

The Wellbeing Canvas



Emotional Wellbeing

Emotional Wellbeing is a fundamental component of a child's overall health and development. By incorporating it into academic lessons, education becomes more holistic, addressing intellectual growth and nurturing emotional intelligence. The curriculum includes:

- ✓ Key Components of emotional wellbeing
- ✓ Essential daily practices
- ✓ Children's literature selections
- ✓ Engaging lesson plans
- ✓ Reflection questions

Red

Key Components the Red Curriculum

Self-Awareness

Self-Awareness helps us learn and grow, make good choices, and understand our own strengths and weaknesses.

Self-Compassion

Self-Compassion is about being patient, loving, and supportive towards yourself, just like you would towards someone you care about.

Individuality

Individuality is knowing you are a unique puzzle piece that fits perfectly into the bigger picture of the world.

Emotional Awareness

Emotional Awareness is the ability to understand and recognize your feelings and the feelings of others.