



## Wellbeing in the Approved Learning Frameworks In Focus webinar

**Children and young people's learning and development is affected by wellbeing.**

### Mental health and wellbeing

The World Health Organization defines mental health as "a state of well-being in which every individual realises [their] own potential, can cope with the normal stressors of life, can work productively and fruitfully, and is able to make a contribution to [their] community."

You can learn more about supporting mental health and wellbeing in the [Understand module](#) on the [Be You website](#).

### The importance of wellbeing

The updated Approved Learning Frameworks have strengthened the importance of wellbeing for children and young people. When we consider children and young people's contribution to their learning and development, we can create environments that empower and promote their voice. Empowerment fosters resilience, positive social and emotional learning, mental health and wellbeing.

Creating empowering environments, embedding opportunities for the development of mental health literacy and normalising help seeking will promote wellbeing practices for long-term outcomes for children and young people.

### Social and emotional learning

Social and emotional wellbeing relates to how a person thinks and feels about themselves and how they relate to others. Social and emotional skills are at the centre of all learning and development and help promote children and young people's positive mental health and wellbeing.

You can learn more about supporting social and emotional learning in the [Affirm module](#) on the [Be You website](#).



## The development of children and young people's positive mental health and wellbeing requires:

- Supporting social and emotional learning in everything you do: policies, planning and decision-making
- Promoting inclusion, healthy relationships and resilience
- Empowering children to feel safe to express their emotions
- Embedding opportunities to practise social and emotional skill development in the curriculum
- Understanding and regulating emotions
- Developing warm and trusting relationships

## Take action

Here are three strategies you can try to put your learning into practice. You may be doing some of these already.

1. Choose a colleague and summarise your key thoughts, challenges or inspirations from today's webinar. Consider planning for your 'next steps' together – what could you implement into practice based off today's learnings?
2. Spend a day considering everything you do through a mental health and wellbeing lens and reflect on how you embed mental health into the curriculum.
3. Assist children and young people to identify their emotions by using words like frustrated, excited or angry in the correct context. You could even narrate your own emotions.

## Go deeper

- Explore how social and emotional learning supports the development of resilience in the [Embed module](#).
- Learn more about the [Mental Health Continuum](#) and increase your understanding of mental health.
- Consider the [BETLS Observation Tool](#) to support your documentation of children and young people's learning through a mental health and wellbeing lens.
- Watch [The voice of the child](#) In Focus webinar recording.

## References

- [Updated Approved Learning Frameworks Literature Review](#)
- [Updated Approved Learning Frameworks Project](#)
- [Conceptualising the education and care workforce from the perspective of children and young people](#)