

Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.

Section 3. Learning what is required for meeting.

The following section will show you exactly what to do to ensure your practice is meeting. You **do not** need to complete this section if you have successfully completed 'Section 2'.

Why is the element important?

Element 2.1.1 and understood wellbeing and comfort:

- includes children's physical, mental and spiritual needs
- involves active and restful experiences that support each child's health, nutrition, rest and relaxation.

Issues that children might experience and display in relation to Element 2.1.1 (Wellbeing and comfort) and their physical, mental, and spiritual needs can include:

Physical Needs:

- Lack of appropriate nutrition: Children may exhibit signs of malnourishment or struggle with physical growth and development.
- Insufficient opportunities for physical activity: Children may display restless behaviour, difficulty concentrating, or poor physical coordination.
- Inadequate rest and sleep at home: Children may appear tired, irritable, or have difficulty focusing on activities.

Mental and Emotional Needs:

- Lack of emotional support: Children may demonstrate signs of anxiety, withdrawal, or difficulty in expressing their emotions.
- Inadequate cognitive stimulation: Children may display boredom, disinterest, or limited engagement in learning activities.
- Stress or trauma: Children may exhibit signs of emotional distress, including mood swings, aggression, or social withdrawal.

Spiritual Needs:

- Lack of opportunities for self-reflection or mindfulness: Children may struggle with emotional regulation, have difficulty connecting with their inner selves, or exhibit a sense of disconnection.

- Inability to explore or express personal beliefs or values: Children may display confusion, disengagement, or a lack of sense of purpose or identity.

To eliminate these children's potential development and behaviours we use what the element is requesting us to do and become meeting.



You must practice

It's important to acknowledge and address these potential developmental and behavioural issues. Here is a step-by-step guide on how to do so:

Physical Needs

- 1. Lack of appropriate nutrition:**
 - Ensure we are following the guidelines for food and nutrition and provide a variety of nutritious meals and snacks that meet dietary requirements and consider individual preferences and allergies.
 - Collaborate with families to gather information about the child's dietary needs and ensure necessary accommodations are made.
 - Educate children and families about healthy eating habits and involve them in meal planning or food-related activities.
- 2. Insufficient opportunities for physical activity:**
 - Create a well-designed outdoor play area that encourages active play and gross motor skill development.
 - Incorporate regular movement breaks and physical activities into the daily routine.
 - Offer a range of age-appropriate equipment and materials that promote active play and exploration.
- 3. Inadequate rest:**
 - Establish a quiet and comfortable rest area with cosy mats, blankets.
 - Follow age-appropriate rest time routines and ensure a calm and peaceful environment.

Week 17, 5 to 9 June 2023 – 2.1.1 Wellbeing and comfort

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- Communicate with families to understand each child's rest patterns and preferences and adjust routines accordingly, especial children that have just started school.

Mental and Emotional Needs

1. Lack of emotional support:

- Create a warm and nurturing environment where children feel safe to express their emotions.
- Practice active listening and provide verbal reassurance, empathy, and understanding.
- Implement strategies such as visual aids or emotion cards to help children identify and communicate their feelings.

2. Inadequate cognitive stimulation:

- Plan engaging and developmentally appropriate activities that stimulate curiosity, creativity, and critical thinking.
- Offer a variety of materials and resources to promote exploration, problem-solving, and imaginative play.
- Provide individualised challenges or extension activities to meet each child's learning needs.

3. Stress or trauma:

- Foster a secure and supportive environment where children feel emotionally supported and can build resilience.
- Implement calming strategies such as deep breathing exercises, mindfulness activities, or relaxation techniques.
- Collaborate with families and consider involving external support professionals, if necessary, to provide additional assistance.

Spiritual Needs

1. Lack of opportunities for self-reflection or mindfulness:

- Create dedicated spaces for quiet reflection, meditation, or mindfulness activities.
- Incorporate storytelling, nature exploration, or art experiences that encourage self-expression and inner exploration.
- Model and teach strategies for emotional regulation and self-awareness.

