



Examples to reference, if needed for your QIP and SAT (NSW only)

Teaching Health and Physical Wellbeing Through Routines/Transitions

During mealtimes, we use the routine of washing hands to teach about health and hygiene and explain why it's important to wash hands before eating in simple terms. "We wash our hands to get rid of the tiny germs we can't see, so we don't get sick." This routine is extended to discussions about the types of foods we eat and why they are good for us. Physical activity is integrated into transitions, jumping, stretching, or dancing from one activity to the next.

Teaching Self-Help Skills

We teach children life skills during outdoor play transitions. We encourage them to apply sunscreen and wear sunhats independently, using phrases like, "Can you show me how you put on your sunscreen?" Offer choices, such as different sunhats or sunglasses, promoting autonomy and decision-making. This approach boosts independence and teaches vital sun safety, enhancing their health and wellbeing awareness.

Using Routines for Children to Make Choices About Their Learning and Wellbeing

During the transition to outdoor play, we allow children to choose between several structured activities (e.g., riding bikes, playing in the sandpit, or engaging in a ball game). We discuss the options with the children, asking them to consider what they feel like doing and why. This not only gives children a sense of control over their learning and wellbeing but also encourages them to think about their interests and the benefits of different types of play.

If you are doing similar practices to the example, use the below questions to help you write your 'meeting' description so you can add it to your QIP.

<p>For a MEETING QIP and Self-Assessment Tool (SAT)</p> <p><i>Give an example of how you use routines/transitions to teach children about health and physical wellbeing.</i></p>
Empty space for response
<p><i>Give an example of how you use routines/transitions to teach self - help skills.</i></p>
Empty space for response
<p><i>Give me an example of how you use routines/transitions as opportunities for children to contribute to or make choices about their learning and wellbeing.</i></p>
Empty space for response