

Well-Being Week

starting today to improve tomorrow



As a part of Well Being Week 2023, The Department of Education has distributed the book “The Little Red Shed” by Adam and Jennifer Young, illustrated by Adam Young to each regulated child care service and Family Resource Program.

“Once upon a fine morning, a little shed awakens to discover she isn’t quite the same as she used to be. Uncertain and feeling as if she no longer fits in, she decides to leave home and sets out to sea. All alone on the wide, wide ocean, she meets an extraordinary new friend who sees how special she really is, and with newfound confidence, the little red shed returns home and inspires everyone to cherish their differences.” **(Breakwater Books)**

Some Ideas to involve ‘Well Being’ in your daily program:

- **Read “The Little Red Shed” at Circle Time** – incorporate the book in your Reading Area for children to explore independently throughout the week. Discuss ‘belonging/fitting in’ and hear what belonging means to the children in your care. Listening respectfully to children and their families contributes to everyone's well-being - their sense of self, sense of other, and sense of belonging.
- **Self-Esteem Activity at Circle Time** – have the children name something they are good at, or love about themselves, etc.
- **Nature Walk/Mindful Moments during Outdoor Play**
- **“Feel The Beat” Music/Movement Activity** – Have the children dance/move around to upbeat music, followed by a pause to sit and feel their heartbeat, note how it slows as they sit still and breath deeply. Discuss how breathing can be calming and help us in times of big feelings.
- Staff are encouraged to explore the meaning of Well-Being with their own service’s
- community; children, staff and families. Use this knowledge to plan relevant activities and discussions for the week and beyond. Make it Your Own!

Reach out to your service’s Child Care Consultant for further guidance and resources.

Well-Being Week is a time to learn, engage, support and take action around the many factors that impact our health and quality of life. We can all play a role in improving health and well-being across the province. Well-Being Week is an opportunity for child care centres, family resource programs and family child care services to kick-off this long-term goal. The best time to start is now.

To learn more about the Provincial Government’s commitment to well-being and a list of events for Well-Being Week, visit www.wellbeingnl.ca.

