

Learning happens through programs that nurture

Well-being



Children have a sense of self, health and well-being when they:

- ✓ Participate in physical activity
- ✓ Make healthy choices
- ✓ Participate at his/her own pace
- ✓ Engage in self-regulation
- ✓ Address unexpected challenges
- ✓ Are able to value self-identity
- ✓ Respect the perspectives of others

