

I want to talk about the routines, they have lots of routines in the early childhood centre. For example, they are washing hands before eating, after eating and sleeping. They wash hands after their play outside, play dough etc. I can see the washing hands are important for the child's health and well-being. Because they are washing hands very carefully, they will use liquids for washing hands, make sure water is warm, use tissue paper to wipe up the water. For some of the youngest of the kids their hands are washed by the teachers because they do not know how to do it, and the teachers needs to step by step teach them how to do it. So, I think this is mental well-being. For some older children, they know how to wash their hands. When the teacher says, wash hands before eating, they will go to the toilet, stand on a line and wash their hands.

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Sometimes, the teacher will stand at beside them and say it is important they do it well.

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If someone is not washing hands well, they will talk to them and help them to wash them again. I think washing hands is emotional and social well-being. The teachers are looking for the children to wash their hands and teach them how and why they need to do it. It is emotional well-being. Because if the teachers are not supervising the children washing hands and do not teach them how to do it, those kids will be unhealthy or sick. So, why do the teachers supervise them washing hands - because the teacher love and care the children and do not want to the children to be sick wants to the children to be healthy and happy during every day. Washing hands also are social, because the children are stand a line and washing hands, they wash hands one by one, not fight with other kids because they know they should follow the rule, first come, first served. It is also society and using this rule in the future when they are older.

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Individual play which means what the child does in the free time. When they are going outside, they need make sure the children dress up, such as put on jacket and shoes and then they can go out in the winter, in the summer, they have UV shade and water resistant sunscreen(SPF15+30). The children also can stay inside when they have free time; they can listen to music, play ball with other children and play with toys. The teacher will look for the children all the time, there has one of the teachers to look after them when they have free time play outside and play with them or take photos for the children.

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Group activities are different from the individual play because the group activities are playing with each other and they play in groups for the group activities - always by what does teacher says. When I stay at the early childhood, I have seen a lot of group activities the teacher make for the children. For example, they are playing dough and making it by themselves. Making the dough is mostly done by the teacher but the children support the teacher making play dough. Firstly, the teacher has ... For the mental and emotional well-being, children playing with dough can make lots different shapes; I think this is expressing their emotions. For example, a child's parents' birthday is coming and they can make a birthday gift. It is the children expressing the emotion to the parents. They are happy and excited making something to take home and give to their parent. Just like a kid drawing... In the home base care, they have different group activities between the early childhood centres. They are going to the library for learning, baking at home and going to the other educator. When they are going to the other educator, the children will meet lots of new friends, it is easy to keep one eye on them and get to know each other. They can play the group games with new friends and teachers. So it is improving the social and physical well-

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being because they have got some new friends and expanded the range of friends, they are playing the games and getting on with each other, lots of movement and developing the physical body.