

Nurture  
Breakfast  
at  
Tudor Academy



The aim of our nurture breakfast is to help support parents/carers and children to have a positive start to their day. It is a time where child-to-child and child-to-adult relationships are positively fostered and reinforced. We provide an opportunity to take part in a shared breakfast where small groups of children help to prepare the food and enjoy it together. Through focussed group discussion, it is a time to support the children ensuring they are mentally and emotionally ready for the day ahead and can include:

- Reinforcement of daily routines**
- Reinforcement of class values through the sharing of a meal**
- Preparation for transitions**
- Emotional check in (Zones of Regulations)**
- Brain games, quizzes**
- Circle time, problem solving, topical discussions**
- Target setting discussions**
- Celebrating successes**

***If you have any questions please see one of the Nurture Breakfast Team.***