

Six Areas to Develop for Well-Being in Children to Flourish

(November 2019)

Providing opportunities in each of these areas can help to develop well-being in us all. They represent a focus on mind, body and spirit. A focus on wholeness and well-being.

Which areas do you feel your child is able to access the most? What opportunities can you facilitate to develop the other areas?

Connect

(relationships & friendships)

Keep learning

(stretch & challenge)

Be active

(sport & physical activity)

Take notice

(mindfulness ; know your emotions)

Be creative

(music, art, drama, construction, writing, dance, etc)

Give back

(service & helping others)