

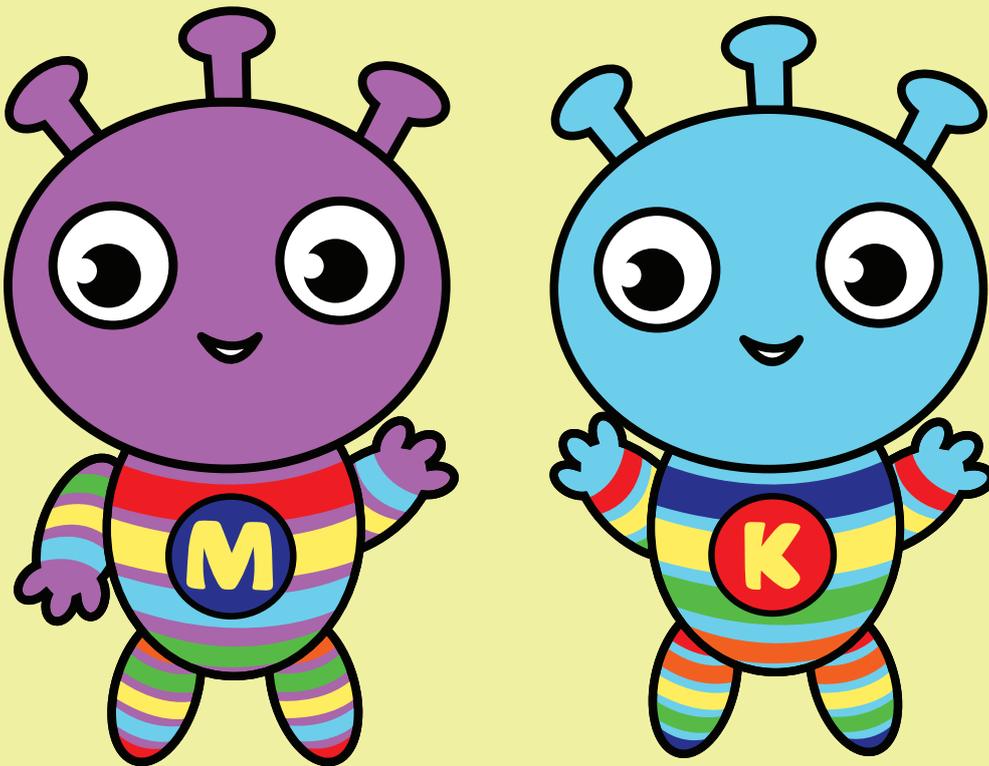


# WELCOME TO WELL-BEING



## BOOK A: MEET MO AND KO!

### TEACHER RESOURCE BOOK Junior Infants



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## **PART 2: LESSON PLANS AND POWERPOINT SLIDES**

- **Script for body scan**
- **Lesson plans**



**SCRIPT FOR 'BODY SCAN'**

This script can be used to begin/end each lesson.

**SCRIPT FOR 'BODY SCAN'**

*Let's take a moment now to check-in with our bodies.*

*You can close your eyes or look gently downwards.*

*Sit up nice and straight and rest your hands on your tummy. Can you feel it gently going up and down as you breathe in and out? Let's notice that for a moment.*

*Hopefully you are starting to feel nice and calm and relaxed.*

*Now feel your whole body becoming calm and relaxed, from your head, to your shoulders, your body and right down to your feet.*

*Let's stay nice and relaxed for another few breaths.*

*Now you can open your eyes and gently stretch your arms over your head.*

*Now stretch them right out in front of you...and now bring them right back in and give yourself a big hug.*



## Lesson 4: Spread happiness

### Background Information

Children discuss what makes them feel happy and also how they can spread happiness through being kind to others. They discuss and draw some of their happy memories. Experiencing positive emotions such as happiness and joy is one of the pillars of positive psychology and is linked to a wide range of benefits to well-being including greater resilience (*Tugade et al, 2004*). Children are also encouraged to spread happiness to others through being kind. Being kind is linked to higher well-being and also fosters pro-social relationships (*Lyubormirsky, 2008*).

