



Victoria Road

Nurture Principle of the Week

Our well being is valued

Our next principle we looked at this week is the third of the **'Six Principles of Nurture'**:

Our wellbeing is valued

This week we learnt about ourselves being like an empty basket that needs filling throughout the day. Some things we do make us feel happy and add to our bucket, but some things make us feel sad and take things out of our bucket.

We read the story 'The bucket filler and talked about how you can help fill someone else's bucket by being kind or saying something nice. Listen to the story here: <https://www.youtube.com/watch?v=OZ8zjHwnMFM>

If you would like to support at home, here are some fun activities you could try:

Some suggested activities for you to help at home:

- One day pick one person at the dinner table to say something nice to. Everyone can say something nice about a chosen family member each day. (eg. Mummy, I like it when you... or sister, you give the best hugs etc.)
- Write a letter to a friend in your class or member of your family saying all the things you like about them or like doing with them
- Leave a secret note for someone in your class, or your teacher/family member to make them feel happy
- Try some yoga to help you relax. There are some great videos on the following website: <http://youtube.com/user/CosmicKidsYoga>



- Try some breathing exercises to relax. There are some great ideas on this website: <https://exploringyourmind.com/4-fun-breathing-exercises-children/>
- Do some mindfulness colouring or drawing. You may have your own books or try some of these printable pages for free <https://www.bestcolouringpagesforkids.com/mindfulness-colouring-pages.html>
- Make a healthy snack of meal. There are some great ideas here <https://www.bbcgoodfood.com/recipes/collection/healthy-snacks-kids>
- Go for a walk or bike ride with your family – fresh air is great for your wellbeing
- Keep an exercise journal – log the date, what exercise you did and for how long – can you explain how it made you feel
- Try to challenge your negative thoughts!



Talk with an adult about this – instead of ‘Im not very good at drawing’ try saying ‘ I need to practice drawing to get better’

(We would love to see some photos or examples of work, so please do send them in to show us what you get up to or email photos to office@victoria-road.kent.sch.uk)

Thank you for your support and please note – we will be missing next week as we have too many trips happening so you will have to wait another week for principle 4!

Mrs Collens & Mrs Redman

(Nurture leads)

