

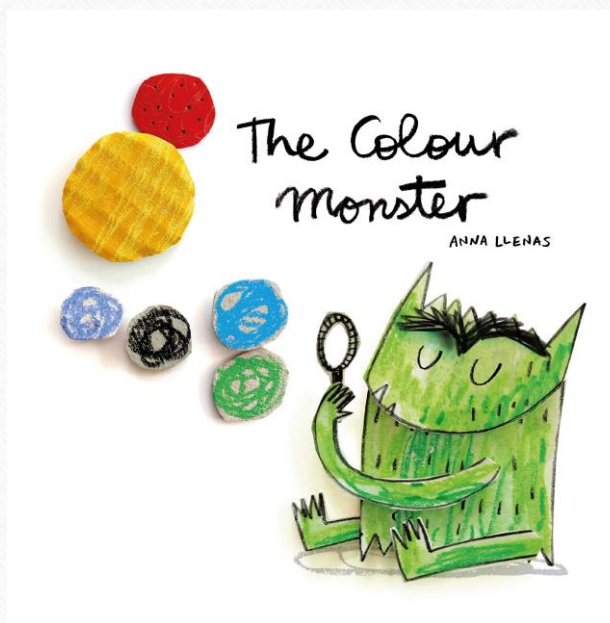
Nursery Wellbeing week

This week we have been doing lots of things to help us feel safe and secure.

How are you feeling?

We shared some stories about feelings and talked about how different things made us feel.

We focussed on the story



We made our own colour monsters.



Blue= Sad



Green= calm



We coloured the monsters different colours, to show how we were feeling.

We shared the story 'The invisible string'.

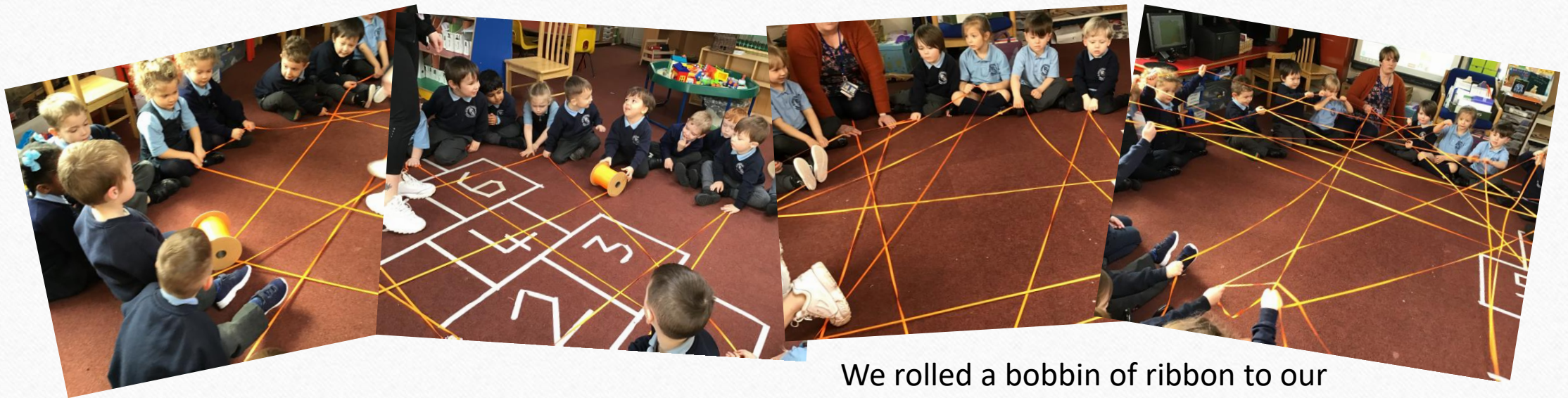
We created our own invisible string and talked about all the people we care about.



We used a wax candle to draw lines on a piece of paper and then painted over it with water colours to reveal our invisible strings.



We created a class invisible string.



We rolled a bobbin of ribbon to our friends until we all had some invisible string. We talked about how we are all connected.

We drew pictures of the people we feel
connected to in a heart.



We made our own
invisible string in the
classroom, to show we
are all connected.



Yoga and meditation

We took part in Yoga, this helps us to be balanced in mind and body.



As part of our daily routine, we take part in meditation where we learn about deep breathing to help us feel calm.



Healthy body, healthy mind

We have been enjoying taking part in Skill Wise, where we learn to take turns, share resources and use different parts of our bodies to handle the equipment.



Sharing



Jumping



perseverance



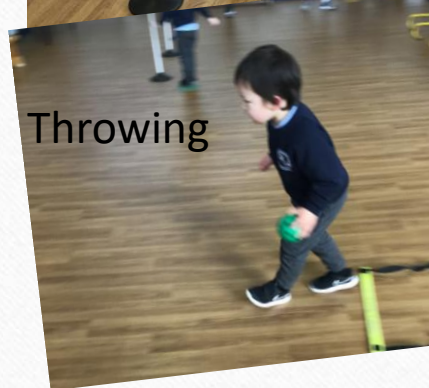
Taking turns



Kicking



Throwing



Balance



The Great Outdoors



In our new outdoor environment we can challenge our bodies by moving in different ways, develop our independence, explore our senses and learn about nature.