

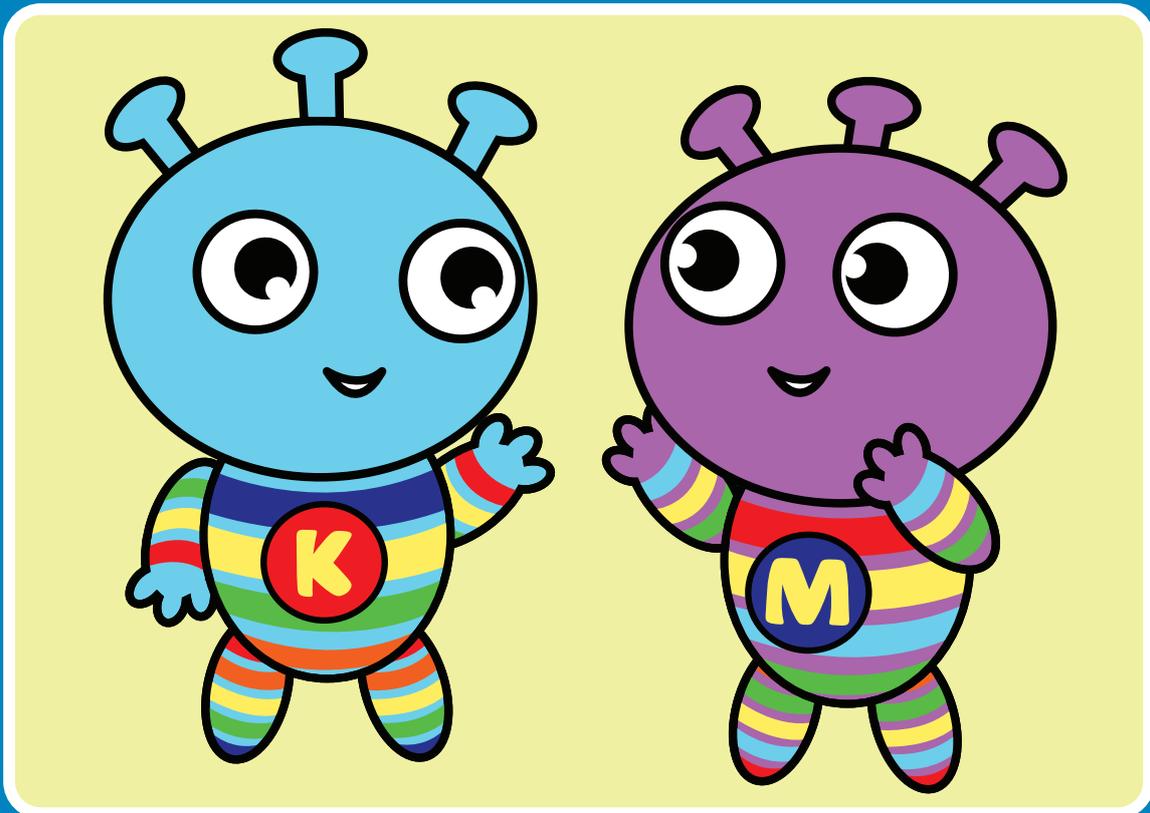


WELCOME TO WELL-BEING



BOOK B: GOOD TO BE ME WITH **MO** AND **KO!**

TEACHER RESOURCE BOOK Senior Infants



By **Fiona Forman M. Sc.**
(Co-author of *Weaving Well-Being*)

©2021 Outside The Box Learning Resources Ltd.



