

Well-Being Curriculum (K-12) AY 2025- 2026

Dubai
International
Private
School (DIPS)

Vision & Core Principles

Foster a holistic, inclusive environment prioritizing emotional, physical, social, and academic well-being.

Align with KHDA's Well-being Framework to create a nurturing and empowering school culture.

Equip students and staff with skills to thrive mentally, socially, and professionally.

Strengthen collaboration between students, staff, parents, and the wider school community.

Core Well- Being Domains

Emotional Well-being – Self-awareness, emotional regulation, resilience.

Physical Well-being – Healthy habits, nutrition, exercise.

Social Well-being – Communication, empathy, teamwork.

Mental Well-being – Stress management, mindfulness.

Digital Well-being – Safe online behavior, cyber resilience.

Academic Well-being – Study habits, motivation, time management.

Early Years (KG-2) Focus: Foundations of Well- Being

- Recognizing and expressing emotions appropriately.

- Basic mindfulness techniques (breathing, relaxation).

- Importance of sleep, hygiene, and healthy eating.

- Learning to share, cooperate, and play kindly.

- Introduction to basic digital safety (trusted adults, asking for help).

Lower Elementary (Grades 3- 5): Building Healthy Habits

- Identifying and managing emotions effectively.

- Practicing gratitude and positive thinking.

- Developing self-care routines (nutrition, exercise, sleep).

- Conflict resolution and positive communication.

- Introduction to online safety and responsible technology use.

Middle School (Grades 6-8): Strengthening Resilience

- Understanding stress and healthy coping mechanisms.
- Importance of self-discipline and motivation.
- Peer pressure awareness and decision-making strategies.
- Balanced screen time and recognizing digital stressors.
- Developing positive relationships and resolving conflicts.

High School (Grades 9-12): Preparing for Life Beyond School

- Advanced stress and anxiety management techniques.

- Building self-confidence and self-advocacy.

- Healthy relationships and emotional intelligence.

- Balancing academic pressure, extracurriculars, and personal life.

- Career exploration, life planning, and financial literacy.



Implementation Strategies

Integrated Learning:
Well-being themes
embedded in
subjects.

Weekly Well-being
Sessions: Dedicated
focus on key well-
being topics.

Workshops & Guest
Speakers: Mental
health, nutrition,
digital safety.

Parental
Engagement:
Workshops and
resources for parents.

Student-Led
Initiatives: Well-being
ambassadors, peer
mentoring.

Teacher Training:
Equipping educators
to support student
well-being.

Action Plan & Success Criteria

Establish a Well-Being Committee to oversee implementation.

Organize professional development for teachers on student and teacher well-being.

Introduce mindfulness and mental health awareness sessions.

Implement peer support programs, counseling services, and safe spaces.

Increase student and staff participation in well-being programs.

Conduct regular surveys and evaluations for continuous improvement.