



Bonding Nest

Cultivating resilience & love

The Scientific Foundation of Bonding Nest Products

Bonding Nest products have been designed around current scientific evidence on self-awareness, emotional learning, attention and nervous system regulation.

The posters do not function as “magic messages” passively stored in the brain. Instead, they serve as consistent visual prompts that invite children to observe themselves, recognise emotions and patterns, and begin meaningful conversations with an adult.

Research shows that self-affirmation activates brain systems associated with self-related information processing and positive valuation, particularly when the message is connected to personal values and future possibilities.

At the same time, brief shifts in focus during the school day can refresh attention, while drawing has been associated with absorption in the activity and improvements in children’s mood.

So, when a child is not simply colouring another bunny but engaging with a phrase such as “Mistakes help me learn”, a creative break can become a starting point for questions, personal connections and wider conversations.

This approach also draws on Stephen Porges’s work on safety and co-regulation, and Daniel J. Siegel’s work on understanding our inner world: children learn best about their brains and nervous systems when knowledge is shared in a simple, safe and relational way.

References

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