

NURTURING SCHOOLS AWARD NEWSLETTER

LANGUAGE



In the nurture approach, we help children learn to use words instead of actions to express how they feel. We create regular spaces for them to recognise and share their feelings safely. We model this by naming emotions during everyday conversations, helping children connect what they feel in their bodies (like butterflies or sweaty palms) to what might be going on emotionally. We also teach that early warning signs—those little signals like fidgeting, tight chests, or tense jaws—are clues that something's not right. If children can spot these signs early, Then with a little help from the adults in their lives, they can start to manage their feelings before they become overwhelming.

In Action

I always try and focus on pupil's feelings as a potential cause for behaviour and try and give them the space/time to tell me if there is a problem. Whilst practising the strategies we have focussed on throughout the Nurture project, I have found that a simple check-in with predictable language at the start of each lesson has really helped pupils share how they are feeling in a safe and appropriate way.

Miss J Cartwright, Head of Department: English.



What is Nurture?



NURTURE IS ALL ABOUT HOW OUR SURROUNDINGS AND RELATIONSHIPS SHAPE US. IN SCHOOLS, A NURTURING APPROACH HELPS CHILDREN AND YOUNG PEOPLE BUILD SOCIAL AND EMOTIONAL SKILLS THEY MAY HAVE MISSED EARLY ON. THIS SUPPORT HELPS THEM FEEL BETTER, DO WELL IN SCHOOL, MAKE FRIENDS, AND HANDLE CHALLENGES MORE CONFIDENTLY.

Introducing Nurture UK



Questions and Feedback ?