



Victoria Road

Nurture Principle of the Week

Our
behaviour
can show
how we are
feeling

This term we continue with learning about the **'Six Principles of Nurture'**. This week we launched Principle 5:

*Our behaviour shows us
how we feel*

In our assembly we learnt that sometimes our behaviour can show people how we are feeling. If we have had a bad day or a tricky start in the morning, or if something is on our mind, sometimes our behaviour can change and we can be grouchy and cross or quiet and shy.

We looked at pictures of some behaviours and tried to work out how they were feeling. Some of these tricked us, as our behaviour doesn't always make it clear.

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:

- **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/>
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- Complete the following sentences about a friend or family member. You could make a front cover and answer the questions on the next 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 to describe you are....
 - I love the way you...
 - I look forward to seeing you because...
 - Play Balloon Bop – Work with another person. Create signals with your eyes (eg. Look left = move one space to left; Look up = move one space back; blink = jump in the air, etc.) Take turns communicating using only eye signals.

(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)

