

PHYSICAL & SOCIAL-EMOTIONAL HEALTH

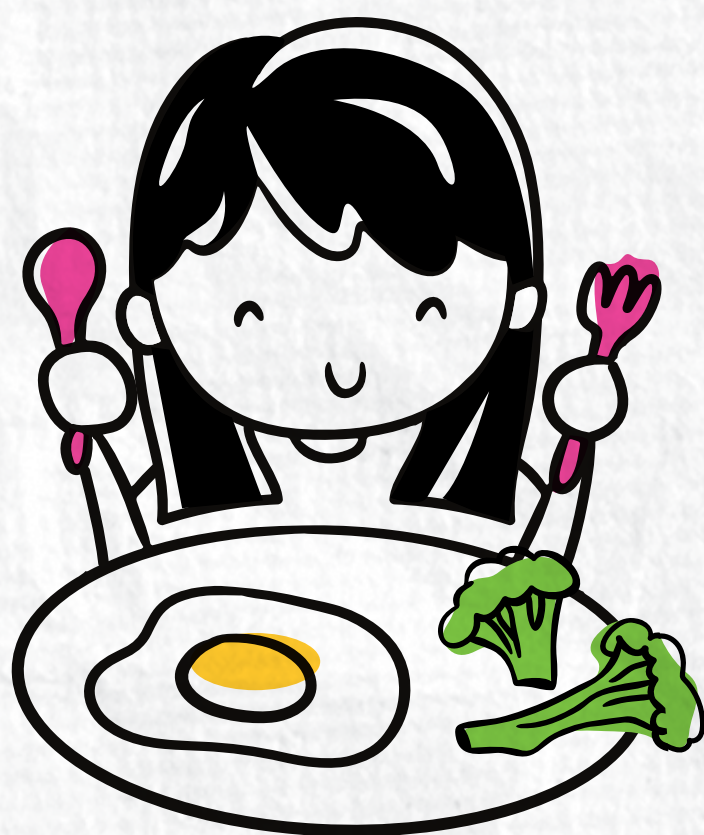
WORK TOGETHER

Child development takes place simultaneously across every domain; they all support one another. Physical health, which we call Strong & Healthy Bodies, exists very closely with social-emotional development, which is Sense of Self & Relationships.



BUILDING BLOCKS

As soon as kids develop physical movement, from tracking objects with their eyes to rolling over and crawling, they are able to explore their environment. Curiosity drives their exploration, which leads kids to learn about themselves and the world around them. As kids grow and connect with their world, they develop a capacity for self-confidence and trust, which are the foundation for engaging in relationships.

