

PAPER PLANES AND PEBBLES

Rachel Szpindor

1501955

ECCH7001

INTRODUCTION

- ✓ Child Well-Being
- ✓ Cause and Impact
- ✓ Five Ways to Well-Being
- ✓ Creative Approaches
- ✓ Mindfulness
- ✓ Lego Therapy
- ✓ Conclusion



(Amazonaws, 2015)

CHILD WELL-BEING

Well-being is about how people experience their lives, whether they feel able to achieve things and have a sense of purpose

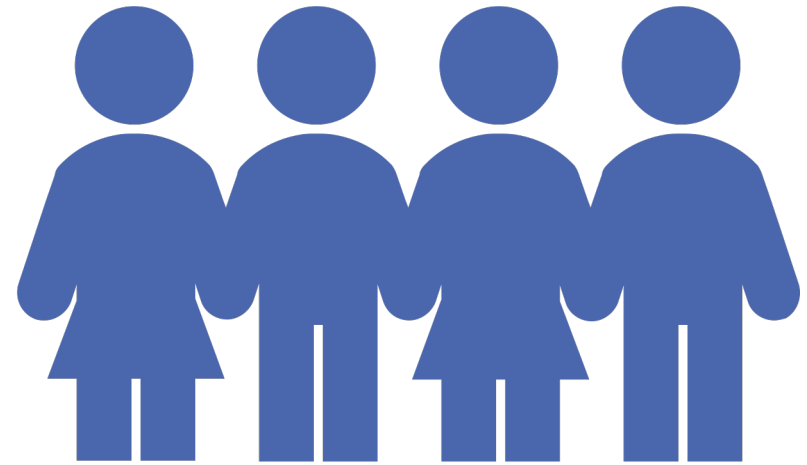
(Ings, Crane and Cameron, 2012, pg.27)

It is often used interchangeably with other terms such as 'happiness', 'flourishing', 'enjoying a good life' and 'life satisfaction'.

(McLellan, Galton, Steward and Page, 2012, pg.39)

CHILD WELL-BEING

- ✓ In 2012 one in eleven children was suffering with low subjective well-being (The Children's Society, 2012)
- ✓ In 2011 there were an estimated **928,400** children living in Wales (Public Health Wales Observatory, 2013)
- ✓ In 2018 it was estimated that three children in every average size class has or will develop a mental health problem (Young Minds; National Assembly for Wales, 2018)

