

# Well-being

Aistear describes children's Learning and development using four themes. **Well-being** is one of these themes.

Aistear's theme of **Well-being** is about children being confident, happy and healthy. (See pages 16-23 for the full text on **Well-being**.)

challenge and motivation



respect and care



resilience

self-reliance

## Learning goals

In partnership with the adult, children will

1. make strong attachments and develop warm and supportive relationships
2. name their feelings, and know that others have different feelings
3. handle transitions and changes well
4. be confident and self-reliant
5. respect themselves, others and the environment
6. make decisions and choices.

confidence

## Aim 1

Children will be **strong psychologically and socially.**

## Aim 2

Children will be **as healthy and fit as they can be.**

## Learning goals

In partnership with the adult, children will

1. gain increasing control and co-ordination
2. be aware of their bodies and abilities
3. refine gross and fine motor skills
4. use self-help skills in caring for their bodies
5. show good judgement when taking risks
6. develop positive attitudes to nutrition, hygiene, exercise, and routine.

# Well-being

## Learning goals

In partnership with the adult, children will

1. show increasing independence
2. believe in their own abilities and show positive learning dispositions
3. think positively, take learning risks, and become resilient and resourceful
4. motivate themselves, and welcome and seek challenge
5. respect life, and know that life has a meaning and purpose
6. be active citizens.

## Aim 4

Children will have **positive outlooks on learning and on life.**

## Aim 3

Children will be **creative and spiritual.**

## Learning goals

In partnership with the adult, children will

1. express themselves creatively and experience the arts
2. express themselves through a variety of types of play
3. develop and nurture their sense of wonder and awe
4. become reflective and think flexibly
5. care for the environment
6. understand that others may have different beliefs and values.

determination



choices and decisions

fit and healthy

## Aistear Toolkit

The online Aistear Toolkit provides a range of resources including video clips, tip sheets, information sheets, and podcasts to help you use *Aistear* in your setting. You can find the Toolkit at [www.ncca.ie/aistear toolkit](http://www.ncca.ie/aistear toolkit)