

STRENGTHENING ENGAGEMENT IN CHILDREN & FAMILIES

HELPING CHILDREN THRIVE THROUGH BEING ABSORBED AND ENERGISED



Why Engagement Matters

When children do something they really want to do, and are so absorbed by what they are doing and 'in the zone', they are supporting their wellbeing. Engagement helps:

- ✓ Develop persistence and resilience
- ✓ Experience a 'flow state'
- ✓ Helps build focus over time
- ✓ Encourages pride and joy

What Creates Engagement?

Engagement looks different for every person. We all have different things we love to do. A great question to ask as a family is "When does my child lose track of time because they're so focused?" That's engagement! Find ways to repeat that moment.

Every Day Tips For Engagement



At Home

- 👍 Let children choose between 2-3 things to do
- 👍 Ask what they are curious about today
 - * Spend time researching this together
 - * Share in their activity side by side
 - * Find activities that are a bit of a stretch
- 👍 Ask 'what are our strengths?' together
- 👍 Celebrate effort and continuing to try



At School & Weldon OOSH

- 👍 Try a different activity and keep at it
- 👍 Celebrate when you did something you loved
- 👍 Ask friends, "what should we try today?"

Even just 10 minutes a day of deep focus can help children feel more capable and confident!

