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**CLASS POSTERS (CP)**

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**Title Poster**

Welcome to Well-Being - Good to be me with Mo and Ko! (page 100)

**Lesson 1: I can be my best self**

I can be my best self - CP1 (page 101)

**Lesson 2: I can name my feelings**

I can name my feelings - CP2 (page 102)

**Lesson 3: I can name more feelings**

I can name more feelings - CP3 (page 103)

**Lesson 4: I can tame my feelings**

I can tame my feelings - CP4 (page 104)

**Lesson 5: Sprinkle kindness**

Sprinkle kindness - CP5 (page 105)

**Lesson 6: I'm ready to relax**

Chill and spill - CP6 (page 106)

**Lesson 7: It's OK to feel worried**

When I'm worried I can... - CP7 (page 107)

**Lesson 8: Today I'm thankful**

I'm thankful for my 3 good things today - CP8 (page 108)

**Lesson 9: My friends have feelings too**

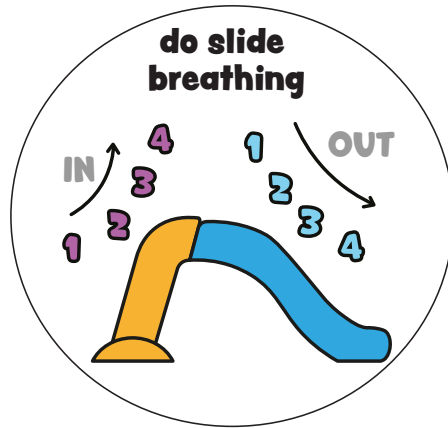
I can look, ask and listen - CP9 (page 109)

**Lesson 10: It's good to be us**

We can be our best selves - CP10 (page 110)

**Additional Posters - Emotions**

8 posters showing emotions - CP11-CP18 (pages 111-118)



**When I'm worried I can...**

