



Family Links

**Mapping the Nurturing Programme against Social and Emotional Aspects of Learning
(SEAL) - 2006**

Introduction to Nurturing Programme and SEAL mapping - 2006

Family Links welcomes the DfES SEAL curriculum as a useful tool to supplement the work we do through the Nurturing Programme with children and the significant adults in their lives.

“This material is intended to supplement, not replace, the effective work schools are doing to develop SEAL” (p.8 Guidance document)

Family Links continues to be unique in providing a structured programme for children, their parents/carers and school staff to develop the Four Constructs (empathy, self-awareness and self esteem, positive discipline and appropriate expectations), which in turn inform and create an emotionally healthy community.

The Nurturing Programme offers detailed planning for circle time across Foundation Stage, Key Stage 1, Key Stage 2 and into the early stages of Key Stage 3, to which the SEAL resources could provide additional ideas and extension activities in the long term.

Family Links has provided a mapping document that offers links for schools already using the Nurturing Programme and demonstrating to new schools the value of using the two models together. There are invariably some themes from SEAL that are not covered by the Nurturing Programme in detail, namely “problem solving”, “setting and achieving goals” and “getting better at their learning”. These are, however, implicitly covered through the whole school approach of the Nurturing Programme, when all adults in the school community are working together to help children deal with issues in a way that promotes such themes.

Further points to consider:

- The SEAL pack is free to all schools once the pilot has been completed.
- Each school should have a Lead Behaviour Professional (LBP) who will take the lead on the SEAL pack. In primary schools this is usually the head, SENCo or PSHCE co-ordinator.
- Experience shows us that training which is delivered internally from a member of staff to the rest of the staff will be less effective than when experienced facilitators do a whole school training for 2 days, as is the case with the Nurturing Programme.
- Staff sessions are useful from the SEAL pack, especially as material for staff support sessions after a school has been trained in the Nurturing Programme.
- The Nurturing Programme offers whole school strategies for a calm, kind and co-operative school environment, alongside a parent programme. These strategies are not explored in depth in the SEAL material, as they are through the Family Links training.
- SEAL promotes some strategies, such as calming down techniques, how to address bullying and “I” statements, as does the Nurturing Programme.
- The SEAL parent input is in the form of activity sheets that children take home to do with parents. This, although valuable, is not comparable to the level of personal exploration and fundamental change that can be achieved in a Nurturing Programme parent group.
- The circle time ideas in SEAL are good as supplementary material once staff have become confident in using the circle time format as laid out in Classroom Handbooks. The SEAL material neither gives, nor offers training, in circle time facilitation skills.

The Nurturing Programme mapped against SEAL

Nurturing Programme Classroom Handbook One Foundation Stage	SEAL Foundation Stage	Week
Week One Getting to know each other	New Beginnings Making someone feel welcome	A1
Week Two Getting to know each other more	New Beginnings Doing something brave...	A2
Week Three Making rules and Time Out	New Beginnings Calming down... Going for Goals Taking responsibility	A4 Sp1
Week Four Praise and Criticism	Good to be me Doing something we're proud of Relationships Being pleased for someone's achievements Relationships Helping someone who feels sad or lonely	Sp5 Sp10 Su2
Week Five Getting in touch	Getting on and falling out Working co-operatively to help the group	A7
Week Six Personal Power	Say no to bullying What kinds of bully are there Going for Goals Resilience-bouncing back... Good to be me Responding in an assertive way Relationships Changing an unfair situation Changes Coping with an unexpected change Changes Changing behaviour for the better Changes Making the best of unwelcome change	A5 Sp3 Sp6 Sp9 Su3 Su5 Su6
Week Seven Choices and Consequences	Say no to bullying Being a good friend Getting on and falling out Working together co-operatively Getting on and falling out Solving a difficult problem with a friend Relationships Telling the truth, making amends	A6 A7 A10 Su1
Week Eight Managing Anger	New Beginnings Calming down... Getting on and falling out Keeping calm... Good to be me Stopping and thinking when we are angry	A4 A9 Sp8
Week Nine Gentle Touch and Hurting Touch	Getting on and falling out Being a really good friend	A8
Week Ten Telling others and keeping secrets	New Beginnings Doing something brave, overcoming feelings of fearfulness.	A2

