

The Wellbeing Canvas



Social Wellbeing

Social Wellbeing lays the foundation for building empathic, inclusive, and responsible individuals. By understanding diverse perspectives and the dynamics of social interactions, children learn to navigate their social environments with sensitivity and respect. The curriculum includes:

- ✓ Important components of social wellbeing
- ✓ Essential daily practices
- ✓ Children's literature selections
- ✓ Engaging lesson plans
- ✓ Reflection questions

Blue

Key Components the Blue Curriculum

Social Awareness

Social Awareness is understanding how people feel and what they might need. It is an essential skill that helps us build strong and positive relationships with others.

Interpersonal Relationships

Interpersonal relationships are special bonds you create with your friends, family, and anyone you spend time with. Building strong interpersonal relationships makes life more enjoyable and exciting.

Courageous Communication

Courageous communication means having the bravery to share your thoughts and feelings with others, even if it feels scary. Its about being honest and kind at the same time.

Empathy/Compassion/Kindness

Learning empathy, compassion, and kindness equips us with the emotional toolkit to understand others' feelings. It empowers us to contribute positively to the world, spreading joy and understanding wherever we go.