



# Kitbag at Halbeath Nursery



Kindness, Respect  
Determination

# Kitbag at Halbeath Nursery

Halbeath Nursery - Scotland's First Accredited Kitbag Nursery

We are proud to be the very first nursery to achieve Kitbag Accreditation, leading the way in supporting children's emotional wellbeing.

Kitbag is a nurturing, child-centred tool that helps children:

- Understand and name their emotions
- Build trusting and positive relationships
- Develop confidence in expressing themselves
- Learn calming strategies for overwhelming moments

Through Kitbag, children practise taking turns, listening kindly, and speaking about their feelings in a safe and supported way. It helps create a gentle, positive atmosphere where every child feels valued, respected, and heard.

## Kitbag at home

We are delighted to offer engaging information sessions for parents and carers who would like to learn more about how Kitbag supports children's wellbeing at Halbeath.

These sessions run throughout the year and can be planned for individual or group sessions. The information session can be joined either in person or online, giving families flexible options to get involved.

As part of our lending library, we also have a small number of mini Kitbags that families can borrow to continue their child's wellbeing journey at home.

Before borrowing a Kitbag, parents/carers are invited to attend one of our short information sessions, and we kindly ask that an evaluation form is completed when the Kitbag is returned.

If you feel Kitbag could support your family speak to your child's keyworker for more information.

We would love to support you to explore Kitbag at home!

# What happens at a Kitbag Session

Kitbag is delivered using a colourful cloth bag with various items that are introduced across six week sessions. A talking stick, where children are encouraged to take turns and listen to their peers.

A Colour Card where children can choose a colour to express how they are feeling at that moment.

Animal cards, where children choose a card and talk about the animal, what it is doing and how it might feel to explore emotions empathically.

Presence cards are mindfulness exercises that can be used to help a child think about and regulate their emotions. The session then ends with a narrated wonder journey.

## What's inside a Kitbag

### What is inside Kitbag?

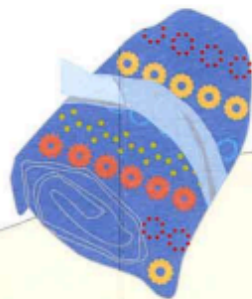
#### Calming Oil

This is a pleasant aroma and on repeated use evokes the benefits of previous Kitbag experiences.



#### Cloth Wrap

Kitbag comes in a soft fabric wrap with ribbon. Inside is a set of pockets where the resources are secured. Unfurling the wrap creates a safe space for sharing thoughts and feelings.



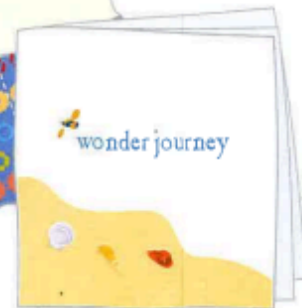
#### Presence Cards

Mindfulness exercises which help calm the mind.



#### The Wonder Journey

(with music on download for accompaniment)  
A nine-minute visualisation and relaxation exercise to help unwind. The story includes some of the animals that are also represented in the Animal Cards.



#### Timers

(one and three minutes)  
These can time the duration of Presence Card practice. Alternatively, they can give people equal time to speak.



#### Feelings Card

Opens up a way to describe and share feelings.



#### Animal Cards

These cards can be shared in all kinds of ways to grow empathy. Each animal represents a quality that is also human. They can help and inspire.



#### Talking Stick

Slows down conversation, encourages listening and taking turns for people to speak.

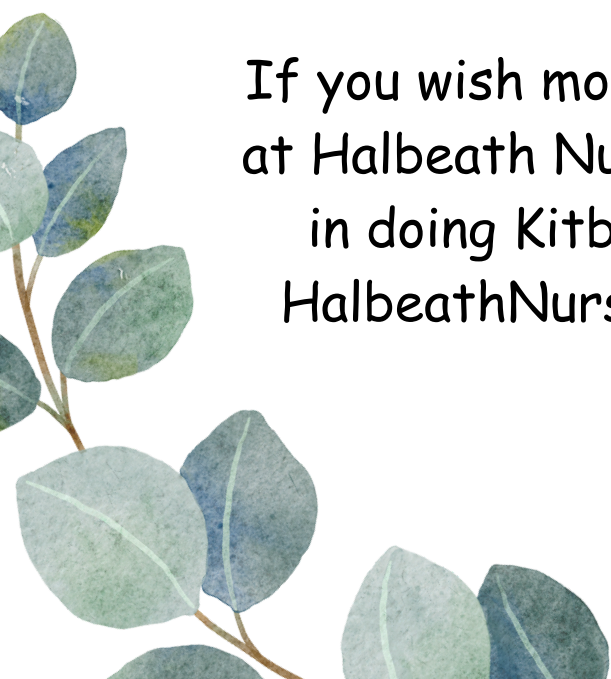
#### Finger Puppets

The wolf and robin finger puppets provide comfort and softness evoking early soothing mechanisms. They can be used to help shy people speak up and for role play to ease conflict situations.





For more information about  
Kitbag scan the QR code



If you wish more information about Kitbag  
at Halbeath Nursery or you are interested  
in doing Kitbag at home please email -  
[HalbeathNursery.Enquiries@fife.gov.uk](mailto:HalbeathNursery.Enquiries@fife.gov.uk)