

# Dear Families!

Your child's class will soon embark on an exciting journey with The School of Play Curriculum. This unique, play-based well-being program is designed to support your child's emotional, physical, and social development in a fun and engaging way. Below, we've outlined the essential details about the program and how you can support your child as they participate.



## What's the Program About?

The School of Play curriculum is a global, play-based program designed to promote student well-being. It integrates physical activities, emotional reflection, cognitive challenges, and social interaction. Over 20 weeks, students will engage in dynamic, hands-on activities that help them build skills in coordination, emotional intelligence, strategic thinking, and personal growth.

Our goal is to foster a positive and supportive environment where students can thrive academically, socially, and emotionally. This program also aligns with international educational standards in health and well-being, making it a perfect addition to your child's learning experience.

## How Long Does It Run?

The program spans 20 weeks, with one themed activity scheduled each week. Your child's teacher will guide them through the activities, which will be flexible, engaging, and fully supported with instructional videos, reflection questions, and hands-on learning.



## What Will My Child Experience?

The curriculum has been crafted to help students:

**Develop positive emotions** such as joy, gratitude, and empathy.

**Enhance physical fitness** and coordination through play-based activities.

**Build strong social connections** by working with their peers on collaborative tasks.

**Reflect on their personal achievements** and set meaningful goals for the future.

**Grow emotionally** by learning how to identify and manage their emotions in a healthy way.



## What Are the Long-Term Benefits?

Research suggests that well-being programs like The School of Play lead to:

Improved academic performance.

Reduced levels of anxiety and stress.

Better attendance and engagement in school.

Strengthened relationships between students, teachers, and families.

## How Can You Support Your Child?

Family involvement is critical to maximizing the benefits of this program. We encourage you to:

Ask your child about the activities they've participated in and what they've learned.

Join them in reflecting on their personal achievements and goals.

Even try some of the activities as a family! It's an excellent opportunity to foster joy, play, and connection in your household.

## A Shared Journey

It's a privilege to be part of your child's well-being journey through The School of Play. We are confident that this program will positively impact their mental, physical, and emotional well-being, helping them to grow and succeed both in school and beyond.

If you would like more information about The School of Play curriculum or how you can support your child, please feel free to contact your child's teacher.

We look forward to an incredible 20 weeks of play, learning, and growth!

Sincerely,  
The School of Play Team