



GROW Well Strengths-Based Curriculum



Always Our **Best**

Gumdale State School Student Wellbeing Program
is proudly supported by



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What is Curiosity?

Curiosity is about the exploration and discovery of new things. To be curious means to take an interest in something for its own sake. To be curious, we have to be open to new ideas and experiences. People high in curiosity have a desire to build their knowledge, find answers, engage in new experiences and learn new facts. Curiosity might be expressed through going to a new restaurant, visiting a new place, meeting new people or researching a topic of interest. There are two key components to curiosity: an interest in exploring new ideas and experiences as well as a strong desire to increase knowledge.

Curiosity



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

The Kid Should See This

<https://thekidshouldseethis.com/>

A collection of kid-friendly videos,
curated for parents who want to
share meaningful media at home.

Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

Bored Children and Creativity

Sometimes the best ideas come from boredom. See the
SchoolTV link below!

<https://gumdaless.eq.schooltv.me/content/blog/bored-children-doesnt-mean-bad-parenting-and-encourages-creativity>

Boredom

Let them feel bored!

- Encourages imagination and creativity
- Helps children discover new interests and hobbies
- Improves mental health and gives children a break from constant stimulation
- Enhances problem solving skills
- Fosters independence and resourcefulness

If your child says, "There's nothing to do!", you can always ask them to help unpack the dishwasher. They will most likely be struck by inspiration right away!

Source: **Big Life Journal**

How can I help my child to grow their strength of Curiosity?

- Allow time for open-ended play.
- Try new things with them, modelling your own curiosity when discovering new things.
- Follow and encourage their interests.
- Encourage your child to ask questions and then find their own answers.
- Allow your child to make mistakes and then let them try and solve them.
- Take them on excursions to foster their interests – share their excitement for learning new things.

Resources for Curious Minds

Click on the images below for links to some family friendly podcasts for curious minds. Please check the suitability for your child before sharing with them.

