

WELL-BEING & BELONGING



How might we use materials to develop well-being, confidence, and self-awareness?

When I know who I am and where I come from, I have a strong sense of well-being and belonging. All the things I have learned about my family, where we come from and what matters to us has helped to shape who I am.

Ideas to help me grow!

- Celebrate family traditions
- Help me feel important and loved
- Show me how to care for things
- Encourage me to take risks

Guiding prompts:

- Share something unique or special about you.
- How can these materials help you express your feelings?
- What is something that makes you feel loved?