2. Inability to explore or express personal beliefs or values:

- Promote an inclusive and respectful environment that values diversity and encourages open dialogue about beliefs and values.
- Offer opportunities for children to share and discuss their perspectives, traditions, and cultural practices.
- Integrate activities that explore and celebrate different cultures, traditions, and values.

After reading these points, which one(s) do you think you doing well? Describe your practice in detail so it can go directly into you QIP or SAT (NSW only).

After reading these points, which one(s) do you think you need to work on? Describe how you could improve your practice.

Week 17, 5 to 9 June 2023 – 2.1.1 Wellbeing and comfort

10 mindful exercises

Mindful breathing: Teach the children to focus on their breath, taking slow, deep breaths in and out while paying attention to the sensations of the breath entering and leaving their body.

Body scan: Guide the children to scan their body from head to toe, noticing any areas of tension or relaxation without judgment.

Guided imagery: Take the children on a guided journey in their imagination, describing a peaceful and calming place or experience for them to visualize.

Mindful eating: Engage the children in eating a small snack mindfully, encouraging them to pay attention to the flavours, textures, and sensations as they slowly savour each bite.

Sensory exploration: Encourage the children to explore their surroundings using their senses, noticing the colours, sounds, textures, smells, and tastes of different objects or nature.

Mindful movement: Guide the children through gentle movements like stretching or yoga poses, encouraging them to focus on the sensations and movements of their body.

Gratitude practice: Have the children reflect on and express gratitude for things they appreciate in their life, such as family, friends, or moments of joy.

Loving-kindness meditation: Lead the children in sending kind and loving thoughts to themselves, their loved ones, and even to people they may find challenging.

Nature mindfulness: Take the children outside and encourage them to observe and connect with nature, such as listening to bird songs, feeling the breeze, or observing the movement of leaves.

Mindful art or colouring: Engage the children in an art activity like colouring, drawing, or painting, encouraging them to focus on the process, colours, and sensations of creating without judgment.

10 self-expression exercises

Storytelling adventure: Invite the children to create a story using their imagination, incorporating elements of nature or personal experiences. Encourage them to express their thoughts, feelings, and creativity through storytelling.

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Nature scavenger hunt: Take the children on a nature exploration adventure, providing them with a list of items to find in the natural environment. Encourage them to observe and interact with nature while discussing their findings.

Nature-inspired art: Provide art materials and encourage the child to create artwork inspired by nature. They can draw, paint, or make crafts using natural materials like leaves, flowers, or rocks. This allows them to express their connection with nature through their artistic creations.

Mindful walk: Take a slow, mindful walk with the child, encouraging them to observe their surroundings and engage their senses. Encourage them to notice the sounds, smells, and textures they encounter during the walk.

Guided imagery adventure: Guide the child on an imaginary journey through storytelling, helping them visualise different scenes or places. Encourage them to describe their experiences and emotions as they imagine the story unfolding.

Nature journaling: Provide a journal or notebook for the children to document their observations, thoughts, and reflections during nature walks or outdoor experiences. Encourage them to write, draw, or create collages to capture their personal connection with nature.

Nature mandalas: Collect natural objects like leaves, flowers, and pebbles. Help the child arrange them in symmetrical patterns to create nature-inspired mandalas. This exercise promotes focus, creativity, and an appreciation for the beauty of nature.

Feelings collage: Provide magazines or art materials for the child to create a collage that represents their emotions and inner experiences. Encourage them to choose images or words that resonate with how they feel.

Mindful colouring: Offer colouring sheets with nature-themed designs and encourage the child to colour mindfully, focusing on the sensations and movements of colouring. Discuss their thoughts and feelings as they engage in the activity.

Emotion storytelling: Invite the child to create a story that explores different emotions. They can use art materials, puppets, or their own imaginative play to bring the story to life, expressing and understanding various emotions in the process.