Nurturing Programme Classroom Handbook Two Year 1 - 4	SEAL KS1 Yr 3 / 4	Week
Week One Why we are here	New Beginnings Making someone feel welcome.	A1
Week Two Praise and Criticism	Say No to Bullying: Being a good friend/listener/praise for being kind. Getting on and Falling out: Being a really good friend Good to be me Doing something to be proud of Relationships Being pleased with someone's achievements.	A6 A8 Sp5 Sp10
Week Three Personal Power	New Beginnings Doing something brave to overcome feelings of fearfulness Say No to Bullying: What kinds of bullying are there? Getting on and Falling out: Working co-operatively to help the group. Getting on and Falling out: Solving a difficult problem with a friend Going for Goals Taking responsibility Changes Making the best of an unwelcome change	A2 A5 A7 A10 Sp1 Su6
Week Four Choices and Consequences	Going for Goals Patience - Waiting for what you want. Going for Goals Resilience...	Sp2 Sp3
Week Five Anger and how to deal with it	New Beginnings: Calming down/helping someone calm down Getting on and falling out: Keeping calm and overcoming feelings of anger. Good to be me: Stopping and thinking when we are angry.	A4 A9 Sp8
Week Six Kinds of touch	Changes Changing their behaviour for the better	Su5
Week Seven Telling others and keeping secrets.	Say No to Bullying: What kinds of bullying are there? Good to be me: Responding in an assertive way. Helping someone with a worry Relationships: Changing an unfair situation Relationships: Telling the truth, saying sorry or making amends.	A5 Sp6 Sp7 Sp9 Su1
Week Eight Glad to be me.	Say No to Bullying: Being a good friend/listener/praise for being kind. Good to be me Doing something we are proud of	A6 Sp5
Week Nine Celebrating Differences	Good to be me: Doing something we are proud of.	Sp5
Week Ten Coping with Loneliness	Relationships: Helping someone who feels sad or lonely.	Su2

Nurturing Programme Classroom Handbook 3 Yr 5 - 8	SEAL Yr 5 / 6	Week
Week One Why we are here	New Beginnings: Making someone feel welcome.	A1
Week Two Praise and Criticism	New Beginnings: Making someone feel welcome Getting on and Falling out: Being a really good friend. Good to be Me: Doing something we are proud of.	A1 A8 Sp5
Week Three Glad to be me	Getting on and falling out: Being a really good friend.	A8
Week Four The power to choose	Getting on and Falling out: Working co-operatively to help the group. Getting on and falling out Solving a difficult problem with a friend. Changes: Changing their behaviour for the better. Going for Goals: Taking responsibility, Going for Goals Patience- waiting for what you want.	A7 A10 Su5 Sp1 Sp2
Week Five Thinking about Feelings	New Beginnings: Calming down/helping someone calm down. Relationships: Helping someone who feels sad or lonely.	A4 Su2
Week Six Managing Difficult Feelings	Getting on and Falling out: Keeping calm and overcoming feelings of anger. Good to be me Stopping and thinking when we are angry	A9 Sp8
Week Seven Nurturing Ourselves	Changes: Making the best of an unwelcome change. Going for Goals: Resilience – bouncing back after a mistake or failure.	Su7 Sp3
Week Eight Peer Power	Say No to Bullying: Being a good friend/listener/praise for being kind. Good to be me: Responding in an assertive way. Good to be me Helping someone with a worry. Relationships: Changing an unfair situation.	A6 Sp6 Sp7 Sp9
Week Nine Celebrating Differences	Relationships: Being pleased for someone's achievements.	Sp10
Week Ten Saying Goodbye	Changes: Coping with an unexpected change.	Su3

SEAL/ Nurturing Programme Mapping - AUTUMN TERM

WEEK & SEAL THEME	SEAL WHOLE SCHOOL FOCUS	N.P. Book One FOUNDATION	N.P. Book Two K.S.1	N.P. Book Two YR 3 / 4	N.P. Book Three YR 5/6
1 New Beginnings	Making someone feel welcome.	Wk 1 Getting to know each other	Wk 1 Why we are here	Wk 1 Why we are here	Wk 1 Why we are here Wk 2 Praise and criticism
2 New Beginnings	Doing something brave, overcoming feelings of fearfulness.	Wk 2 Getting to know each other more Wk 10 Telling others, keeping secrets	Wk 3 Personal Power	Wk 3 Personal Power	
3 New Beginnings	Solving a problem – remembering to use the problem solving process.	Wk 5 Getting in Touch			
4 New Beginnings	Calming down/ helping someone calm down.	Wk 8 Managing Anger Wk 3 Making rules and Time Out	<i>Time Out strategy</i> Wk 5 Anger and how to deal with it	<i>Time Out strategy</i> Wk 5 Anger and how to deal with it	Wk 5 Thinking about feelings
5 Say no to bullying	What kinds of bullying are there?	Wk 6 Personal Power	Wk 3 Personal Power Wk 7 Saying no and keeping secrets	Wk 3 Personal Power Wk 7 Saying no and keeping secrets	
6 Say no to bullying	Being a good friend/listener/praise for being kind.	Wk 7 Choices and Consequences	Wk 2 Praise and Criticism Wk 8 Glad to be me	Wk 2 Praise and Criticism Wk 8 Glad to be me	Wk 8 Peer power
7 Getting on and falling out	Working co-operatively to help a group.	Wk 7. Choices and Consequences	Wk 3 Personal Power	Wk 3 Personal Power	Wk 4 The power to choose
8 Getting on and falling out	Being a really good friend.	Wk 9 Gentle touch/hurting touch	Wk 2 Praise and Criticism	Wk 2 Praise and Criticism	Wk 2 Praise and criticism Wk 3 Glad to be me
9 Getting on and falling out	Keeping calm and overcoming feelings of anger.	Wk 8 Managing anger	Wk 5 Anger and how to deal with it	Wk 5 Anger and how to deal with it	Wk 6 Managing difficult feelings
10 Getting on and falling out	Solving a difficult problem with a friend.	Wk 7 Choices and Consequences	Wk 3 Personal Power	Wk 3 Personal Power	Wk 4 The power to choose