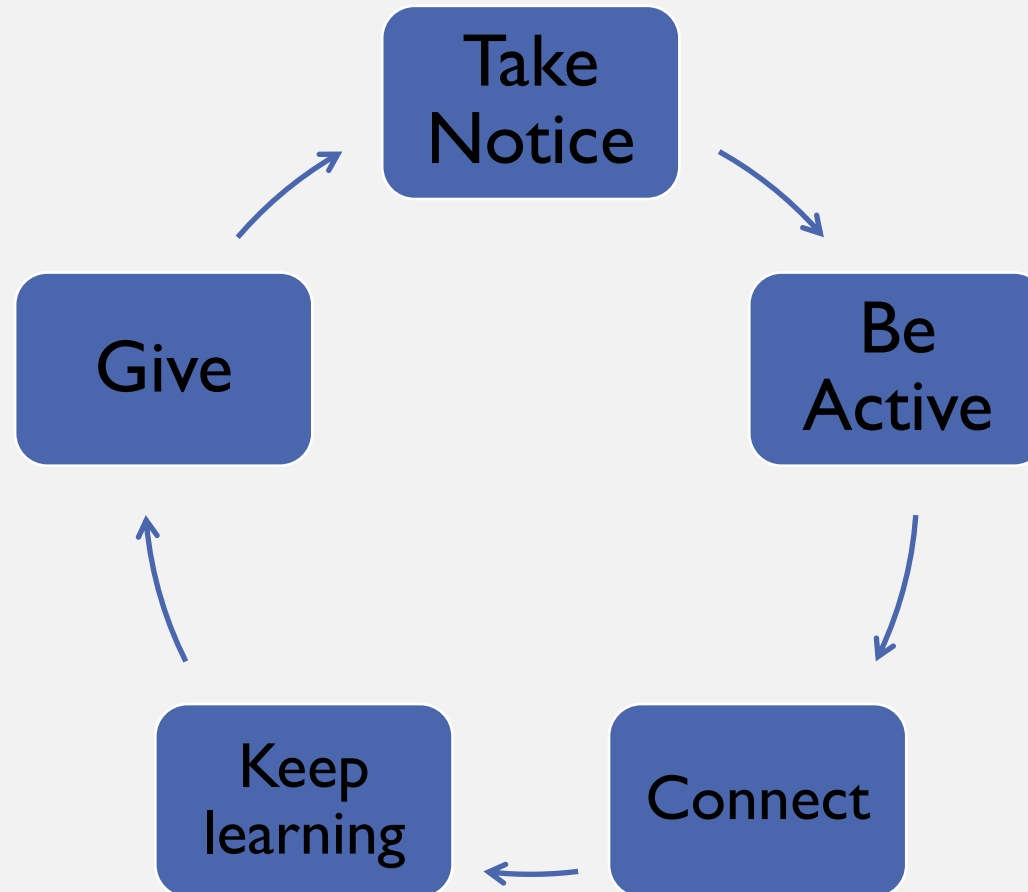


CAUSE AND IMPACT

- ✓ Poverty and Deprivation
- ✓ Family Disruption
- ✓ Bullying

- ✓ Health
- ✓ School Life
- ✓ Relationships

FIVE WAYS TO WELL-BEING



University Health Board, 2018

CREATIVE APPROACHES

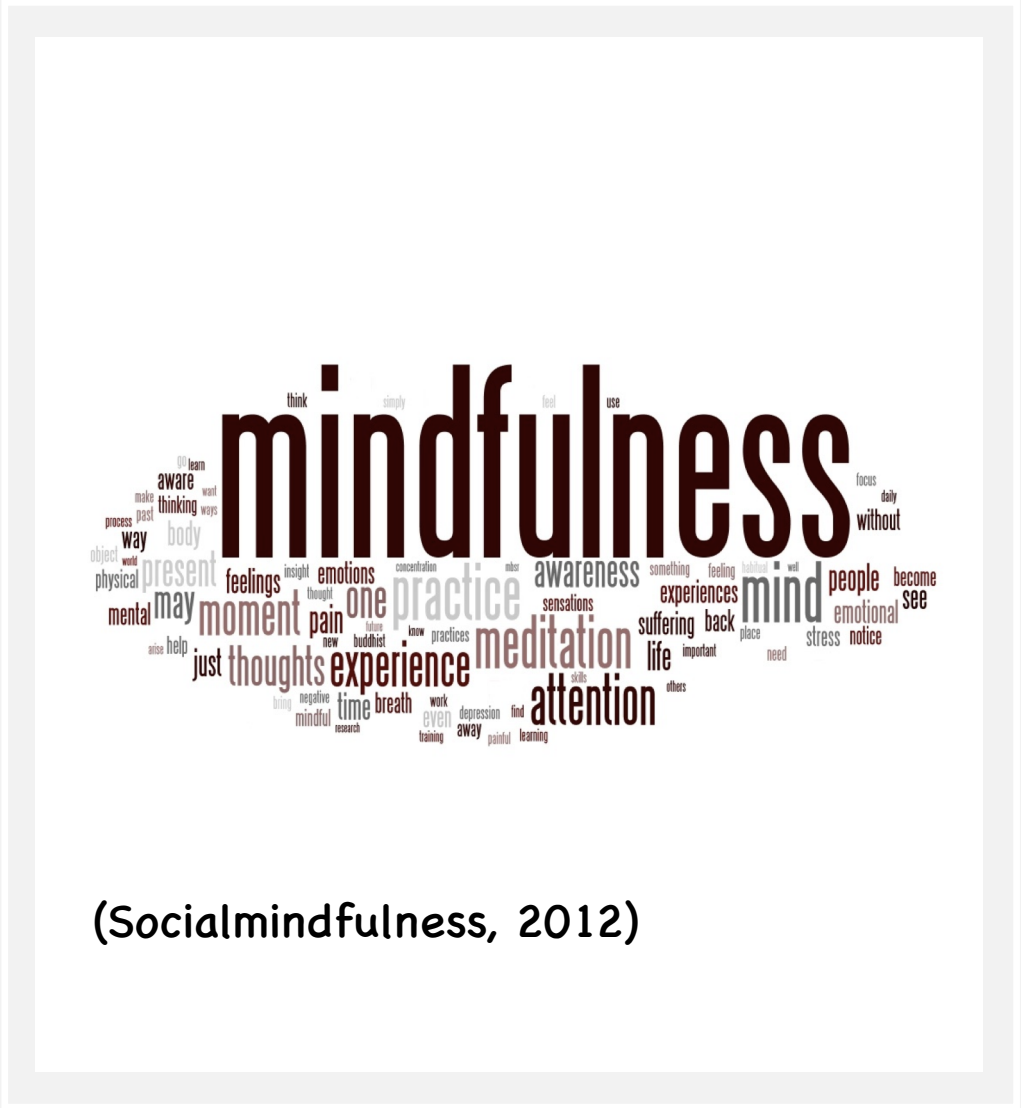
- ✓ Potential to improve outcomes (Ings, Crane and Cameron, 2012)
- ✓ Reduces anxiety (Musgrave, 2017)
- ✓ Provides emotional security (Musgrave, 2017)