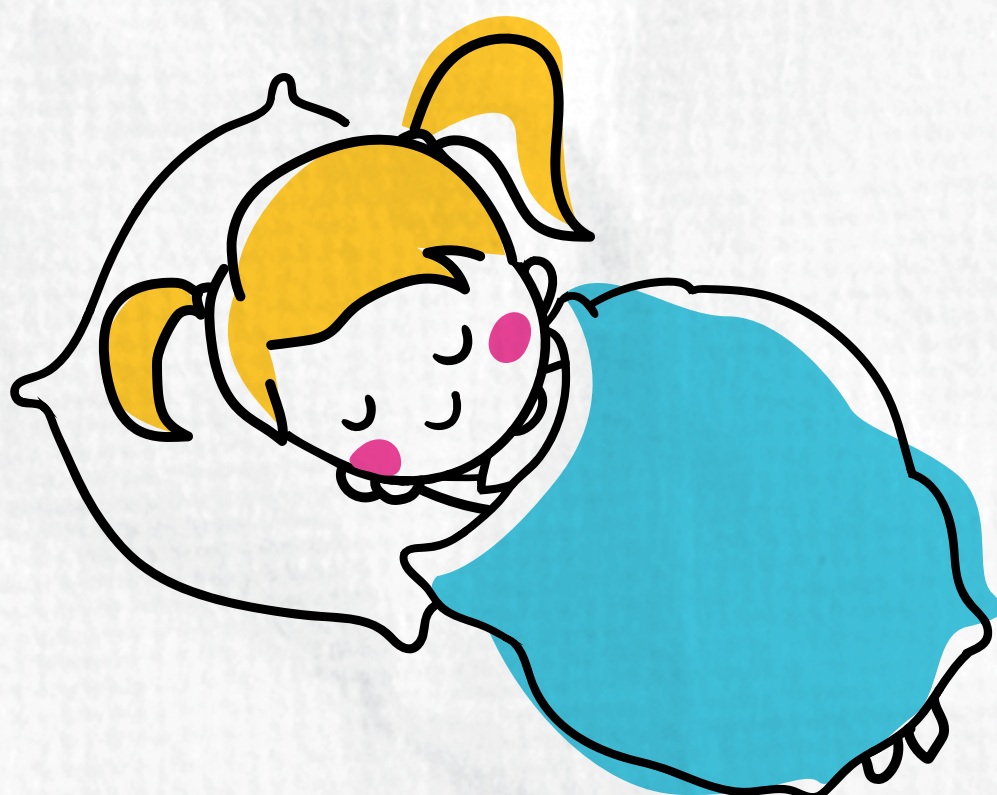
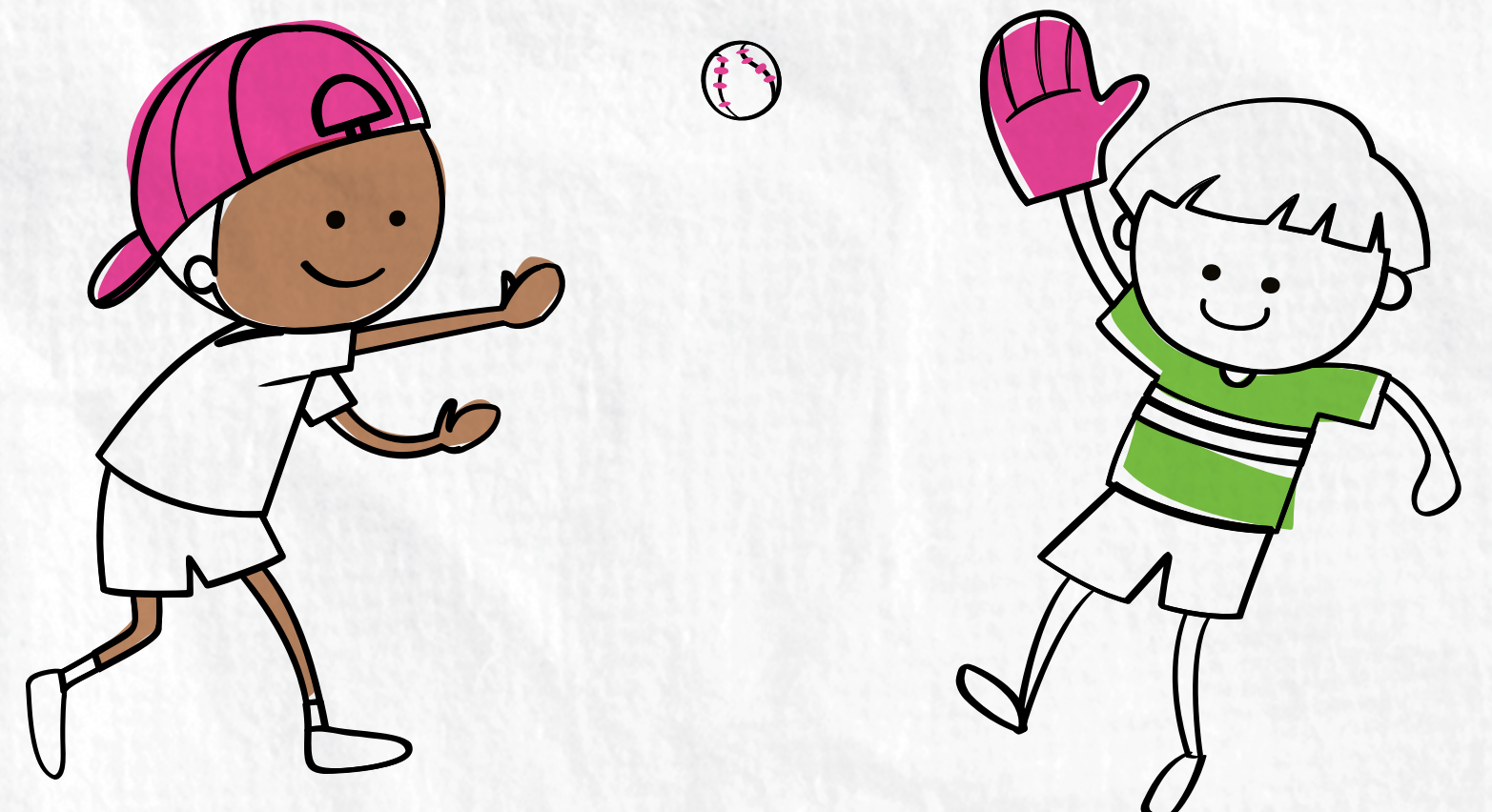


PHYSICAL HEALTH & NUTRITION

Physical activity and eating well can improve well-being and mood: the food kids eat can influence their physical development and help manage or prevent mental health conditions, including depression; physical activity releases endorphins in the brain, which improves alertness, energy, and mood.

PLAY

Running, jumping, catching, climbing, riding, and rolling are all great activities for the body. But play also builds self-confidence and self-esteem, releases anxiety and tension, promotes joy and creativity, and invites relationships with peers.



REST

As important as it is to be active, it's just as important to rest. Teaching kids to make time to rest and practice mindfulness – even for just five minutes a day – can help reduce stress, improve concentration, and improve sleep.

