



3.3 Children are aware of and develop strategies to support their own mental and physical health and personal safety

This is evident when children, for example:

- *recognise and communicate their body needs, (e.g. thirst, hunger, rest, comfort, physical activity)*
 - *are happy, healthy, safe and connected to others*
 - *show awareness of healthy lifestyles and good nutrition*
- *show increasing independence and competence in personal hygiene*
 - *show care and safety for themselves and others*
 - *build strategies to calm the body and mind*
- *have agency and exercise choice about their sleep, rest and relaxation*
- *develop a sense of body autonomy and boundaries (e.g. my body belongs to me)*
 - *learn ways to ask for and provide consent during everyday play*
 - *distinguish safe and unsafe touches*
 - *notice and label feelings/emotions in themselves and others*
- *learn how to tell or communicate to a trusted adult about things that upset them, make them uncomfortable or sad.*