

My Well-Being and Belonging



What it Means for Me

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

From the B.C. Early Learning Framework:

Nurturing a sense of well-being and belonging supports children as they learn about and investigate the world around them. This sense is fostered through reciprocal relationships with people and places where each child is valued both as a gift and for their gifts—a feeling of being grounded in their immediate environment, their communities, their culture and the wider world... By developing responsive relationships with adults and peers, each child feels a sense of well-being and can contribute to the well-being of their family, community and society. This confidence is essential for children as they explore their capacities as family members, friends, thinkers, citizens, and discover their connections to the natural environment.

(B.C. Ministry of Education, 2019, p. 67)

Things I can do, or that I am starting to do, to the best of my abilities:

- I am able to leave you once in a while
- I can tell you how I am feeling, and I care about how others are feeling
- I am proud of what I am good at, who I am, and where I come from
- I am learning to care about nature and the land we live on
- I am learning to play with my friends, get along with others, share, and take turns



Here are some things that help me grow:

- Hug me, hold me, and help me feel important and loved
- Celebrate family traditions and show me what makes our family special
- Teach me ways to share my feelings and show me that my feelings matter
- Show me how my words and actions affect others and help me to be kind
- Play games with me and help me learn how to take my turn
- Teach me how to care for pets and plants
- Bake and cook with me so we can try different kinds of food together
- Support me to do things by myself—I need to try, try, and try again
- Help me rest when I'm tired and eat when I'm hungry
- Encourage me to try lots of activities, so I can find out what I like and what I'm good at

