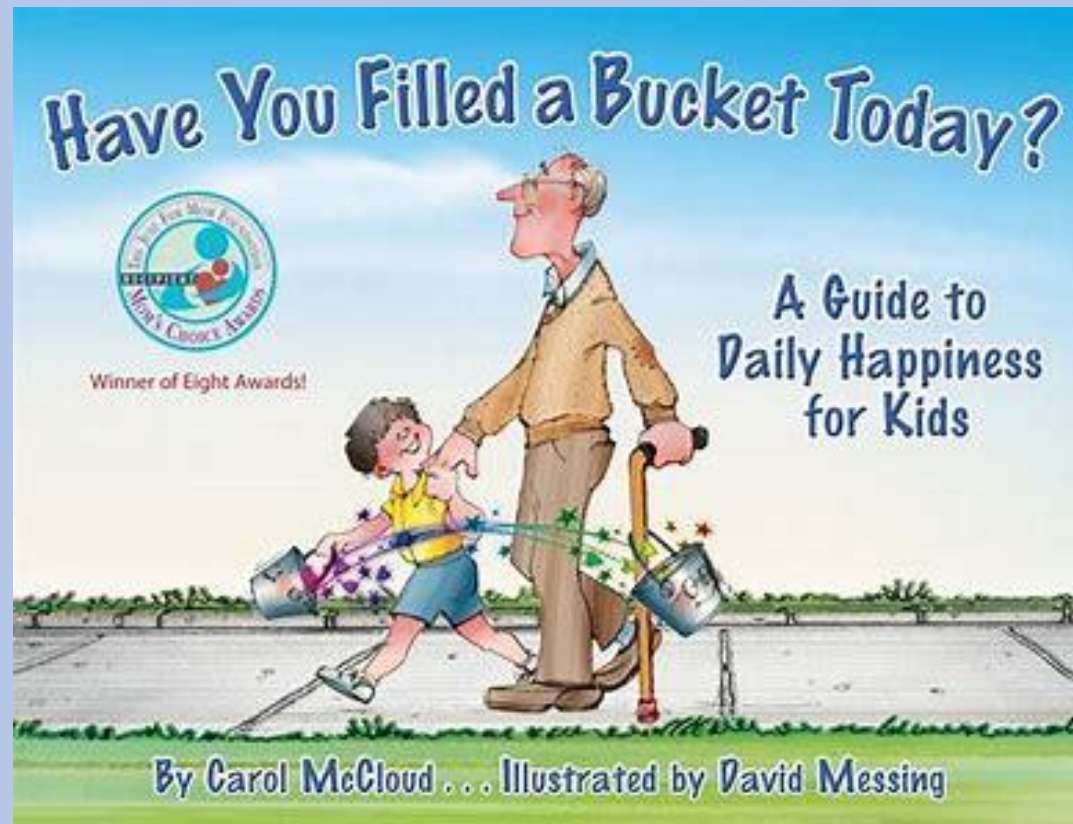
- Mental wellbeing also doesn't have one set meaning; we might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment.

- Having good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. But having poor mental wellbeing can make it more difficult to cope with daily life. Having good wellbeing is about finding ways to look after yourself both physically and mentally, in order to better cope with the stresses, anxieties and experiences that life throws at us.

- Wellbeing encompasses all different areas of health: physical, mental and emotional. It's important to look after all of these areas in order to maintain healthy wellbeing overall. There are also external factors that affect our wellbeing, such as economic and social conditions.

Let's watch:

- [Have you filled a bucket today? READ ALOUD](https://www.youtube.com/watch?v=...)  (youtube.com)



- What fills your bucket?
- Has somebody helped fill your bucket today?
- Why is it important for your bucket to be filled?

Task:

- In your classes you are going to create your own bucket and fill it with all the things that complete your bucket:



Reflect: What did you learn?

- Why is it important to fill your own bucket?
- Why is it important to fill other people's buckets?

- When we feel safe, cared for and loved, this helps us to develop positive wellbeing.
- When our wellbeing is good, it helps us to be good learners.

Week 4:

All behaviour is communication.

What is communication?

- What does 'all behaviour is communication' mean to you?

Task:

In class you are going to be shown a picture and asked to think about:

- - What is happening in this picture?
- - Why might the child be reacting in this way?
- - What might have happened to this child earlier in the day?
- - How might they have been feeling?

Then reflect on which behaviours we might see from somebody who is feeling a certain way.



Reflect: What did you learn?

Why is it important?

All behaviour is communication.

- The way we behave is a reflection of how we are feeling. Sometimes, lots of little things can build up and cause us to react in ways which we wouldn't normally.
- Keep in mind the behaviours you notice in other people. How might they be feeling? How do you think you could help them?

Week 5:

**Language is a vital means of
communication.**

- ‘Use your words’ – has anyone ever heard this before from a grown up?
- What does it mean?
- Why does it need to be said?

- Sometimes we use actions rather than words to show how we are feeling.
- Sometimes, we might need a little bit of help to use words rather than actions.

- Why might we need to use our words more than actions?
- Why might we need help to do this?

Task:

- This week in class you are going to talk about your emotions.
- When emotions are big what do we do with them?
- Can we always control our big emotions?
- What can we do if we need help?
- What can we do to help you/ add to the classroom/ say/ visual clues around the school?
- What will you use to support you in the future?
- Zones of Regulation.

Reflect: What did you learn?

- Why is it important to use your words?

- Talking can help us to explore how or why we are feeling a certain way. Sharing this with somebody else can help us to process this and think about what to do next. We recognise that this can be tricky at times but know that adults in school are here to help us.

Week 6:

**The importance of transition in
children's lives.**



What do you think transition means?

Which transitions have you already made?

- Who helped you make them?
- Why were these transitions important?

Task:

- This week in class you are going to discuss transitions.
- How you have coped so far entering your new year group – what further support do you need?
- Any transitions that you have coming up that you need to share/ need support with?

Reflect: What did you learn?

- What did you learn about the transitions in your life?
- Why are they important?

- Talking about change helps us to prepare for it. We can think about things that we are excited about but also things that we might be worried about. Even though it is sometimes scary, transition is important as it means we can try new challenges and learn new things!

To conclude:

- I have now introduced you to the 6 Principles of Nurture.
- Is there anything that you would like to share about these?
- Anything that you have enjoyed?
- Something that I need to add/ do?