



Victoria Road

Nurture Principle of the Week

We use our words to talk about how we feel

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

We use our words to talk about how we feel

This week we learnt the importance of talking about our feelings and sharing our emotions so people around us can help. This principle is also about understanding that the way we speak and the words we use are important.

We read the story 'Ruby Finds a Worry' and her worry gets bigger and bigger as she keeps it inside. But she realises it goes away when she tells her friend all about her worry.

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:

- If you were in charge of spreading happiness throughout the world, how would you do it? What rules would you make? (You could write a poem or a song)
- How would you encourage other people to use kind words and actions at school? Create a poster about this
- Listen to the emotions song we played in assembly – can you learn the words?

<https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=emotions+song&vst=0&vm=r&type=E210GB105G0#id=10&vid=e8dc1837dc2a11aaf997da59e1b3bd84&action=click>



I'm a rainbow of colors, all in one dot!

- **Mirror game:** Can you use different facial expressions to mime different feelings and ask someone to copy exactly what you are doing?

- **Design an Emojis poster** to represent the different emotions



- **Taboo game:** write different feeling 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 emotion (eg. Turn over 'Happy' clues: you might feel this way when someone helps you, you might feel this way when someone gives you something...)

(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 continued support

Mrs Collens & Mrs Redman

(Nurture leads)

