



WELL-BEING

Well-being is a holistic concept that focuses on children being happy and healthy in all aspects of their development. By acknowledging each child's social and cultural identity we give children confidence, a sense of well-being, and a willingness to engage in learning. We know that when we support children's well-being and establish warm respectful relationships, we are supporting children's learning and development.

- ▶ How do we encourage a sense of well-being in children, staff, and families?
- ▶ How do we support the development of positive self-identity in all children?
- ▶ How does the program promote children's physical development and awareness of healthy lifestyles?
- ▶ How do we support well-being during daily routines?