

## Global Wellness Day

### Information Sheet

GLOBAL  
WELLNESS  
DAY®

Type of event:	Event
Date:	10 <sup>th</sup> June

<b>What is the special event?</b>	<p style="text-align: center;"><b><i>Dance Magenta</i></b></p> <p>Global Wellness Day is an entirely not-for-profit day, a social project dedicated to living well. The purpose of Global Wellness Day is to ask the question, even if for just one day, “How can I live a healthier and better life?”, to direct the thoughts of both individuals and society towards “living well” and to raise awareness.</p> <p>The main aims of the day are:</p> <ul style="list-style-type: none"><li>• To recognize the value of our lives</li><li>• To pause and think, even if for just one day of the year</li><li>• To be free from the stress of everyday city life and bad habits</li><li>• To make peace with ourselves</li><li>• To raise awareness about living well and increase motivation, not just for today, but for the remaining 364 days of the year</li></ul> <p>First celebrated in 2012, Global Wellness Day was established in Turkey as the “first” day dedicated to living well, and has now been accepted worldwide.</p> <p><b>#DanceMagenta</b> is the theme of Global Wellness Day 2023. It is a set of actions centred around dance, which has increasing value within the international wellness world.</p> <p>Everyone around the world is invited to dance. There are three basic steps to bring together the tangible and intangible aspects of dancing.</p> <ol style="list-style-type: none"><li>1. <b>Dance with your body</b> Whatever style you choose; dance is a unique form of exercise. Dancing is good for your body.</li><li>2. <b>Dance with your thoughts</b> Add dance to your meditation while relaxing. Dance in your mind. Free your dreams.</li><li>3. <b>Dance with life</b> Don’t resist, stay in the flow and trust the process. Add music to your life. Let music bring you happiness. Start your day with music, fall asleep with music. Take control of the rhythm of your life.</li></ol> <p><a href="https://www.globalwellnessday.org/files/DanceMagenta-Theme-Guideline.pdf">https://www.globalwellnessday.org/files/DanceMagenta-Theme-Guideline.pdf</a></p>
<b>Why is it important to Keiki Early Learning?</b>	<p>At Keiki Early Learning, wellbeing and wellness is a focus not only for the children, but for the staff. We know how important it is to take care of yourselves, especially during the current world we live in.</p> <p>As early childhood educators, we play an active role in helping children develop the skills they will need to keep themselves happy and healthy throughout their life while they navigate the stresses and emotions of everyday life.</p>

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	<p>Supporting wellbeing not only helps children and young people to feel happier and less anxious, it will also help them to have positive interactions with the rest of the family and to learn more effectively.</p> <p>Dancing and music is already a large part of our program at Keiki. It makes up many moments during the day for the children, families and staff.</p> <p>This is a perfect opportunity to reflect on why dance is so good for us and what opportunities we have to enjoy it.</p>
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<b>What are our expectations?</b>	<ul style="list-style-type: none"> <li>• Reflect upon wellness and what it means to you</li> <li>• Talk to your families about the things they do together to promote their wellness</li> <li>• Extend upon children’s current interests with different experiences or ideas that promote wellness</li> <li>• Do something as a team to support your wellness as educators</li> </ul>
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<b>Activity Ideas</b>	<ul style="list-style-type: none"> <li>• <b>Mindfulness</b> Mindfulness is noticing what is happening right now in the present moment. When children notice what is happening around them, it can help them to calm down, especially if they are feeling sad, angry or frustrated. Mindfulness can help them deal with difficult emotions, and can help them feel happy and feel good. A simple mindful breathing activity is a good place to start. Then try activities focussed on the senses (e.g., mindful eating and mindful walking). Introduce mindfulness exercises when things are calm and participants in a good space. Mindfulness activities are a great way to connect as a group. <a href="#">Growing early minds Smiling Mind Raising children</a></li> <li>• <b>Gratitude</b> It is always important, especially in difficult times, to appreciate the things that we may take for granted – like having a place to live, food, clean water, friends, family, even access to technology. Gratitude is pausing to notice and appreciate these things, it’s taking a moment to reflect on how fortunate we are when something good happens — whether it’s a small thing or a big thing. Did you know that practising gratitude for 21 days in a row can re-train the brain to look for positives in the world instead of negatives? By simply being grateful, children can experience a greater sense of optimism, happiness and calm. Gratitude drawings/journals</li> <li>• <b>Physical Activities</b> It is very important that children engage in physical activity. Physical activity not only has physical benefits, but also benefits for mental health and wellbeing. <a href="#">Yoga Keiki Connect</a></li> </ul>
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**LINKING THIS EVENT TO RESOURCES AND DATA**

To support educators, educational leaders and early childhood teachers we link each event with important and valuable resources that support and inform our decision making at Keiki.

<b>How can we link this event to our Philosophy?</b>	<p><b>Core Value: The Whole Child</b></p> <p>Our highly experienced teams provide beautiful, thoughtful environments where children are invited and encouraged to make their own choices, to explore the arts, enjoy physical play, practice mindfulness and develop meaningful, positive relationships with others</p>
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<p><b>How does this event link to the AEDC Data?</b></p>	<p><b><i>Physical Health and Wellbeing</i></b>                  In Western Australia 10.4% of children are at risk and 8.9% of children are vulnerable in this category.                  Although this event could have all of the AEDC data linked to it, the main focus is wellbeing. This event will teach children the skills they need to be resilient and healthy into their future, including when they access school. All of the experiences you plan for the children or role model for the children will support this aspect of the AEDC data. You can also use this opportunity to share wellbeing tips and resources for families to role model for the children.</p>
<p><b>How does this link to the ECA Code of Ethics?</b></p>	<p>In relation to children, I will:</p> <ul style="list-style-type: none"> <li>• Act in the best interests of all children</li> <li>• Create and maintain safe, healthy, inclusive environments that support children’s agency and enhance their learning</li> <li>• Provide a meaningful curriculum to enrich children’s learning, balancing child and educator-initiated experiences</li> <li>• Understand and be able to explain to others how play and leisure enhance children’s learning, development and wellbeing</li> <li>• Value the relationship between children and their families and enhance these relationships through my practice</li> </ul>
<p><b>How does this event link to the UN Rights of the Child?</b></p>	<p>Articles:  <i>Article 3 All organisations concerned with children should work towards what is best for each child.</i>  <i>Article 29: Education should develop each child’s personality and talents to the full. It should encourage children to respect their parents, their cultures and other cultures.</i></p> <p>Please talk to the children about the Rights of the Child. Do you have it displayed in your service for the children?</p>
<p><b>How does this event link to the National Quality Standards?</b></p>	<p><i>1.1.1 Curriculum decision making contributes to each child’s learning and development outcomes in relation to their identity, connection with community, wellbeing, confidence as learners and effectiveness as communicators.</i>  <i>1.2.1 Educators are deliberate, purposeful and thoughtful in their decisions and actions.</i>  <i>2.1.1 Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s need for sleep, rest and relaxation.</i>  <i>2.1.3 Healthy eating and physical activity are promoted and appropriate for each child.</i>  <i>6.1.2 The expertise, culture, values and beliefs of families are respected, and families share in decision-making about their child’s learning and wellbeing.</i></p>