#### SPHE Strand: *Myself*

##### Strand Unit: Self-identity – Developing self-confidence

*The child should be enabled to:*

- *express own views, opinions and preferences*

##### Strand Unit: Growing and changing – Feelings and emotions

*The child should be enabled to:*

- *explore and discuss occasions that can promote positive feelings in himself/herself*
- *begin to be sensitive to the feelings of others and to realise that the actions of one individual can affect the feelings of another*

#### SPHE Strand: *Myself and others*

##### Strand Unit: My friends and other people

*The child should be enabled to:*

- *identify and appreciate friends at school and how they can help and care for each other*

### Learning Outcomes

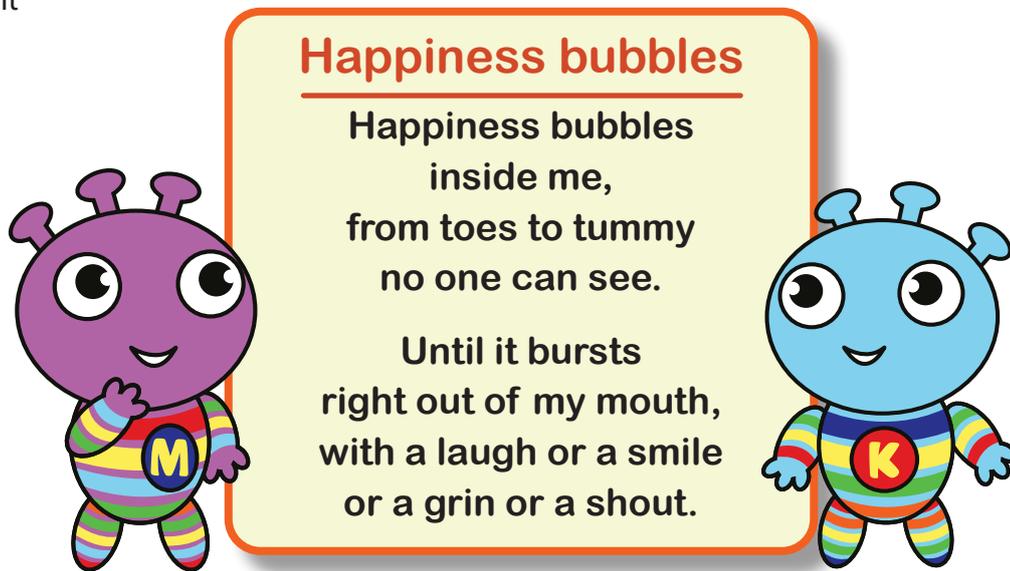
Children should be able to:

1. Talk about the things that make them happy
2. Identify 2 happy memories and draw them in their Pupil Book
3. Talk about how they feel when they think about their happy memories
4. Identify ways in which they can spread happiness to others through being kind, helpful and caring
5. Spread happiness to others by carrying out some of these activities daily



## Introduction

- **Body scan** (optional). Script can be found on page 24
- Read the poem – **Happiness bubbles** Allow the children to repeat and recite it along with you. Explain to them that we are now going to learn all about happiness with Mo and Ko and how we can spread it



## Development

- Show and discuss the PowerPoint slides
- Discuss Mo and Ko's challenge (to spread happiness by doing 3 kind things each day.)
- Explain the activities in the Pupil Book and allow the children time to complete them

## Conclusion

Read the poem **Happiness bubbles** again and discuss it with the children. Ask them to say it with their family at home and to ask everyone to spread happiness every day this week and from now on.

## Homework Activity

Pupil Book, page 12: The parent/guardian/carer should read the poem with their child and talk about ways to spread happiness this week. They could also support their child with the challenge and the self-assessment traffic lights.

## Suggested Supplementary Activities

- SW8, page 79 – **Happiness bubbles** – give each child a bubble and ask them to draw a way in which they spread happiness this week. Use it to create a display called **We Spread Bubbles of Happiness**.
- SW9, page 80 – **Thank you heart** – Allow the children to complete the thank you hearts by thinking of someone they want to thank and why. They can colour the frame. The children could then deliver the thank you heart to the person and talk about how it felt to do this
- SW10, page 81 – **Mo and Ko's special award for spreading happiness** – give this certificate to children who make an extra effort to show kindness to others this week
- Recite the poem **Happiness bubbles** with the children at regular intervals during the week
- Display and discuss the classroom poster (CP4, page 102) of Mo and Ko's challenge and talk about it every day

