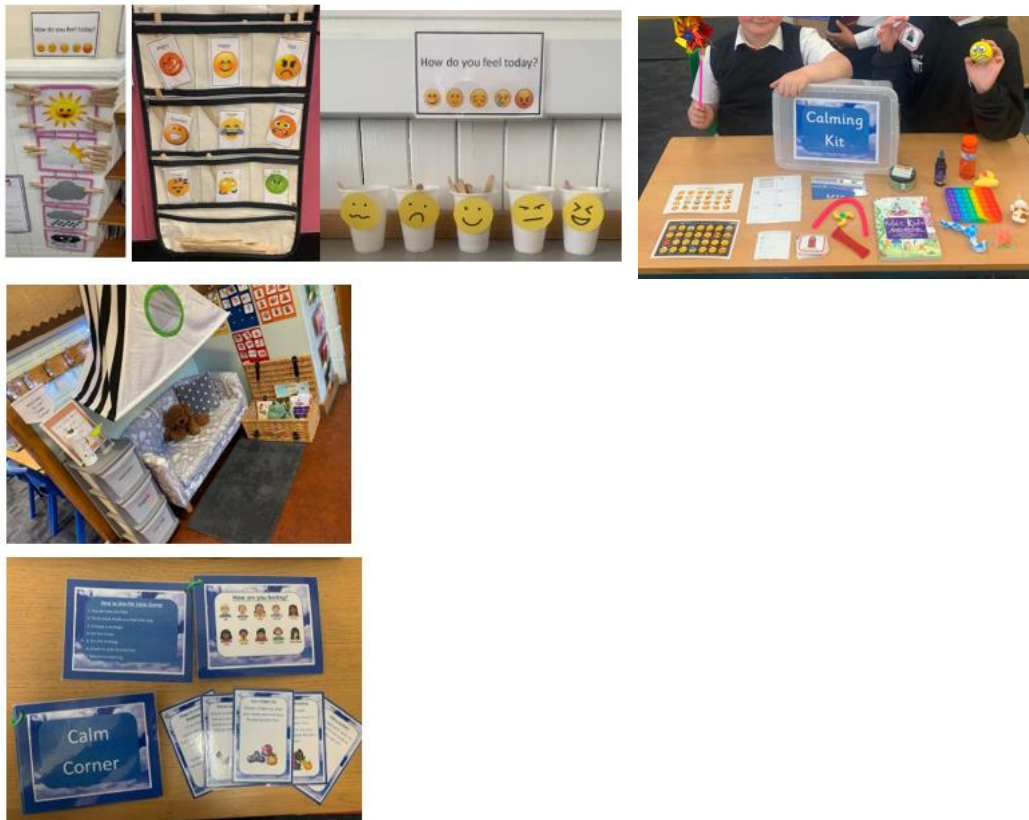


Supporting Wellbeing Through Nurturing Approaches

At Kelty Primary School, we are committed to creating a nurturing environment where every child feels safe, valued, and listened to. As part of this approach, classes use a range of wellbeing supports, including daily emotional check-ins, calm corners, and opportunities for pupils to share worries or thoughts through tools such as Worry Jars or "I Wish My Teacher Knew" boxes.

These approaches help children recognise and express their emotions, develop self-regulation skills, and seek support when needed. They also provide staff with valuable opportunities to understand pupils' experiences and respond appropriately, ensuring that every child feels heard, supported, and ready to learn.

We encourage families to talk with their child about these wellbeing supports and the importance of sharing feelings and seeking help when needed.



Targeted Supports

At Kelty Primary School, we recognise that some children may benefit from additional targeted support to help them develop confidence, wellbeing, social skills and emotional resilience. We offer a range of nurturing interventions and small group supports tailored to meet individual needs.

Our targeted supports include:

- Kitbag Groups (peer and adult led)
- Seasons for Growth

- Lego Therapy Groups
- Playground Social Groups
- Friendship Skills Groups
- Recognising and Managing Emotions Groups
- Self-Esteem and Confidence Building Groups
- Relaxation sessions
- Playbox Sessions

These supports are delivered by trained staff in a safe, supportive and nurturing environment. Children may be identified for participation through discussions with class teachers, support staff, parents/carers and school leaders.

We continually review children's progress and wellbeing to ensure that the support provided meets their individual needs and helps them thrive both socially and emotionally.

