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**Preparation for 2020:**

Our focus for the AI Lens in 2020, will be to consider how we are providing opportunities in our early learning programs that support ***children’s physical health and well-being***. We are asking that you complete this as a team together with your supervisor before your Quality Coordinator mentor visit between January-March.

**Appreciative Inquiry Lens-(AI) Lens**

The Appreciative Inquiry narrative is a process for us to reflect on our work with a strength-based approach. It is an opportunity to stop and explore what is working well and to acknowledge successes. It is also an opportunity to let your accomplishments lead you towards natural next steps within your programs. ~*what we pay attention to grows~*

 **WHY PHYSICAL HEALTH AND WELL-BEING?** The 2018 Early Development Instrument identified that 22% of Peterborough children are vulnerable in this area. This means they struggle with gross and fine motor skills, coming to school hungry, tired or inappropriately dressed, and being unable to independently look after their needs such as going to the bathroom. [Read more about the EDI here](https://edi.offordcentre.com/decade-of-ontario-edi-results-released/)

The most recent research in child health and well-being addresses the need for us to rethink how we offer outdoor experiences to children including how we structure play time and the opportunities we offer on our playgrounds and in nature. Completing the outdoor environmental assessments in 2020 will help us to think about this more. We are also learning about the impacts of technology on our children both physically and emotionally.

As you go through the lens, consider the opportunities you already provide to help children in this important area of development and consider what more you could provide. Consider opportunities both within your program spaces and in the community with families.

The feedback from this exercise will help you as a program determine what further opportunities you can provide to support this area of development. It will also give the IIQ sub-committee important information about what types of professional learning supports will be needed in our community to expand educator’s learning.

Appreciative Inquiry Lens

**Program:**

**Date:**

The entire educator team within your program is invited to capture examples of accomplishments or growth opportunities in relation to physical health and well-being.

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| What are the accomplishments and strengths in your program in relation to physical health and well-being of children? | Where are their opportunities for growth in your program to support physical health and well-being of children? |
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\*Adapted from Early Years Engage Waterloo Region