## NURTURE November



## JOIN US FOR NURTURE NOVEMBER!

We're encouraging parents and educators to consciously nurture child wellbeing with our Nurture November challenge. In addition to the challenge, there's 15% off our resources when you by 3 or more items and use the code NURTURENOVEMBER\*!

## THE CHALLENGE!

Between 10th and 20th November, complete each of these simple nurture activities below at least once with your child or the children you work with.

Leave an encouraging message on a post it or voice note.

Spend at least half an hour outside. Give an
opportunity to
express how they
feel (writing,
drawing or
talking).



Say why you are grateful to have them in your life.

Ask an open ended question and then listen.

\*offer valid until 20th November 2023

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