



The Wolds and Vale Federation

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The Nurture News

News from around the federation Nurture groups

During Nurture this week we have focused on listening to instructions and participating constructively. The children have enjoyed playing games, practicing their cutting skills as well chasing and popping bubbles.



TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids.
When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.



An activity to try at home with your children from 5 motivational minutes:

A Personal compliments card

Pay yourself 5 compliments - YOU CAN!

Just think, plan and talk!!

Why are you a star?

I am a star because....

I am a star because

I am star because.....

I am a star because.....

I am a star because.....