



# The Nurture News Spreading Sunshine



Hi children,

We hope you are enjoying our Nurture News. We have loved seeing the pictures of you trying out some of our activities and ideas. They have really made us smile.

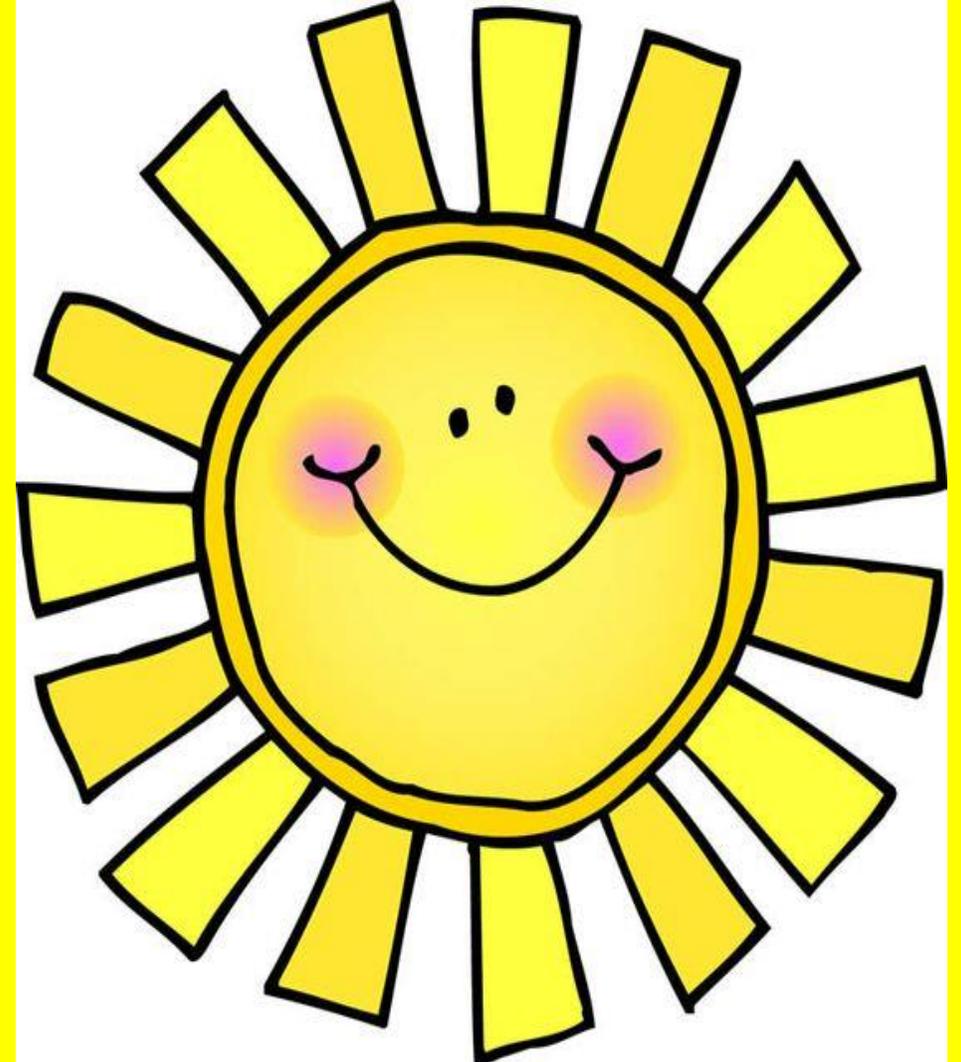
The weather isn't great at the moment so this fortnight's edition of the news letter contains some hints and tips for keeping yourselves busy indoors.

As always, we welcome any ideas of things you would like to see included in the next edition of Nurture News and would love to hear how you have got on with some of the suggestions and activities.

We miss you very much, are here if you need us and are looking forward to seeing you all very soon.



Lots of smiles and sunshine from  
Mrs Worboys, Mrs McCormack and  
Mrs Cleaves



## Mrs Worboy's tips for Getting into a Good Routine

We've all experienced changes in our lives and routines, especially as now we can't all go to school.

Creating a routine at home can help us feel much more organised and happy. Having a routine will help us keep on top of our school work and also ensure we still have time to things we enjoy too.

Why don't you work with your grown up to create your own visual timetables for this week. Remember to make sure you include time to relax, exercise and get outside too.

Have a look at my example below.

Creating  
a  
Routine



## Lockdown Boredom Busters

If you ever feel feeling bored, lonely, sad or worried, doing a fun activity can really help to take our minds off of difficult feelings so here are a few to try.

### Family portrait

Draw a picture of everyone in your home with you.



### Build a den

Make your own private place using a couple of chairs and an old sheet or towel.



### My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!



### Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.



### Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.



### Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?



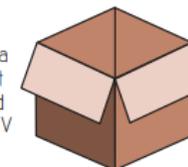
### Pebble art

On your next walk, look for a nice smooth pebble. Decorate it with paints, paper, glue and felt-tips.



### Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.



## 5 DAY KINDNESS CHALLENGE

It is more important than ever to be kind to ourselves and each other. This 5 day Kindness Challenge is all about looking after ourselves and each other.

How many of the challenges can you complete?

Day 1	Help your grown up out with a chore around the house without them even asking.
Day 2	Lots of people are working hard to keep you safe. Create a 'thank you' card to give to someone you know.
Day 3	Make someone's day by calling or texting an older relative. Ask them how they are, tell them a story ,or share your best joke!
Day 4	Ask members of your household to tell you what flowers they love and ask them to describe them. Afterwards, make them a drawing of the flower based only on the description they give you!
Day 5	Today, spend some time looking up and finding songs that you think your friends will like, and send them to them!

## Yoga

**Yoga** is a great way to help help our bodies feel happy and healthy. Yoga can help our memory, focus and confidence. It can also help us calm down if we are feeling stressed or worried.

How many of the different yoga poses below can you do? Can you put them into a sequence? Maybe you could have a go at creating your own yoga class or routine for some one at home to foll

Cosmic Yoga has a great selection of yoga adventures. Click on the link below to see where yoga could take you! [Cosmic Kids Yoga - YouTube](#)



## Mrs Cleaves' Book Recommendations



Audio books can be a great way to relax and enjoy a story. Listening to a story is a wonderful way to help you fall asleep or forget any worries or stresses you may have.

Use the link below to get a free 30 day trial of Audible from Amazon.

<https://www.radiotimes.com/news/on-demand/2020-04-14/children-audiobooks-audible/>

## Mrs McCormack's Art Challenge



You are all superheroes! Have a go at completing my challenge. Remember to include all of your special talents and skills.

Click on the link below:

[Mrs McCormack's Superhero Drawing Challenge – YouTube](#)

All you will need is some paper and pencils or felt tip pens. Please share your designs on Twitter (@courtwoodschool) as I'd love to see them.

Mrs McCormack

## Places to go to for Support and Advice:

Young Minds – <https://youngminds.org.uk/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>

Off The Record Croydon [Off the Record Youth Counselling \(talkofftherecord.org\)](http://talkofftherecord.org)

If you have any worries or concerns about your child's emotional behaviour or well-being, then please do not hesitate to contact the school via phone or at [admin@courtwood.org.uk](mailto:admin@courtwood.org.uk) as there will be things we can do to help.