

BUILDING MEANING FOR CHILDREN AND FAMILIES

HELPING CHILDREN AND FAMILIES THRIVE THROUGH PURPOSE, PERSONAL VALUES AND FINDING THEIR PLACE IN THE WORLD



Why A Sense of Meaning Matters

Meaning is about having a sense of purpose, being part of something bigger, and feeling that your life and your actions matter. This helps support children's wellbeing and:

- ✓ Feel confident and capable
- ✓ Build their own personal values
- ✓ Strengthen self-identity and independence
- ✓ Identify things that are important to them

What Creates Meaning for Children?

A strong sense of meaning helps children understand who they are, how they belong, and what they bring to the world. A tip for families? Ask "What are the things that matter most to me and my family?"

Every Day Tips For Finding Meaning



At Home

- 👍 Share family stories and traditions
- 👍 Do Family Random Acts of Kindness, such as:
 - * Choose a purpose everyone gets behind
 - * Volunteer family to important causes
 - * Communicate and name feelings
- 👍 Ask "What do you feel proud of this week?"
- 👍 Celebrate children's acts of kindness and empathy



At School & Weldon OOSH

- 👍 Contribute to group pack up and clean up activities
- 👍 Join an extra-curricular club that you value
- 👍 Find ways to help others
- 👍 Create your 'Personal Meaning & Values' book
- 👍 Suggest to educators your social impact project idea!