

The 7 Cs Wellbeing Programme to promoting wellbeing and developing resilience in preschool children

Presenters

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Early Childhood Conference and Carnival 2015
Start Small Dream Big: Reaching For The Stars

Self Introduction...

Presenters





Once
Upon
a Time



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Introduction

- PhD study from February 2011 to March 2015
- The proposition from research literature and media focus that Singapore's merit-based academic system, parental expectations for high academic achievements often begin early in the child's life

Literature Review



Wellbeing and resilience are linked. They are significant in children's development

(DEEWR, 2009; Grotberg, 1995; Sammon et al., 2008; Sylva et al., 2011; Ungar, 2008);



Increasing protective factors and resilience may decrease risks and vulnerabilities and strengthens wellbeing in children

(Bronfenbrenner, 2005; Bronfenbrenner & Morris, 2006; Grotberg, 1995; Heckman, 2006; Linke & Radich, 2010; Sammon et al., 2007; Sylva et al., 2004); and



Explicit teaching and learning programmes that assist children to develop much needed skills and dispositions strengthen resilience and promote wellbeing

(Bernard, 2008; Claxton, 2007; Huppert, 2009; Linke & Radich, 2010; Weare & Gray, 2003; Wells, Barlow & Stewart-Brown, 2003).

Profile of the children and their needs...



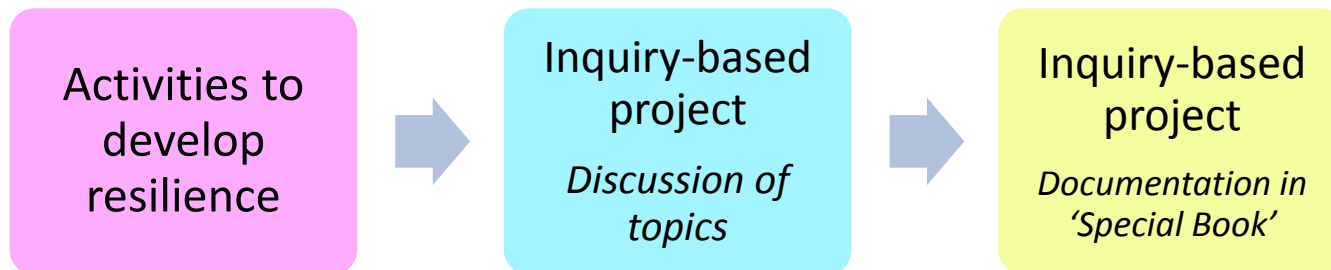
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The 7 Cs Curriculum



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7 Cs Wellbeing Programme



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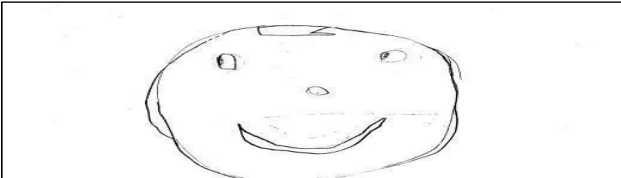
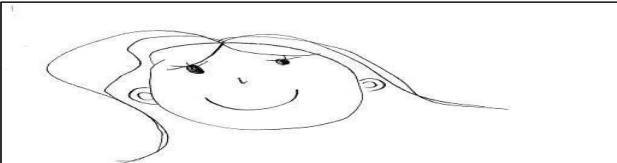
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1. Confidence

Task 1: Happy and Sad moments for me

 <p>I feel happy when I go to the playground.</p>	 <p>I feel sad when my Mummy hits me.</p>
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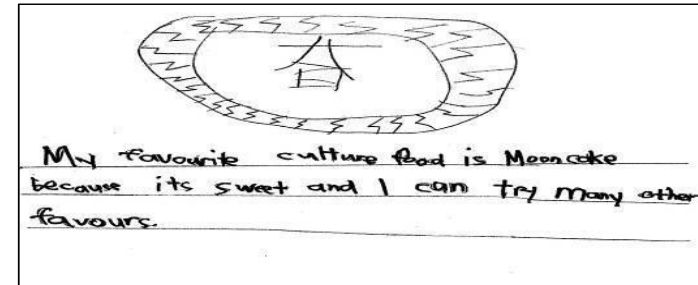
Task 2: My self-portrait

