



# GROW Well Strengths-Based Curriculum

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Curiosity relates to both the love of new experiences and building your own personal knowledge. This may occur in a particular field or overall.

Curiosity helps children learn. Here are some suggestions to encourage your child's curiosity:

- Prompt your child to decide on activities they would like to do.
- Be available when your child wants to show you something. Stop what you are doing, show interest and prompt them to talk about it.
- Ask questions and make comments about your child's activities, creations and interests.
- Teach your child to find information such as using maps, books, computers and libraries.
- Model asking others about their daily activities and interests.

### WHAT TO ASK KIDS INSTEAD OF "HOW WAS YOUR DAY?"

<b>Instead of:</b> How was your day?	<b>Try this:</b> → What's one thing that made you laugh today?	You can learn a lot about your child's sense of humor, friends, and get them smiling by asking them to recount things that made them laugh.
<b>Instead of:</b> Did you eat your lunch?	<b>Try this:</b> → Who did you sit by at lunch today?	Allowing your child to discuss friends they may have a hard time getting along with, opens opportunities to discuss how others make them feel.
<b>Instead of:</b> Did you have a good day?	<b>Try this:</b> → What did you do that made someone smile today?	Show your kids that school isn't just about academics. Kindness matters.
<b>Instead of:</b> What did you learn at school?	<b>Try this:</b> → Did you enjoy art or science more today? Why?	When questions are broad, it's easy for a child to feel unsure of how to answer. Being specific facilitates a detailed response and opens the door for further discussion.
<b>Instead of:</b> What did you do today?	<b>Try this:</b> → I love hearing about your day.	Sometimes questions are overwhelming. Just letting your child know that you're interested, gives them permission to share when they are ready.
<b>Instead of:</b> How was your day?	<b>Try this:</b> → What was easier today than yesterday?	Encouraging your kids to notice that their practice is making a difference helps instill a positive self-image and a growth mindset.

BigLifeJournal.com 

## What our students have to say

### Curiosity is...

When you want to find something out. Like why can't you see the clouds when you're in the sky?

*Lara & Phoebe – Year 1*

Learning and finding out something new. The more curious you are, the more knowledge you can receive.

*Nash, Zavier, Will – Year 6*



With our term 1 focus on 'Great Learners', curiosity is an excellent character strength to explore. Learning new things can come from a range of sources. Exploring the natural world, watching a documentary or speaking to others about their interests are all ways of expanding their knowledge base.

## WHAT TO SAY WHEN YOUR CHILD IS BORED

IT'S NOT YOUR JOB TO COME UP WITH SOLUTIONS TO YOUR CHILD'S BOREDOM PROBLEM. BOREDOM IS THEIR INTERNAL SIGNAL THAT THEY NEED TO COME UP WITH SOMETHING ON THEIR OWN: "MY BRAIN IS CRAVING SOMETHING... AND I NEED TO EXPLORE UNTIL I FIND THAT THING."



CHILDREN DEVELOP BETTER WHEN YOU LET THEM BE BORED:

- ★ It encourages imagination and creativity.
- ★ They discover new hobbies and interests.
- ★ It helps them develop a sense of identity.
- ★ It improves mental health and gives their mind a break from constant stimulation.
- ★ It enhances problem-solving skills.
- ★ It fosters independence and resourcefulness.

HELP THEM TO LOOK AT THESE MOMENTS AS OPPORTUNITIES:

"We have been so busy. I'm glad we have the opportunity to relax."  
"How cool! You have a chance to choose how to spend your time instead of someone else planning it for you."  
"I can't wait to see what you decide to do."

GIVE THEM PROMPTS WITHOUT CHOOSING ACTIVITIES FOR THEM:

"I wonder what kinds of things you could make out of that box?"  
"What's something that you haven't done in a while that you really enjoy?"

FINALLY, IF YOUR CHILD SAYS, "BUT THERE'S NOTHING TO DO..."

YOU CAN ALWAYS SAY: "I'M SORRY TO HEAR THAT. YOU CAN HELP ME LOAD THE DISHWASHER." THEY WILL MOST PROBABLY BE STRUCK BY INSPIRATION RIGHT AWAY :)

## Curiosity



*I seek out new experiences and activities that build my personal knowledge.*

