

# What Does a **Whole Child Approach** to Education Look Like?

How do you know if this is happening at your child's school? Explore the examples below and visit ASCD's whole child page for more ideas. If your child's teacher and school community are prioritizing whole child development, they are working to ensure every child is **healthy, safe, engaged, supported** and **challenged**



## **HEALTHY**

The school prioritizes recess and physical education classes to ensure all students get an appropriate amount of exercise and outdoor time each day.

The school offers healthy options for meals and snacks and provides education around nutrition.

The school has a health education curriculum that addresses the physical, mental, emotional and social dimensions of health.

## **SAFE**

The physical, social and academic climate of the school is safe for all students and their families.

The school provides opportunities for families to learn how to reinforce rules and procedures and help children develop coping skills.

## **ENGAGED**

School staff help children to monitor how they are doing in school by using goal-setting techniques.

Teachers provide opportunities for students to collaborate on projects that develop their life skills.

## **SUPPORTED**

The school helps families understand what services are available for their child, teaches them how to advocate for them and welcomes parent participation in their child's learning.

The school helps children to develop the vocabulary and skills necessary to identify and express their emotions effectively.

The school personalizes learning so that children receive individualized attention and supports.

## **CHALLENGED**

The curriculum challenges every student and helps them to develop an understanding of the world around them.

The school works with families to determine what success looks like for each child and how education can help the child reach their goals.

**The whole child approach** gives children the foundation they need to become well-rounded, healthy individuals, equipped with a solid education and important life skills to help them reach their full potential.