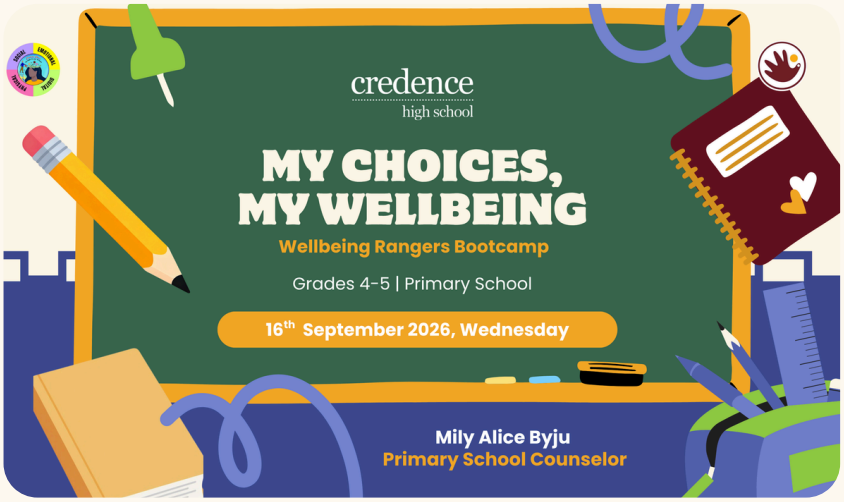
CREDENCE HIGH SCHOOL

My Choices, My Wellbeing: Grades 4 & 5

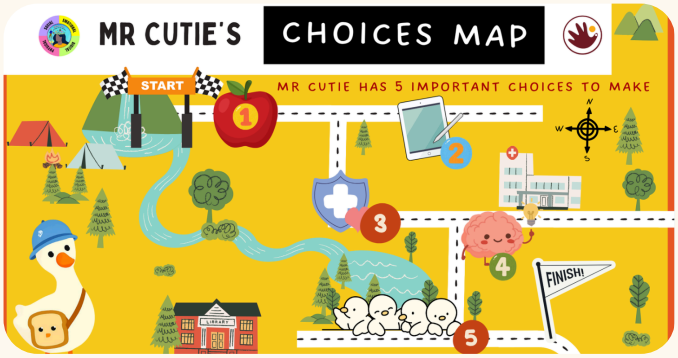
GRADES
4 and 5

DATE
Wednesday, 16th Sep 2026











INTENT

A Wellbeing session on the theme 'My Choices, My Wellbeing' session was conducted for Primary School students of Grades 4 and 5 to build awareness of how everyday choices can influence their health, emotions and overall wellbeing.

The session aimed to promote healthy decision-making, emotional regulation, balanced screen use, positive leisure choices and respectful interactions.

EXPERIENCE

Students engaged enthusiastically in interactive activities, scenario-based discussions and guided reflections exploring healthy choices, mindful screen time, emotional regulation, leisure and respectful interactions.

They actively shared their ideas, responded thoughtfully to real-life situations, and demonstrated positive participation throughout the session.

INSIGHT

The session strengthened students' understanding of healthy choices, balanced screen use, emotional regulation, positive leisure activities and respectful interactions.

The mascot-based case situations encouraged students to actively engage with the scenarios and take on the responsibility of being 'Wellbeing Rangers', making key wellbeing messages meaningful, engaging and memorable.

Students responded positively to the approach, demonstrating enthusiasm and accountability while highlighting the value of interactive, role-based learning in reinforcing practical wellbeing strategies and life skills.