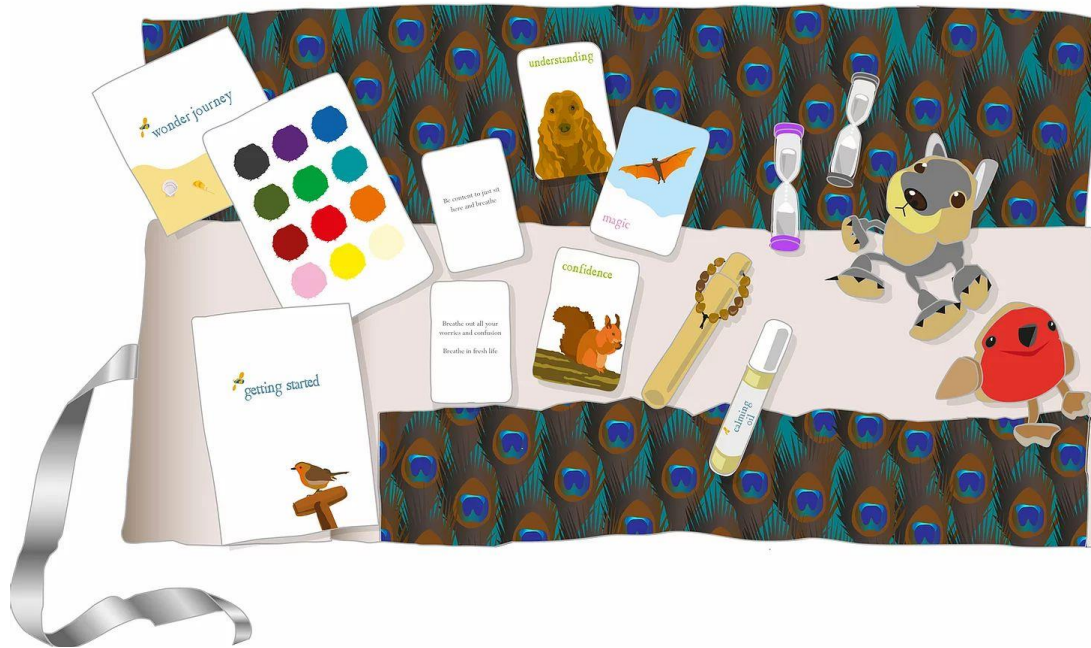
If you would like to discuss any aspect of your child's wellbeing or learn more about the supports available, please speak to your child's class teacher or a member of the Leadership Team.



Kitbag Accreditation at Kelty Primary

At our school, we use Kitbag with whole classes, small groups and individual pupils to create safe and supportive opportunities for children to talk, listen and reflect. Through regular Kitbag sessions, pupils are encouraged to express their thoughts and feelings, develop empathy, build resilience and strengthen relationships with others.

By embedding the Kitbag approach across our school community, we are helping to create a culture where every child feels listened to, valued and supported to thrive emotionally, socially and academically.





To find out more about kitbag or to use kitbag's online resource please use the link below.

[Iff Kitbag - Welcome](#)

Family Supports

At Kelty Primary School, we are committed to supporting the wellbeing of our children and families. We understand that families may need additional support at different times, and we offer a range of resources that can be borrowed and used at home.

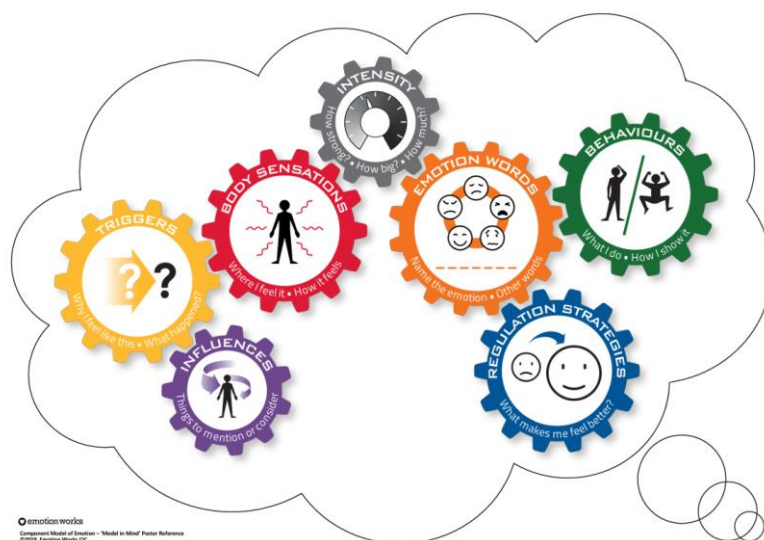
- **Mini Kitbags** to support emotional wellbeing, resilience and positive relationships.
- **Family Wellbeing Bags** containing activities and resources for families to enjoy together.
- **Story Packs**, which include a story book and accompanying activities to help children explore and understand a range of topics, including:
 - Parental separation
 - Bereavement and loss
 - Worries and anxiety
 - Emotional regulation
 - Friendship and relationships
- **Parental Advice Leaflets** covering a variety of topics to help support children's emotional wellbeing, behaviour and development.

If you feel your child or family would benefit from any of these supports, please speak to your child's class teacher or a member of the Leadership Team. We will be happy to discuss the resources available and work with you to identify the most appropriate support.

Together, we can help ensure every child feels safe, supported and ready to thrive.



Emotion Works



At Kelty Primary School, we use Emotion Works as part of our whole-school approach to wellbeing and emotional literacy. Emotion Works is a Scottish educational programme that helps children develop the skills to recognise, understand and regulate their emotions through a shared emotional language and a simple visual "cog" model.

Through Emotion Works, children learn to:

- Identify and name a wide range of emotions.
- Understand how emotions can feel in their bodies.
- Recognise triggers and situations that can affect how they feel.
- Explore how emotions influence behaviour.
- Develop strategies to regulate and manage their emotions.
- Build resilience, empathy and positive relationships.
-

The Emotion Works approach is used across our school and is embedded within learning and teaching. By using a common emotional language, we support children to talk openly about their feelings, understand themselves and others better, and develop important skills for life and learning.

Parents and carers can support this learning at home by encouraging conversations about feelings and emotions. If you would like to find out more about Emotion Works you can visit the Emotion Works website: [Emotion Works](#)