



## Nurture Advisory And Support Service

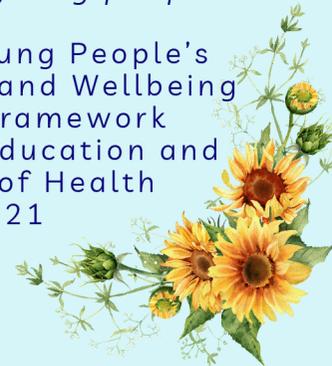
The Education Authority's (EA) Nurture Advisory and Support Service (NASS) aims to support schools to improve the educational, social, emotional and wellbeing outcomes for children and young people within a whole school nurture approach framework.

This early intervention, preventative model of support is beneficial for all children and young people and provides a range of learning experiences to support the development of their social, emotional and behavioural skills, thus, encouraging success at school and with peers.

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*"Children and young people should feel supported and encouraged as they traverse the challenges of growing up. In supporting them to develop the skills that will help them overcome these challenges, we are helping to shape the adults they will become... We all have a responsibility to promote the emotional health and wellbeing of our children and young people."*

Children and Young People's  
Emotional Health and Wellbeing  
in Education Framework  
Department of Education and  
Department of Health  
Feb 2021



# NURTURE IN EDUCATION PROGRAMME

To nurture our pupils means we care for and protect them while they are growing and developing,<sup>1</sup> inspiring, supporting and challenging them to be the best that they can be.<sup>2</sup>

<sup>1</sup>Oxford Learners Dictionary <sup>2</sup>The EA Vision

## Nurture in Five





## NURTURE IN FIVE

A research based and inclusive sequence of well-being activities to support pupils with the development of emotional regulation strategies

**Warm Up** - Playing fun games releases happy hormones helping us feel connected to others

**Stretch Out** - Even small stretches are good for our bodies helping us feel awake and alert

**Hands On** - A gentle face or hand massage can release any tension helping us feel calm

**Breathe In** - Breathing in through the nose then out through the mouth decreases the heart rate and oxygenates the brain helping us feel focused

**Wind Down** - Taking time to relax helps us process and reflect on events, recharging our batteries and helping us become ready to learn

### Step 1 - Warm Up

Energetic, non-competitive fun games

1



2



### Step 2 - Stretch Out

Safe stretches

3



### Step 3 - Hands On

Peer or self-massage

4



### Step 4 - Breathe In

Diaphragm breathing

5



### Step 5 - Wind Down

Focused relaxation



## NURTURE IN FIVE

As well as following the steps in school, your child could also use them at home to:

unwind after school and become focused to complete homework activities

practice strategies to help them relax before tests

feel good about themselves and their abilities

have fun with the people they live with

release some energy then relax for bed

