

Well-being occupies a central role in ethics and political philosophy, including in major theories such as utilitarianism (Mill, 1861). Educators can create environments that foster curiosity, experimentation, and problem-solving skills. It also extends far beyond philosophy: recent studies into the science and psychology of well-being have propelled the topic to centre stage (Diener et al., 2018), and governments spend millions on promoting it (Helliwell et al., 2020). By understanding the key factors and milestones outlined in Piaget's theory, educators and caregivers can better support children's cognitive development, ultimately fostering their overall well-being and intellectual growth.

**Key Factors in Piaget's Theory:**

**Cognitive Development:** Piaget proposed that children progress through four distinct stages of cognitive development, namely the sensorimotor, preoperational, concrete operational, and formal operational stages (Piaget, 1954).

**Implications for Education and Well-being:** Understanding Piaget's theory has several implications for education and promoting well-being:

**Developmentally Appropriate Practices:** Educators can design learning experiences that align with children's current stage of cognitive development, promoting optimal learning and development (Piaget, 1977).

**Assimilation and Accommodation:** Piaget described two complementary processes--assimilation and accommodation--that enable children to adapt to new experiences.

Jean Piaget, a Swiss psychologist, is renowned for his groundbreaking contributions to developmental psychology (Piaget, 1952).