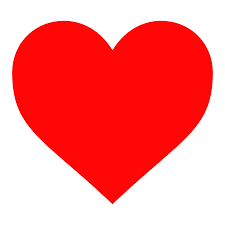
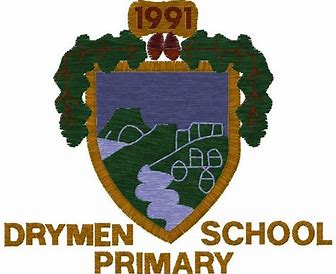
|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Our Wellbeing Indicator for November & December is: **Nurtured** | | | | | | |
|  | **Tuesday 24th**  Hide a **happy note** for someone to find – maybe give them a compliment or explain why they help you. | **Wednesday 25th**  Reflection:  What does the word **nurture** mean to you? Does it remind you of other words? | **Thursday 26th**  With a partner, talk about two things you have in common and two differences you have? Share with your family or class. | **Friday 27th**  Tell someone all the reasons why you like them. | **Saturday 28th**  Relax and enjoy spending time talking with friends and family. Tag @drymenprimary #wellbeingworks | **Sunday 29th**  Reflection:  If someone was feeling left out, what could others do to help? |
| **Monday 30th**  Because we are all different, we have different needs and wants. What do you think it means to **need** something? Any examples? | **Tuesday 1st**  Because we are all different, we have different needs and wants. What do you think it means to **want** something? Any examples? | **Wednesday 2nd**  Reflection:  What do you think are the qualities of a good friend? Rank them in order of most important to least. | **Thursday 3rd**  Thank someone today at school who helps you to feel nurtured (someone who helps you to grow and develop). | **Friday 4th**  Let someone go ahead of you in the line today. | **Saturday 5th**  Spend time outdoors with family or friends. Can you learn a new game? Tag @drymenprimary  #wellbeingworks |  |
| **Monday 7th**  Ask someone how they feel and really listen to their reply. | **Tuesday 8th**  Practice very hard our Drymen Listening Skills today:  1.Look at the person talking.  2.Listen to the words.  3. Sit still.  4. Stay quiet. | **Wednesday 9th**  Reflection:  What are you proud of? Think of your talents, uniqueness and achievements. Share with a family member. | **Thursday 10th**  Spend a few moments standing outdoors quietly. What can you hear? What are you grateful for? | **Friday 11th**  Draw a picture for someone who helps you feel nurtured. Give it to them as a present. | **Saturday 12th**  Reflection:  Which Nurtured activity did you enjoy the most this month? Why? | **Well done for taking part in Wellbeing Works for Nurtured!** |

Our Vision: We Care for Each Other, We Care for Ourselves, We Care for the Environment



Drymen’s Wellbeing Works



**Please tag us in any photos of the Drymen Wellbeing Works on Twitter @Drymenprimary Thank you!**