

# Sedgeberrow Playgroup

## Promoting mental and emotional wellbeing

At Sedgeberrow Playgroup we aim to promote emotional and mental wellbeing, by building self-esteem and positive relations between children and adults within our setting.

We ensure:

- ✚ All children have space to express themselves and are encouraged to discuss their emotions.
- ✚ Children's diversity is embraced by the setting.
- ✚ Positive behaviour is awarded with praise.
- ✚ A child is always talked to about anti-social behaviour and consequences.
- ✚ Children have the opportunity to develop self ness and identity, sameness and difference, feelings and emotions and to learn right from wrong.
- ✚ Children develop an awareness of the environment through planned activities and first-hand experiences.
- ✚ We develop links with the wider community by inviting local people into the setting i.e. community police officers, Vets, Doctors, dentists, Firefighters.

This policy was adopted by: Sedgeberrow Playgroup	Date: 30.08.2017
To be reviewed:30.08.2022	Signed: C.Malin