

# ASTI Convention 2024 - Time-Out Fun Page

Outside The Box Learning Resources Ltd. - [www.otb.ie](http://www.otb.ie)

W6W Tougher's Business Park, Newhall, Naas, County Kildare, W91YR82

Tel: 045 409322 Email: [info@otb.ie](mailto:info@otb.ie)

**Enter our  
FREE €100 VOUCHER RAFFLE**

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## YOUR CONTACT DETAILS

Your Name:

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Your Mobile:

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Your Email:

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Your School Roll:

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Would you like to be added to our  
Mailing List: Yes  No

## ENTRY DETAILS

Write your answers under the Puzzles above and enter the draw in one of the ways listed below. The draw will take place at 11am on Thursday 4th April.

- Drop your answer sheet back to the OTB stand at the EXPO before **11am on Thursday 4th April**.
- Take a picture of your completed form and WhatsApp it to: **087 3939990**

Visit our website on:  
[www.otb.ie](http://www.otb.ie)

 **OUTSIDE  
the BOX**  
LEARNING RESOURCES

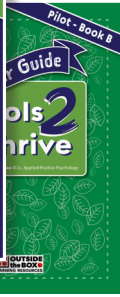
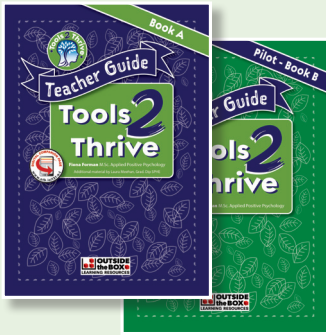


# Tools 2 Thrive

By Fiona Forman

Additional material by Laura Meehan (Graduate Diploma SPHE)

Supports all of the Learning Outcomes of 2 of the 3 strands of the Revised Senior Cycle SPHE curriculum



**Tools to Thrive is a two-level positive mental well-being programme, based on Positive Psychology and neuroscience. It is aimed at students aged 15 and older.**

**Tools to Thrive** is a 2-level positive mental well-being programme for Senior Cycle SPHE. Each level has 8 lessons which are designed to be taught consecutively where possible. Each lesson may be taught over a one-hour class period, or maybe be split over 2 lesson periods if desired also.

The **Tools to Thrive** programme aims to introduce adolescents to these evidence-based skills (tools), drawn from the field of Positive Psychology, to develop positive well-being habits for life. Each lesson also indicates the neuroscience behind each tool, in order to give students an understanding of what is happening in the brain as each tool is utilised.



**\* 2 LEVELS \***

[www.otb.ie/t2t](http://www.otb.ie/t2t)

TRY FOR

**FREE**



To try taster pages, from each level - use the QR code above, or go to: [www.otb.ie/tasters](http://www.otb.ie/tasters)

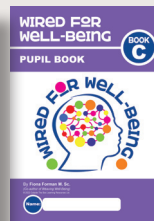
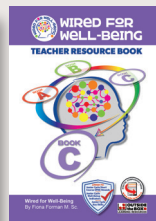
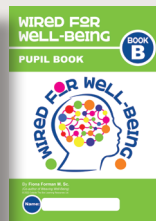
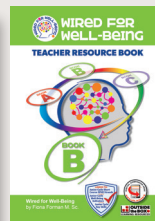
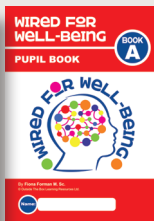
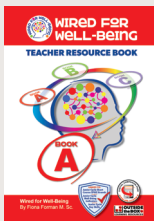


# WIRED FOR WELL-BEING

By Fiona Forman

Junior Cycle well-being programme based on Positive Psychology, the science of well-being

Independent research indicates very positive impact on student well-being



**\* 3 LEVELS \***

For ages 12-15+

**Wired for Well-Being** is a new 3-level well-being programme for Junior Cycle, secondary school students in First Year, Second Year and Third Year (ages 12 to 15+). The programme is drawn from the fields of Positive Psychology, which is the science of well-being and Neuroscience to develop positive well-being habits for life. It is designed to be implemented as part of the SPHE curriculum.

It aims to teach students to understand and enhance their own well-being through a range of evidence-based strategies and skills. It was created in line with the **Revised SPHE curriculum Learning Outcomes** and the **Well-Being indicators** outlined in the **Well-Being Guidelines for Junior Cycle**. The programme is incremental in nature – concepts and skills are reinforced and revised throughout the 3 levels. Concepts from the extensively used primary school programme **Weaving Well-Being** are also reinforced and further embedded. However, each level can be delivered as a stand-alone course also.



[www.otb.ie/w4w](http://www.otb.ie/w4w)