 <p>My eyes are small and my Daddy's eyes are also small.</p>	 <p>I have the same hairstyle like Mummy.</p>
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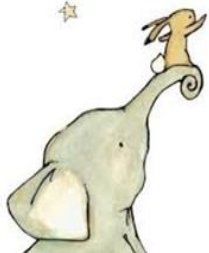


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Task 3: My special dish from my culture



Task 4: I am good at ...



Results

68% to 93%

(Strong or Very Strong Wellbeing)



25 percent

Dimensions	Number of children
Confidence	24
Communication	18
Connectedness	16
Creativity	11
Commitment	5
Cooperation	4
Compassion	2
No significant progress	5
Total	85 responses

Top-of-mind responses on children's development of resilience

Sharing of experiences and strategies...

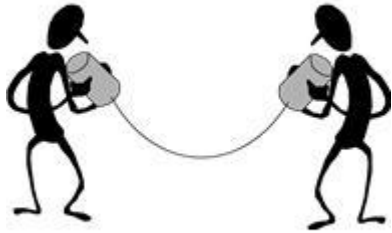


Nursuryati Bte Mohamed Jasani

Teacher



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Communication

- The children with additional needs
- The I AM, I HAVE, I CAN Special Book

Rina Lin

Senior Teacher

The Little Skool-House By the Lake



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Confidence



- The I AM, I HAVE, I CAN Special Book
- Take time to listen
- Respect their views
- Celebrating what they can do

Fatimah Wee

Centre Supervisor
PCF Sparkletots Pasir Ris West



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Connectedness (Sense of belonging)



- Sense of security
- Establishing routines, rules and regulations
- I AM, I HAVE, I CAN Special Book
(Building relationships by sharing)

Activity – Working on a project together

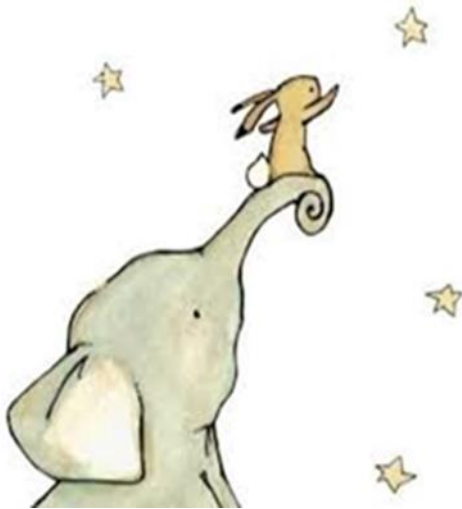


Debrief and Sharing



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Other suggestions



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Confidence

Circle time, Strategies for coping with emotion, Free choice activities/encourage to be autonomous, Play (dramatic play), Intentional teaching (storytelling etc).

Connectedness

Establish rules as a class, Classroom duties (helping during mealtime etc), Shared decision-making/ problem solving, Play (dramatic play), Intentional teaching (storytelling etc).

Cooperation

Pair work, Project work, Thinking activities (jigsaw puzzle assembly etc), Cooperative play (outdoor/indoor), Intentional teaching (storytelling etc)

Compassion

Make cards and gifts for others, Give to charity/ fundraising activities, Non competitive games, Encourage apologise and forgiveness, Intentional teaching (story telling etc).

Communication

Circle time (talk about weekend), Group discussion, Games (for example *Simon says*), Play (dramatic play), Intentional teaching (storytelling etc)

Creativity

Invent a story as a group, Generate more ideas, Problem solving, Project work (art/music/ drama), Intentional teaching (storytelling).

Commitment

Manipulative activities (for example toothpick architecture projects or paper craft), Group creative craft (for example bulletin board or wall display), Play (challenging group play) or Intentional teaching (storytelling etc)



THANK YOU
for making a difference in the
lives of the children!
Keep up the great work!

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