

Nurture Principle 3: The importance of nurture for the development of wellbeing

"Relationships are the oxygen of human development"

- Peter Benson

In daily interactions, what are the key relational qualities for promoting positive wellbeing?

Wanted: Adults who are...

Welcoming and Reassuring
Playful and Animated
Attentive and Curious
Accepting and Empathetic
Flexible and Creative
Encouraging and Hopeful
Predictable and Consistent

Wellbeing in school "...must underpin, not undermine, the wider curriculum" - Andrew Cowley

- Model emotional expressions and vocabulary with arts & crafts, story-telling and puppets.
- Get active by going on a Daily Mile and visit the canteen to learn about food hygiene and cleanliness.
- Use History, Religion and Modern Languages to teach about diverse cultures and family values.
- Create PowerPoints in ICT of safe routes to/from school.
- Role-play the signs of bullying & how to resolve conflicts.
- Share advice from older students about exam stress.

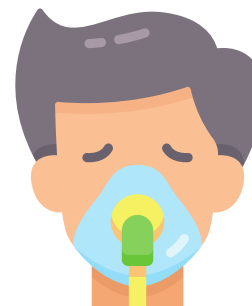


"Alongside the skills of reading, writing & maths, we can add skills for happiness" - Adrian Bethune

- Practise gratitude and savour what goes well.
- Encourage acts of kindness and record good deeds.
- Promote personalised stress busters - deep breathing; grounding; visualising a calm place; guided meditation.
- Schedule time for activities which stimulate "Flow".
- Sensitively challenge and reframe negative thoughts.
- Use a letter for their future selves to set achievable goals and provide reminders of past success and resilience.



The school culture should ensure that staff are supported with their own oxygen masks first.



- Arrange frequent check-ins and debriefings.
- Minimise intrusive emails after school hours.
- Trust staff to work flexibly and creatively.
- Reduce or modify marking demands.
- Share administrative responsibilities.
- Be clear & factual to prevent gossip/rumours.