(Kinetixhr, 2016)

MINDFULNESS

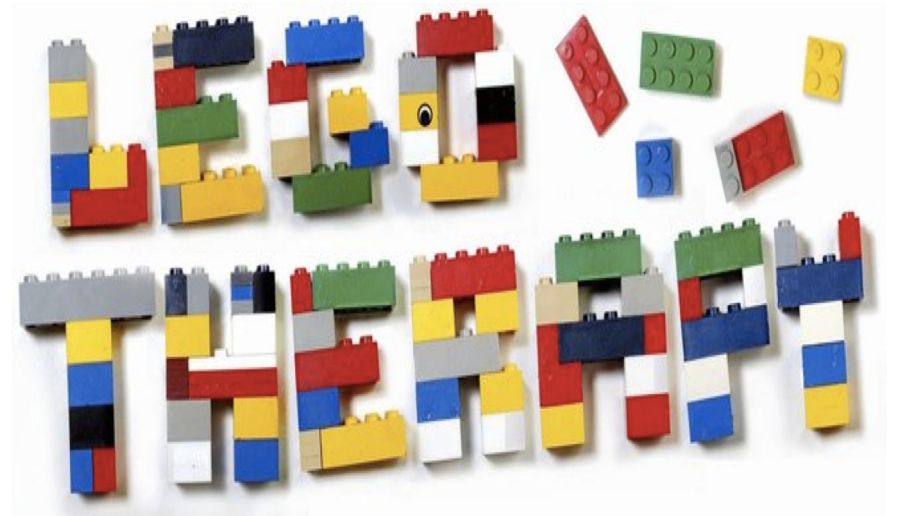
- ✓ Improve concentration and attention
- ✓ Build emotional regulation
- ✓ Improve empathy and compassion (Coholic and Eys, 2016, pg.1)
- ✓ Jon Kabat-Zinn describes it as 'being alive and knowing it' (Mindfulness in Schools Project, 2018)



(Socialmindfulness, 2012)

LEGO THERAPY

- ✓ Pioneered by Dr Dan Legoff
- ✓ Improves Motivation
- ✓ Initiates Social Contact (Kool and Lawver, 2010)
- ✓ Promotes Collaboration (Koegel, 1995)
- ✓ Supports the Development of Social Skills (Peckett, MacCallum and Knibbs, 2016, pg.880)



(bloximages, nd)

CONCLUSION

- ✓ Children are our future
- ✓ Investment in their well-being will shape the future of the country (Bradshaw, 2016, pg. 11)



(Pipnetwork, 2011)

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