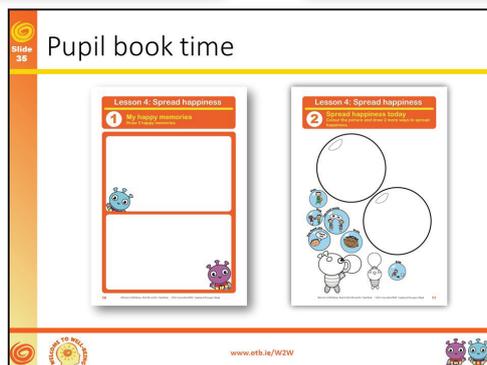
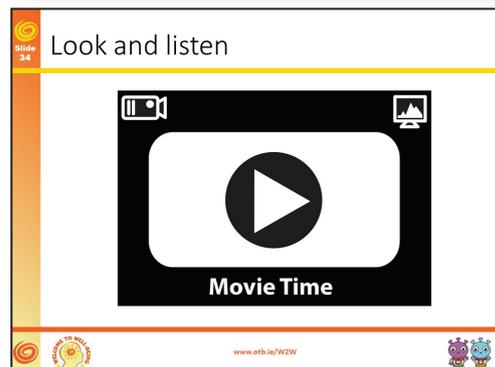
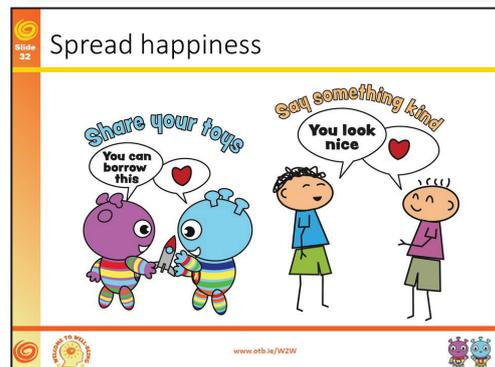
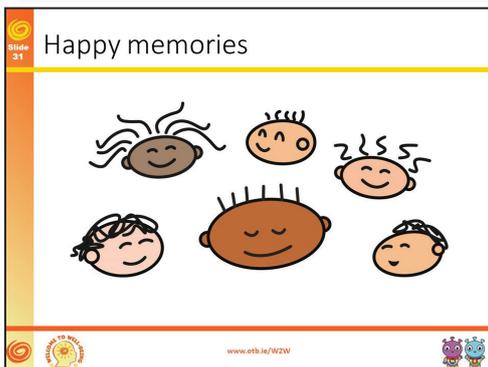


LESSON 4 POWERPOINT



Lesson 4 PowerPoint is available to download on the digital companion page for this book on: [www.otb.ie/w2w-ji](http://www.otb.ie/w2w-ji)

The script for this PowerPoint for Lesson 4 is visible on-screen in Presentation Mode when you download the PP file. For convenience, a printed version of the script is also available on page 40.



**Lesson 4: Spread happiness - PowerPoint Script**

(this is also visible on screen in presenter mode)

\*Please note that Mo and Ko are gender-neutral, so the pronouns 'they', 'their' and 'them' are used for the two aliens in both a singular and plural context. (See page 14)

29. What feelings did you feel today? How did you do with Mo and Ko's challenge? How did the traffic lights go? Did you use your **slide breathing** to help you with any big feelings? Keep using it whenever you need to. Now Mo and Ko are back to tell us how to spread happiness.
30. Mo and Ko love to feel happy. Here are two of their happiest memories – when they landed on earth in their spaceship and when they first went on a trampoline.
31. Think about some of your happy memories now. Tell the person beside you about them.
32. As well as feeling happy you can spread happiness to others too. How can you spread happiness to others? Maybe you could share your toys, help someone, smile or say something kind. When did someone spread happiness to you? What did they do? Let's try to spread as much happiness as we can to others this week.
33. This week Mo and Ko challenge you to spread happiness by doing 3 kind things each day.
34. Let's look and listen to the song ***If you're happy and you know it.***  
[www.otb.ie/w2w-if-youre-happy](http://www.otb.ie/w2w-if-youre-happy) - (02:57)
35. Now its time for our Pupil Books. First draw 2 of your happy memories and then colour the picture and draw 2 more ways to spread happiness.

