

MTOP Outcome 3 - Meanings and Examples

Physical wellbeing

Children participate in active games outdoors.

Emotional regulation

A young person uses a "calm corner" after conflict.

Healthy choices

Children prepare nutritious snacks together.

Resilience

Young people persist in solving a challenging puzzle.

Mindfulness:

Children participate in guided breathing exercises after school.

Peer support

Young people check in on a friend who is upset, offering comfort.



Healthy routines

Children create a chart to track hydration and active play during the week.