SPRING TERM

WEEK & THEME	WHOLE SCHOOL FOCUS	N.P Book One FOUNDATION	N.P. Book Two K.S.1	N.P. Book Two YR 3 / 4	N.P. Book Three YR 5/6
1.Going for Goals	Taking responsibility	Wk 3 Making rules and Time Out	Wk 3 Personal Power	Wk 3 Personal Power	Wk 4 The power to choose
2 Going for Goals	Patience - Waiting for what you want.		Wk 4 Choices and consequences	Wk 4 Choices and consequences	Wk 4 The power to choose
3 Going for Goals	Resilience – bouncing back after a mistake or failure.	Wk 6 Personal Power	Wk 8 Glad to be me	Wk 8 Glad to be me	Wk 7 Nurturing ourselves
4 Going for Goals	Setting and achieving goals.				
5 Good to be me	Doing something we are proud of.	Wk 4 Praise and Criticism	Wk 2 Praise and Criticism Wk 8 Glad to be me	Wk 2 Praise and Criticism Wk 8 Glad to be me	Wk 2 Praise and Criticism
6 Good to be me	Responding in an assertive way.	Wk 6 Personal Power	Wk 7 Telling others and keeping secrets	Wk 7 Telling others and keeping secrets	Wk 8 Peer power
7 Good to be me	Helping someone with a worry.	WK 9 Gentle touch and hurting touch	Wk 7 Telling others and keeping secrets	Wk 7 Telling others and keeping secrets	Wk 8 Peer power
8 Good to be me	Stopping and thinking when we are angry.	Wk 8 Managing anger	Wk 5 Anger and how to deal with it	Wk 5 Anger and how to deal with it	Wk 6 Managing difficult feelings
9 Relationships	Changing an unfair situation.	Wk 6 Personal Power	Wk 7 Telling others and keeping secrets	Wk 7 Telling others and keeping secrets	Wk 8 Peer power
10 Relationships	Being pleased for someone's achievements.	Wk 4 Praise and Criticism	Wk 2 Praise and Criticism Wk 9 Celebrating differences	Wk 2 Praise and Criticism Wk 9 Celebrating differences	Wk 9 Celebrating differences

SUMMER TERM (6 weeks to account for no sessions in May due to SATS)

WEEK & THEME	WHOLE SCHOOL FOCUS	N.P. Book One FOUNDATION	N.P. Book Two K.S.1	N.P. Book Two YR 3 / 4	N.P. Book Three YR 5/6
1 Relationships	Telling the truth, saying sorry or making amends.	Wk 7 Choices and Consequences	Wk 7 Telling others and keeping secrets	Wk 7 Telling others and keeping secrets	
2 Relationships	Helping someone who feels sad or lonely.	Wk 4 Praise and Criticism	Wk 10 Coping with loneliness	Wk 10 Coping with loneliness	Wk 5 Thinking about feelings
3 Changes	Coping with an unexpected change.	Wk 6 Personal Power			Wk 10 Saying goodbye
4 Changes	Getting better at their learning.				
5 Changes	Changing their behaviour for the better.	Wk 6 Personal Power	Wk 6 Kinds of Touch	Wk 6 Kinds of Touch	Wk 4 The power to choose
6 Changes	Making the best of an unwelcome change.	Wk 6 Personal Power	Wk 3 Personal Power	Wk 3 Personal Power	Wk 7 Nurturing ourselves