**PART 1: INTRODUCTION TO WELCOME TO WELL-BEING****3**

About the Author	4
Introduction to Well-Being, Positive Psychology, Resilience and Emotional Regulation	5
What is Well-Being?	5
Positive Psychology	6
The Value of All Emotions	7
Resilience and Self-Efficacy	8
Emotional Regulation	8
Framework of the Welcome to Well-Being Programme	9
Reinforcement and Progression of Core Concepts	10
Incremental Approach - 'Rainbow Reminders'	12
Links to the Weaving Well-Being Programme	12
A Practical Guide to Implementation	13
Background to Welcome to Well-Being - Book B: Good to be me with Mo and Ko!	14
Specific Aims of the Programme	15
Welcome to Well-Being - Outline of Lessons	15
SPHE Strands and Strand Units	16
Structure of the Programme	16
Suggested Children's Literature	19

PART 2: LESSON PLANS AND POWERPOINT SLIDES**23**

Script for body scan	24
Lesson 1: I can be my best self	25
Lesson 2: I can name my feelings	29
Lesson 3: I can name more feelings	33
Lesson 4: I can tame my feelings	37
Lesson 5: Sprinkle kindness	41
Lesson 6: I'm ready to relax	45
Lesson 7: It's OK to feel worried	49
Lesson 8: Today I'm thankful	53
Lesson 9: My friends have feelings too	57
Lesson 10: It's good to be us	61

PART 3: SUPPLEMENTARY MATERIALS**69**

Supplementary Worksheets (SW)	71
Parent/Guardian/Carer Information Leaflet	94
Class Posters (CP)	99
References	119



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 7: It's OK to feel worried

Background Information

In this lesson, children talk about their worries and they learn that everyone has worries sometimes. They discuss how worry feels in their bodies and learn that it's OK to worry sometimes as it shows that we care and want things to be OK. They then discuss helpful ways to cope with their worries including talking to someone, using **Slide breathing**, doing something fun to take our mind off the worry or standing tall like a mountain. Providing children with strategies to cope with their worries can lead to greater levels of self-efficacy and increased resilience. Anxious children may doubt their own ability to cope with anxiety, which leads to greater levels of anxiety. (Carthy, Horesh, Apter, & Gross, 2010).

SPHE Strand: *Myself*

Strand Unit: Self-identity – Developing self-confidence

The child should be enabled to:

- *become more self-reliant and independent*
- *begin to learn to cope with various changes as they occur*

Strand Unit: Self-identity – Making decisions

The child should be enabled to:

- *identify some everyday choices made by himself/herself*

Strand Unit: Growing and changing – As I grow I change

The child should be enabled to:

- *recognise that the ability to take responsibility for himself/herself and others increases as he/she grows older*

Strand Unit: Growing and changing – Feelings and emotions

The child should be enabled to:

- *explore the variety of ways in which feelings are expressed and coped with*

Learning Outcomes

Children should be able to:

1. Name occasions when they felt worried and identify how this felt in their body
2. Understand that it is OK to feel worried
3. Use a variety of skills and strategies to help them to cope with their worries

Introduction

- **Body scan** (optional)
Script can be found on page 24
- Read the poem – **Worries wriggle** and allow the children to repeat and recite it along with you. Explain to them that we are now going to learn all about worry



Worries wriggle

Worries wriggle
inside me,
they grow and grow
and feel heavy.
They make me feel
like something's wrong,
so then I say,
'I'm brave and strong'.
I let the worries
float through me,
I breathe them out
and set them free.

Development

- Show and discuss the PowerPoint slides
- Explain the activities in the Pupil Book and allow the children time to complete them

