

# Wellbeing: Learning and development area

Revision summary: QKLG 2018 to QKLG 2024

Key	same/refined	merged	new	(KF) Key focus	(SL) Significant learning
-----	--------------	--------	-----	----------------	---------------------------

**Note:** the key applies to the description, key focuses and significant learnings.

QKLG 2018		QKLG 2024	
Description		Description	
<p>Important aspects of wellbeing include children's physical and mental health, personal safety and successful social functioning. Wellbeing is linked with resilience, providing children with the ability to manage change and respond to challenges.</p> <p>A strong sense of wellbeing requires positive, supportive and trusting relationships, which build children's confidence and optimism. Learning about healthy lifestyles, the importance of nutritional food, rest, physical activity (including fine and gross motor skills) and personal hygiene, and developing an awareness of safety are essential for enhancing children's sense of wellbeing.</p>		<p>Important aspects of wellbeing include children's physical and mental health, personal safety, and social and executive functions. Emotional awareness and regulation, persistence and adaptability are essential components of executive function, fostering resilience and overall wellbeing by enabling children to persevere through challenges and adjust to changes in their environment.</p> <p>Children develop a strong foundation of wellbeing and resilience through establishing safe and respectful relationships and strategies that build their confidence, optimism, growth mindset and positive dispositions for learning. Strategies are tailored for each child and can include the sensitive implementation of trauma-aware practices to support children whose wellbeing may be affected by trauma, adversity or other challenges. These relationships and strategies provide children with opportunities to develop the skills and knowledge to be emotionally aware, adapt to change, work toward goals and persevere through challenges and setbacks.</p> <p>Children's sense of wellbeing is also enhanced by learning about healthy lifestyles, the importance of nutritional food, rest, personal hygiene, safety awareness and physical activity. Physical activity involves developing fine and gross motor skills that support children to move with stability, control and awareness of their environment and to manage the control of objects. <b>(From (KF) Exploring ways to promote physical wellbeing)</b></p> <p>Kindergarten children who are developing a strong sense of wellbeing are:</p> <ul style="list-style-type: none"> <li>• building increasing autonomy and resilience</li> <li>• engaging with ways to be healthy and safe</li> <li>• building physical wellbeing.</li> </ul> <p>Critically reflecting on Wellbeing, teachers and educators may consider:</p> <ul style="list-style-type: none"> <li>• how children's agency and voice in health, hygiene and safety are promoted</li> <li>• how they sensitively respond to children's emotions and promote strategies and skills for regulation that suit the individual</li> <li>• ways to support children's enjoyment of physical activity and build foundations for physical coordination and control in a range of contexts.</li> </ul>	
Key focus	Significant learning	Key focus	Significant learnings
Building a sense of autonomy	<p><b>Developing self-regulation</b></p> <ul style="list-style-type: none"> <li>• knowledge, skills and dispositions</li> <li>- to Significant learnings</li> </ul>	Building increasing autonomy and resilience	<ul style="list-style-type: none"> <li>• recognises and expresses feelings</li> </ul>
	<ul style="list-style-type: none"> <li>• expressing feelings</li> </ul>		<ul style="list-style-type: none"> <li>• develops strategies to regulate emotions</li> </ul>
	<p><b>Developing resilience</b></p> <ul style="list-style-type: none"> <li>- to (KF) Building increasing autonomy and resilience</li> </ul>		<ul style="list-style-type: none"> <li>• develops strategies to respond to change</li> </ul>
	<ul style="list-style-type: none"> <li>• regulating emotions</li> <li>• managing change</li> <li>• responding to challenges</li> <li>- to Identity: Learning and development area, (KF) Acting with independence and perseverance</li> </ul>		
Exploring ways to be healthy and safe	<p><b>Being healthy</b></p> <ul style="list-style-type: none"> <li>- to (SL) recognises ways nutrition, physical activity, rest and relaxation contribute to being healthy</li> </ul>	Engaging with ways to be healthy and safe	<ul style="list-style-type: none"> <li>• recognises ways nutrition, physical activity, rest and relaxation contribute to being healthy</li> </ul>
	<ul style="list-style-type: none"> <li>• understanding ways to be healthy</li> </ul>		<ul style="list-style-type: none"> <li>• manages self-care</li> </ul>
	<ul style="list-style-type: none"> <li>• managing self-care</li> </ul>		<ul style="list-style-type: none"> <li>• develops awareness of safe and unsafe risks to make safe choices</li> </ul>
	<p><b>Staying safe</b></p> <ul style="list-style-type: none"> <li>- to (SL) develops awareness of safe and unsafe risks to make safe choices</li> </ul>		
	<ul style="list-style-type: none"> <li>• developing awareness of safety rules and routines</li> <li>- to (SL) develops awareness of safe and unsafe risks to make safe choices</li> <li>• building awareness of safe and unsafe risks</li> </ul>		<ul style="list-style-type: none"> <li>• develops awareness of body autonomy and personal space</li> </ul>

QKLG 2018		QKLG 2024	
Exploring ways to promote physical wellbeing	Developing control and strength – to Description	Building physical wellbeing	
	• developing gross motor skills		• develops gross motor skills
	• developing fine motor skills		• uses develops fine motor skills
	• developing spatial awareness		• develops spatial awareness
	Developing awareness of the senses – to (SL) uses senses for discovery		• uses senses for discovery
• using senses for discovery			

 © State of Queensland (QCAA) 2024

**Licence:** <https://creativecommons.org/licenses/by/4.0> | **Copyright notice:** [www.qcaa.qld.edu.au/copyright](http://www.qcaa.qld.edu.au/copyright) — lists the full terms and conditions, which specify certain exceptions to the licence. | **Attribution** (include the link): © State of Queensland (QCAA) 2024 [www.qcaa.qld.edu.au/copyright](http://www.qcaa.qld.edu.au/copyright).