

Well Being Project

At St Joseph's Nursery we are proud of our child centred approach. We believe, that in order to learn, children must feel happy and secure. Our hope is, to support our children's well being by providing them with a programme that promotes their emotional intelligence and resilience.

Aims of Our Well Being Programme

- To allow children to be seen, to be heard and to be valued.
- To ensure that children know and celebrate their uniqueness.
- To identify and build upon our childrens' individual personalities and strenghts.
- To teach our children ways to combat stress in their lives.
- To nurture in our children the qualities and skills that will enable them to flourish.

St Joseph's Well Being Programme is based on the AMBER approach.

A is for **Anchor** - a sense of connection and belonging to those who care about us.

M is for **Move** - when we move energy flows, which helps our mind and body restore and rebalance.

B is for **Breathe** - deep breathing helps release stress and brings calm to our body.

E is for **Express** - which gives us the opportunity to explore and express our feelings: what makes us happy, sad, angry or frightened; how to deal with those powerful emotions.

R is for **Relax** - which is essential to maintain good mental and physical health.