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| 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!**