

Well-Being and Belonging

A sense of well-being and belonging is vital to children as they learn about and explore the world around them. In the first years of life, children develop increasing mastery over their bodies and daily routines, supporting health and well-being over their lifespan and providing them with a sense of place – a feeling of being grounded in their immediate environment, their communities, their culture, and the wider world.

This confidence is essential to children as they begin to explore their creative capacities as family members, friends, thinkers, and citizens.

Learning Goals to promote: [A sense of well-being and belonging](#)

Adults provide an environment where young children can:

- feel a sense of security, self-respect, and self-regulation
- express a sense of personal well-being
- understand and follow routines
- recognize, accept, and express a wide range of emotions, thoughts, and views
- adapt to and enjoy experiences of change, surprise, and uncertainty
- feel valued and explore their own strategies for learning
- build healthy relationships with both adults and children