**Nurture at Woburn Lower School**

Nurture is at the forefront of our minds here at Woburn Lower School. We believe if a child is safe, secure and happy then they are ready to learn.

We are so lucky to have our nurture area ‘The Woodland’ that children can use to have quiet moments, time to reflect or to practise some mindfulness. Mrs Bowyer also works with groups of children or individuals that need some guided support to help them express their feelings, she also facilitates circle time to discuss any issues that need to be addressed, plays team building games and reads a range of stories relating to topics that children may be dealing with in their daily lives.

It is also a fantastic break-out space that can be used if needed on a daily basis.

 