

EYLF OUTCOME 3 — WELLBEING & RESILIENCE SNAPSHOT

Child's Name: Mateo

Date: 24-Jul-2025

Educator: Lorina

CONTEXT OF OBSERVATION

Briefly describe the setting or moment—
e.g., outdoor play,
group time, transition.

During morning mat time, Mateo asked for a quiet space after expressing that the group felt “too loud.” He selected a cushion from the wellbeing nook, took deep breaths, and rejoined the group once he felt ready.

INDICATORS OF OUTCOME 3

Tick what was noted during the observation

- ☒ Explores physical skills, movement, or coordination
- ☒ Communicates physiological needs or emotions
- ☒ Demonstrates self-regulation or calming strategies
- ☒ Expresses a sense of safety and security
- ☒ Engages in restful or mindful moments
- ☐ Shows persistence through challenge or uncertainty
- ☒ Participates in healthy routines or safety practices

EDUCATOR COMMENT

Insight into the child's development or relationships

Mateo showed impressive emotional literacy and self-awareness by independently seeking regulation. His confidence in using a calm-down strategy signals strong protective factors and a secure sense of agency.

NEXT STEP/ SUPPORT STRATEGY

Suggestions to build on identity, relationships, or emotional literacy)

- Introduce guided breathing or movement cards in the wellbeing nook
- Facilitate group conversations about emotional cues and sensory preferences
- Use gentle sensory tools (e.g., sound jars, heartbeat drum) during transitions
- Include photo prompts of children using calm strategies in documentation displays