

WELCOME TO NURTURE

Nurture will be a fun and informative group, of less than 8 children, facilitated by Mrs Nield and Mr Berry. The aim of the group is to help you to feel happy, supported and confident. In our fortnightly group will consider the following areas;

- Social skills and friendships
- Self-esteem and confidence
- Understanding and managing emotions
- Team building, communication and participation
- Self-Awareness
- Looking after ourselves – health and wellbeing.



We aim to provide a wide range of activities that enable positive experiences, relaxation and support you to develop helpful relationships. Everyone will be supported to participate and have their voice heard. The group offers an opportunity for you to make new friends and connect with other people. Mrs Nield or Mr Berry will meet with you individually to think about your strengths and goals for the Nurture Group.

The best people to tell you about the group are some of the children that attend. This is what they had to say.....

"If you have a bad day, you know Nurture is coming and you can chill and have a laugh. It's a chill lesson with rules we like to follow. I have learnt my voice is louder than others and to let them speak. Mostly I have learnt that although some people aren't loud their ideas are still important. The star challenge makes me want to do my best and support others to do so too".

"It is really amazing because you get to have fun, have competitions and play games. It allows me to feel safe and happy. I have learnt how to make new friends. I uplifted my behaviour and was able to turn things around. People should do Nurture because it is heart-warming".

"I enjoy Nurture a lot. I don't feel afraid to talk to anyone now. It's peaceful. I feel really confident about talking since going to Nurture".

"It's really helped me to get to know more people. Helped me to work together in team building. There should be more groups like it. It helps me to see people differently. People I thought were trouble makers have turned out to be funny and we are now friends".

"Nurture has done a lot for me. It is really helpful. It has made me more confident and developed my social skills and friendships. I feel closer to people and have become better friends with people".

Your Nurture Group will be on **Week Two, Wednesday's at 10:10** starting on **Wednesday 16th November in C1**. We will look forward to seeing you there!