



Exceeding the NQS

Section 6 - Exceeding – Embedded Practice

Assess your practice first.

Read the below description and evaluate it in relation to your practices.

Exceeding – Embedded Practice

Educators regularly implement activities/experiences to teach children about their health and wellbeing. Examples include regular and diverse physical activity such as yoga, meditation, dance, obstacle course, and excursions that promote health and physical activity. We visit play centres, gyms, and parks, go on walking excursions and receive guests from NSW Health, and other health professionals (dentists, physios, OTs, audiologists, personal trainers).

If you are doing similar practices to the example, use the below question to help you write your '**exceeding practice for embedded**' description so you can add it to your QIP or SAT (NSW only).

For Exceeding the QIP and Self-Assessment Tool (SAT)
Embedded Practice - Please give an example of regular activities/experiences you implement to teach children about their health and wellbeing.

If you and your educators need to learn how to achieve exceeding – embedded practice, proceed here and do below.

The following section outlines the steps to ensure you are exceeding in Embedded Practice. If you have already successfully completed the previous section demonstrating how you are exceeding in Embedded Practice, you do not need to complete this section.

Look at the words in detail to identify what is exceeding.

Please give an example of regular activities/experiences you implement to teach children about their health and wellbeing.

... regular activities/experiences you implement...

means establishing daily activities which help children learn about time management and self-care. Through play, children engage in imaginative and creative activities, building their cognitive and social skills. They also participate in physical activities like running, jumping, and playing sports, which promote physical development and coordination. Early learning environments encourage socialisation, allowing children to interact with peers and develop important social skills like sharing and taking turns.

...teach children about their health and wellbeing....

Means teaches children to learn basic habits like personal hygiene, washing their hands, and taking care of their bodies. Also introduce them to nutritious foods and the importance of making healthy choices for their bodies. Educators engage physical activities and exercises that help them develop motor skills, coordination, and strength. Learning about emotions and how to express themselves, as well as strategies for managing their emotions and building positive relationships with others.

It is important to ensure that we make it **very clear how these above concepts have created change in your service.**

Please give an example of regular activities/experiences you implement to teach children about their health and wellbeing.

1. **Healthy Eating Activities:** Engage children in hands-on activities like cooking or preparing nutritious snacks together. Teach them about different food groups, portion sizes, and the importance of eating a balanced diet.
2. **Physical Fitness Games:** Organise fun and interactive physical activities like relay races, obstacle courses, or yoga sessions. These activities help children understand the benefits of regular exercise and encourage them to stay active.
3. **Personal Hygiene Lessons:** Teach children about proper handwashing techniques through songs or games. Introduce concepts of taking care of their bodies for now and into the future.
4. **Emotion Recognition and Expression:** Conduct activities that help children identify and express their emotions, such as creating emotion-themed artwork or engaging in role-playing exercises. Encourage open discussions about feelings and provide strategies for managing emotions in a healthy way.
5. **Mindfulness and Relaxation Exercises:** Introduce simple mindfulness techniques like deep breathing or guided imagery. Encourage children to take short breaks for relaxation, providing them with a quiet space or engaging them in calming activities like drawing or listening to soothing music.
6. **Safety Awareness Lessons:** Teach children about basic safety rules, such as crossing the road safely, wearing seatbelts, and using protective gear during sports activities. Conduct discussions on personal safety, stranger awareness, and emergency procedures.
7. **Sleep and Rest Education:** Explain the importance of a good night's sleep and establish consistent bedtime routines. Discuss the benefits of rest and relaxation for their overall health and encourage them to adopt healthy sleep habits.
8. **Nature and Outdoor Exploration:** Take children on nature walks, encouraging them to observe and appreciate their surroundings. Teach them about the environment, the importance of nature, and the benefits of spending time outdoors.
9. **Social and Emotional Learning (SEL) Activities:** Implement activities that promote empathy, kindness, and positive relationships. Engage children in cooperative games, team-building exercises, and role-playing scenarios that

emphasise good communication and conflict resolution.

10. **Health and Safety Habits Reinforcement:** Regularly revisit and reinforce the above concepts through visual aids, storytelling, or interactive discussions. Encourage children to share their experiences and ask questions, creating a supportive and engaging learning environment.

Your turn. Select a point from above and break it down into the subsections.

Please give an **example of regular activities/experiences you implement...**

to teach children about their health and wellbeing.

Week 19, 19 to 23 June 2023 – 2.1.3 Healthy lifestyles