

Curriculum for Excellence – Health and Wellbeing

AGES
3-6

Yvonne Smillie and Emma MacDonald, Experiential Play

Wednesday 11th November 2009

9.30am – 3.30pm

November

Every child is unique, each one different with the potential to be nurtured, cared for, to be supported and championed.

This course will consider the vision of the UN Convention of the Rights of the Child and reflect on how *Curriculum for Excellence* can continue to celebrate the hopes and aims of the Convention.

Aims

- To support delegates in becoming more familiar with the outcomes set out in “health and wellbeing across learning: responsibilities of all, principles of practice”;
- To explore ways of promoting resilience, empathy and emotional wellbeing.

Through sharing a range of practical ideas delegates will :

- Look at the mental wellbeing and mental health of their children, families and staff teams;
- Explore a range of strategies that they can use to promote emotional and social wellbeing;

- Consider activities such as movement, games and exercise that can enhance physical wellbeing.

“Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every teacher to contribute to learning and development in this area.”

Building the Curriculum 1

