



Thrive Newsletter

Autumn 2020

Since returning to school in September our whole school Thrive approach has really helped us to think about the social and emotional wellbeing of every child in school from nursery to year six.

We therefore wanted to share with you some of the Thrive activities the children have been doing this term.



Year Four Thrive

The children in Mrs Langton's class have been doing some work on feelings and emotions.

To help them do this Mrs Langton created a 'Feeling Jenga' game where the children have to answer the following questions as they pull out a piece with an emotion on it.

- What does it mean?
- How would a person feel experiencing this?
- Have you ever felt like this? Link it to personal experiences.
- How did you manage this feeling?
- Who could help if you were feeling like this?



Starting to Thrive

Building and keeping strong relationships with the children in the Foundation Unit is always important to us but it has been especially so since Covid 19 and lockdown. In addition, making sure the children can talk about their feelings and deal with tricky situations is also something we help them learn to do. To do this, we have changed our small world areas in the unit.

In each of these areas there are new figures. Each figure shows a different feeling, focussing on the feelings we have been learning about in our Thrive sessions. We also have some figures with blank expressions. By spending time with the children in these areas, as well as observing them playing with their friends, we have been able to see where children are with their emotional development and support any children that are finding this hard.

It has also given us a chance to act out stories and experiences which the children have thought of, in a sensitive way. We have been able to show and talk about those emotions as well as explore how to deal with those difficult feelings together.

Year Two Buddies

Year two have been learning about being a good friend. They have started to use a buddy/circle of friends' system whereby the children support each other when they are finding it hard to settle to learn. Some children are really good at noticing when their 'buddy' is unsettled and quickly go and help them (without being asked). It really helps everyone to focus on their learning.



Magnolia Mindfulness

The Magnolia class have been practising their mindfulness techniques using calming music, breathing techniques and art.



Fantastic Year Three!

The Hazel class have made a positive affirmation chain, which is going up in the classroom to remind the children how fantastic they all are! Everyone wrote a message on their piece of chain and decorated it.



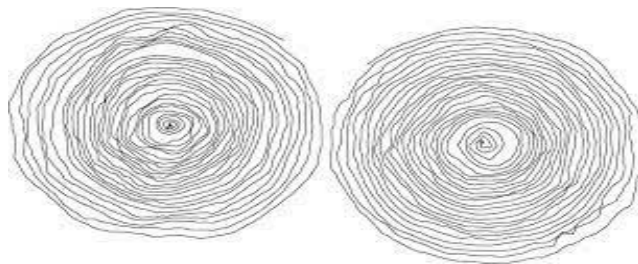
Relationships Matter

Year one have been talking about how they can build positive relationships with others.

They have been learning about their similarities and differences which has helped the children to be accepting of others in the class.

Mindful Drawing

The Cherry class have been drawing spirals whilst listening to relaxing and calming music.



the dot

Laurel class have spent some time reading and studying Peter Reynolds's book, The Dot. They have completed some growth mind set activities linking to the book to build their self-esteem and develop their understanding that it is okay to make mistakes and that we need to give things a go.

