

# NURTURE AT RODMERSHAM...

## HELLO PARENTS AND CARERS

It has been really lovely going into Class 2 for the past two weeks - what a fabulous group of children! We looked at our emotions, using the Colour Monster story as a focus. While reading the story, we stopped and talked about how each emotion made us feel, and the children made some wonderful Emotion Spoons to remind them of what we talked about, which they brought home last week. We also did some playdoh challenges for each emotion - making a happy face, scrunching up the playdoh (anger), making something with your eyes closed (scared), etc. All the children were happy to get involved and join the discussions which was lovely to see.

This week, we continued with the emotions theme, this time using our sensory bottles, and then giving the children some strategies to use if their feelings start to get uncomfortable. We did some Mindful Drawing (to encourage them to be in the moment) and made a Sensory Sock Squishie (great for calming down) and a Rocket or Star (to help with calming breathing).



**IT WAS REALLY LOVELY GETTING TO KNOW YOUR CHILDREN AND WE HOPE THEY ENJOYED A LITTLE BIT OF NURTURE.**

**PLEASE LET US KNOW IF YOU HAVE ANY QUESTIONS OR COMMENTS: [INFO@NURTUREFORALL.CO.UK](mailto:INFO@NURTUREFORALL.CO.UK)**