Nurture Group Resources Available to Borrow

CDs

Relax Kids CD - Up, Up & Away

This CD is designed to engage primary school children while introducing them to relaxation and simple stress-management techniques. Using well-known fairy stories and simple relaxation techniques, children will drift off to the land of dreams.

Fairytale visualisations designed to develop inner calm, confidence and creativity. This CD is suitable for both boys and girls.

Children imagine they are the characters in the fairytales and go on relaxing journeys in their mind so enhancing their creativity and imagination. These proven techniques encourage mental and emotional health and provide tools for children who suffer from sleeping problems, anxiety, stress and worries.

Relax Kids CD - Superheroes

Help children manage their anger and anxiety by calming down and relaxing to these visualizations.

This CD is designed to engage children whilst introducing them to relaxation and simple stress-management techniques. These unique story relaxations incorporate visualisations, muscle relaxations and affirmations.

Children imagine they are the characters in the fairytales and go on relaxing journeys in their mind so enhancing their creativity and imagination. These proven techniques encourage mental and emotional health and provide tools for children who suffer from sleeping problems, anxiety and worries.
Let’s Chill CD (age 5-11) Let’s Chill CD (age 8-18)

The Let’s Chill programme is based on yoga principles (breathing, relaxation and meditation) and psychology (awareness of thoughts and feelings and how they connect to behaviour) and reflects current research in the field of relaxation and yoga. The programme comprises of a CD and a short training manual for staff which guides them in the key areas (how to run the programme, preparation, running the lesson etc.). The six lessons last 10 minutes each and are highly structured with reinforcement of learning from one lesson to the next. The language is kept simple and key instructions are repeated at the start/end of each lesson. The programme is designed so that pupils who have special educational needs can participate (e.g. autism, emotional and behavioural difficulties, anxiety, confidence, attention). The pilot study showed that a range of other pupils may also benefit from a quiet time which is non-academic and nurturing (e.g. pupils who are experiencing stress at home such as bereavement, family break up).

DVDs

Puppets Puppets DVD

Puppets Puppets is a practical workshop lead by Peter Lockey.

This DVD aims to build confidence and understanding in the manipulation and use of puppets in Early Years.

Peter’s style of presenting is relaxed and fun with lots of tips and practical ideas. He and his wife Sue have been involved in Education and puppets for over 25 years and during this time have developed techniques and collected ideas from hundreds of different sources, many of which are shared in this DVD.
Talkabout Social Communication Skills – DVD

These video clips bring social skills to life! The DVD contains acted scenarios for each skill being taught, modelling both poor and good behaviour. Uses a number of settings and different ages, and includes an instruction booklet on how to use the video.

Games

The Nurturing Game

This game is a brilliant way to open up communication between adults and children and focus on emotional wellbeing. Players start at different places and walk through the park to a picnic, landing on squares that get them to share thoughts and feelings and practise offering praise to themselves and others.
Card Games

Listen Up

A card pack with explanation about skills which are the fundamental building blocks of communication: asserting your own ideas, listening, paying attention, interacting, playing and understanding what is being said. There are also many activities to help children learn, make friends and have fun.

Ask it Tell it

A simple question-and-answer card game which builds confidence as players learn to talk about themselves and listen to other people. It encourages players to:
• Become more aware of what they think
• Think about how they choose to behave
• Discover more about themselves
• Learn how others think and feel.

Puppets

Expressions Mitt

Expressions mitt helps children to identify and understand a variety of emotions that they may, on occasions, struggle to deal with.

Each mitt has a pocket on the back of the hand to hold, for example, self-made matching sound, word or picture cards (not included) so that the user can further extend understanding and recognition.
Flat Puppet Gloves (set of 8)
A great collection of 9 simple flat glove puppets! The People Who Help Us range is perfect for role play and teaching.

Set includes Policeman, Policewoman, Lollipopman, Nurse, Fireman, Farmer, Doctor & Keeper that can double as a Park Keeper and Zoo Keeper!

Buddies Puppet Set

The set comprises of 1 light skin tone boy, 2 olive skin tone children and 2 dark skin tone children. They are excellent for role-play and PSHE work, with large opening mouths which fit both an adult’s and a child’s hand. Some of the puppets have removable clothes and each puppet comes with its own storage bag. Schools can borrow 1 or 2 puppets at a time.

Noah’s Ark Set

Beautiful set of walking finger puppets which peep out of the ark (place 2 fingers in the front legs to make them walk).

Characters included are, Noah, an Elephant, Giraffe, Zebra, Lion, Tiger & Monkey.
Woodland Creatures

There are 6 finger puppets, peeping out of the trunk, and with a little door at the foot of the trunk it’s the perfect house for these woodland characters.

Set includes: Hedgehog, Badger, Owl, Bird, Squirrel & fox.

Fox has access into front legs to make him walk, all other finger puppets have elasticated access in bottom.

Monkey Puppet

Monkey lives in the top of a banana tree & likes to play ‘peek a boo’ with five little monkey friends. They all love to chase and hide amongst the big green leaves.

Set contains: 5 soft monkey finger puppets, 5 peelable bananas, 1 large glove puppet monkey (attached to tree) and 1 finger puppet Toucan.

Adult and Baby Turtle Puppets

Plush, plump and huggable, this turtle puppet has movable feet and mouth. Grab and pull the front of his shell and he hides inside. This adorable baby turtle is designed so that he can even pull into his shell!
Books

The following story books are about feelings, emotions and topics for discussion:

Volcano in my Tummy

The Man in the Moon

The Huge Bag of Worries

Also available are a range of books based on Nurture and associated theory:

Puurfect Skills (by Tina Rae)

Nurture Group Principles and Curriculum Guidelines

Why Love Matters

How Nurture Protect Children (by Jim Rose)

Running a Nurture Group (by Simon Bishop)

Attachment – Focused Parenting

Growing together pack and disc