



Well being CURRICULUM

The Central School has launched a new Wellbeing Curriculum from December 2022, aimed at helping to educate about their mental health and wellbeing.

The Central School has a holistic approach to education, and I firmly believe that if we can remove children's barriers to learning, they are more likely to achieve their potential. Mental health is one of these barriers and is something that some children may not even be aware of."

The new curriculum will proactively teach our pupils both how to identify symptoms of poor wellbeing within themselves or their friends, and to empower them by providing them with the skills to improve their wellbeing.



**THE CENTRAL SCHOOL
DUBAI**



The new Wellbeing Curriculum endeavours to create a safe environment for pupils to express themselves through a range of interactive activities whilst removing the stigma surrounding mental health. The new initiative includes:

TCS trends - exposure to nature, improving resistance to stress, increasing self-esteem, stimulating cognitive development and creativity.

Relaxation - releasing thoughts, pressures and nurturing mind development.

Mental Skills - enabling pupils to regulate thoughts, feelings and actions.

Health and Fitness - alternative exercise focusing on strength, flexibility and breathing to boost physical and mental wellbeing.

Mindfulness Walk & Talk - experiencing natural movement to cultivate mindfulness and a wakeful presence.

Self-Care - learning to manage own health, actively preserving or improving mental or physical health.

Soul Food - identifying the importance of core nutrients to keep the brain and body healthy.

Body Bounce – Involving in outdoor activities that refresh both body and mind.

