

The Learning Paradigm
Element 8: Ensuring Well-being for Children



Element 8

Ensuring Well-being

Further Reading

- [Happiness apps: how schools are joining the fight for better student mental health](#)
- [5 ways to improve health and well-being for all](#)
- [Can reading improve your wellbeing?](#)
- [Five measures of growth that are better than GDP](#)
- [A history of well-being](#)
- [Developing Instruments to Capture Young People's Perceptions of how School as a Learning Environment Affects their Well-Being](#)
- [Help Guide: Your trusted guide to mental health & wellness](#)
- [What if schools valued wellbeing more than results?](#)
- [Neuroplasticity & Mental Wellness: Our Path Forward](#)
- [The Wellness Brain](#)
- [This is how the smartphone changed an entire generation](#)
- [Student mental health is a major issue. So, what's the solution?](#)
- [The Seven Dimensions of Wellness](#)
- [Balancing Your Life With 7 Dimensions of Wellness](#)
- [DQ Institute](#)
- [Digital technology safe use guide for schools](#)
- [DQ World: Digital skills learning platform for kids aged 8-12](#)
- Coalition for Digital Intelligence



- [Forget IQ. Digital intelligence will be what matters in the future](#)
- Cyber-risk exposure among 8-12-year olds drops by 15%

Watch

- [Digital Intelligence \(DQ\): Global Standards for Digital Literacy, Skills, and Readiness](#)
- [Matthew Walker: "Why We Sleep: The New Science of Sleep and Dreams" Talks at Google](#)
- [Before You Go To School, Watch This: What Is School For?](#)