



# Wellbeing Curriculum overview 2024

Subject	Goals	Topics	Activities	Steam project
<b>Math</b>	<ul style="list-style-type: none"> <li>• Improve the Mathematical knowledge and enhance the ability to solve problems and utilize critical thinking skills.</li> <li>• Improve the abilities of students to think and make decisions.</li> <li>• Improve the creative thinking skills, self-efficacy skills, perseverance.</li> <li>• Learning math strengthens the parts of the brain that are linked to memory, thought, and action</li> </ul>	<ul style="list-style-type: none"> <li>○ Mental wellbeing</li> <li>○ brain exercises</li> <li>○ mental math</li> <li>○ Family math</li> </ul>	<p>Create moments for gratitude. “Count the blessings”</p> <p>Brain Breaks! Use emojis to help kids identify their emotions. Mindful Math Start Mathand Movement Mindful Math Journal Wellbeing Math Board</p>	
<b>Science</b>	<ul style="list-style-type: none"> <li>• Raise the student’s awareness toward their physical health.</li> <li>• Focus on the relationship between physical health and mental health.</li> <li>• Raise the student’s awareness about sustainability and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>○ Healthy Diet</li> <li>○ Mental health and Science</li> <li>○ Depression and anxiety effects of your body</li> <li>○ Obesity,</li> <li>○ Diabetes</li> <li>○ Sustainability</li> </ul>	<p>Community Science Projects. Science Gamification. Science Mysteries and Investigation science . News and CurrentEvents.</p>	



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<p><b>Physical education</b></p>	<ul style="list-style-type: none"> <li>• Raise the student awareness about the importance of mental health.</li> <li>• Creating a volunteering culture as a main factor toward student's happiness and mental health</li> </ul>	<ul style="list-style-type: none"> <li>○ Physical education and coping with stress.</li> <li>○ Healthy lifestyle</li> </ul>	<p>Healthy lifestyle challenges 30X30 challenge</p>	
<p><b>Art</b></p>	<ul style="list-style-type: none"> <li>• Emotional Expression</li> <li>• Stress Reduction:</li> <li>• Boosting Self-Esteem</li> <li>• Coping Mechanism</li> </ul>	<ul style="list-style-type: none"> <li>○ Art therapy and Mental health</li> <li>○ Art and positivity</li> <li>○ The positive power of art</li> <li>○ Creativity and innovation to reach happiness.</li> </ul>	<p>Encourage self-reflection through drawing. Use emojis to help kids identify their emotions. reflections</p>	
<p><b>Business</b></p>	<p>Positive Learning Environment</p>	<ul style="list-style-type: none"> <li>○ Wellbeing and achievement</li> <li>○ Employee happiness with healthy workplace and productivity</li> </ul>	<p>Well-Being and Sustainable Business. Well-Being Innovation Challenge. personal Well-Being Journals. Workplace Well-Being Audit. Well-Being Impact Assessment.</p>	



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<b>Arabic</b>	<ul style="list-style-type: none"> <li>• Positive Learning Environment</li> <li>• Critical Thinking:</li> </ul>	<ul style="list-style-type: none"> <li>○ Perseverance</li> <li>○ Optimistic</li> <li>○ happiness</li> </ul>	<p>Writing</p> <p>Reading club initiatives</p> <p>Internal and External compaction</p>	<p>HOD will share the Math criteria and share topic related to wellbeing.</p>
<b>English</b>	<ul style="list-style-type: none"> <li>• Language Expression and Emotional Awareness</li> <li>• Literature Exploration</li> <li>• Communication Skills</li> <li>• Conflict Resolution:</li> <li>• Positive Learning Environment</li> <li>• Critical Thinking</li> </ul>	<ul style="list-style-type: none"> <li>○ Writing, research, poem related to wellbeing such as resilience, stress management, strength building.</li> <li>○ lifestyle skills that impact on wellbeing, such as nutrition, physical activity.</li> </ul>	<p>Role-Playing.</p> <p>Well-Being Poetry Slam.</p> <p>Storytelling Podcasts.</p> <p>Visual Storytelling.</p> <p>Well-Being Reflective Portfolios.</p>	<p>HOD will share the Math criteria and share topic related to wellbeing</p>
<b>Islamic</b>	<ul style="list-style-type: none"> <li>• Emotional and Spiritual Development</li> <li>• Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Satisfaction and happiness</li> <li>• Good friendship</li> </ul>	<p>Reflective Journals.</p> <p>Islamic Storytelling.</p> <p>Gardening and Well-Being.</p>	



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|  | <ul style="list-style-type: none"> <li>Positive Learning Environment</li> <li>Conflict Resolution</li> </ul> | <ul style="list-style-type: none"> <li>and happiness</li> </ul> | <ul style="list-style-type: none"> <li>Islamic Well-Being Challenges.</li> <li>Islamic Mindful Eating.</li> <li>Community Service Projects.</li> <li>Islamic Well-Being Retreats.</li> </ul> |
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