Conclusion

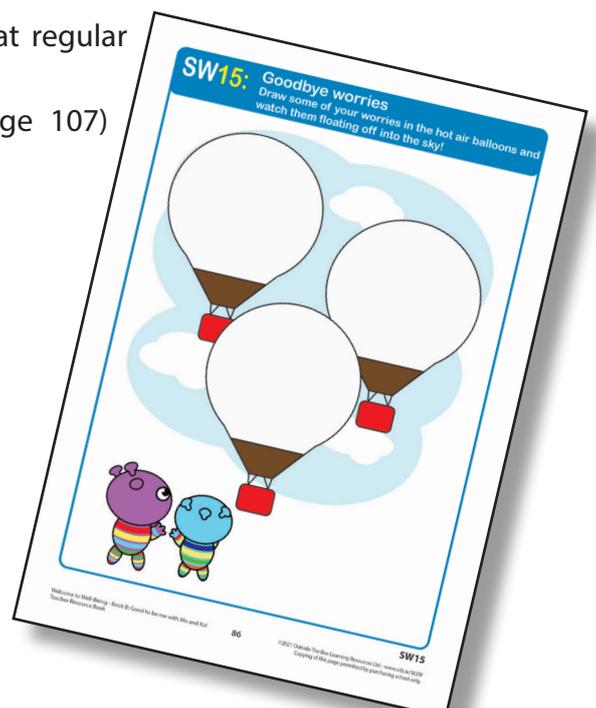
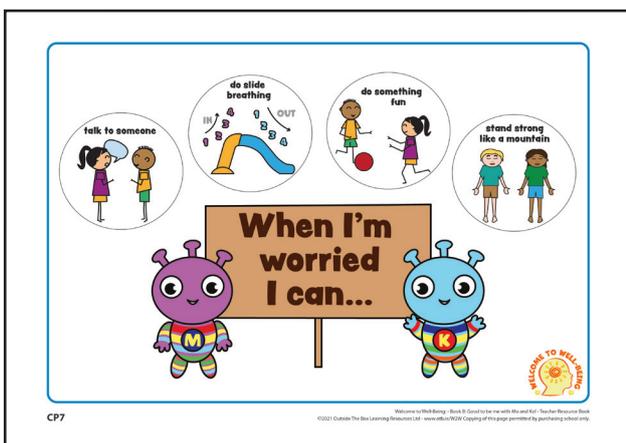
Read the poem **Worries wriggle** again and discuss it with the children. Ask them to say it with their family at home and to remember what they can do if they feel worried this week.

Homework Activity

Pupil Book, page 21: The parent/guardian/carer should read the poem with their child and affirm them by recognising all the reasons they are proud of them this week.

Suggested Supplementary Activities

- SW15, page 86 – **Goodbye worries** – Allow the children to draw some of their worries in the hot air balloons and imagine them floating away
- Recite the poem **Worries wriggle** with the children at regular intervals during the week
- Display and discuss the classroom poster (CP7, page 107) of Mo and Ko's challenge and talk about it every day





LESSON 7 POWERPOINT



Lesson 7 PowerPoint is available to download on the digital companion page for this book on: www.otb.ie/w2w-si

The script for this PowerPoint for Lesson 7 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 52.

Slide 60 Lesson 7: It's OK to feel worried

www.otb.ie/W2W

Slide 61 It's OK to feel worried

www.otb.ie/W2W

Slide 62 It's OK to feel worried

www.otb.ie/W2W

Slide 63 It's OK to feel worried

www.otb.ie/W2W

Slide 64 It's OK to feel worried

www.otb.ie/W2W

Slide 65 It's OK to feel worried

www.otb.ie/W2W

Slide 66 It's OK to feel worried

www.otb.ie/W2W

Slide 67 Rainbow reminder - Stand strong like a mountain

www.otb.ie/W2W

Slide 68 It's OK to feel worried

www.otb.ie/W2W

Slide 69 Mo and Ko's challenge

www.otb.ie/W2W

Slide 70 Look and listen

www.otb.ie/W2W

Slide 71 Pupil book time

www.otb.ie/W2W



Lesson 7: It's OK to feel worried - 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)

- 60. How are you feeling? How did you do with Mo and Ko's challenge? Did you try use your **Chill and spill** or your **3-2-1... Listen**? How did the traffic lights go? Did you try to tame any big feelings this week? Don't forget to keep sprinkling kindness too, to help you to be your best self. Now Mo and Ko are back, to tell us that it's OK to feel worried.
- 61. Everybody feels worried sometimes. Ko felt worried when they lost Bo-Bo. Mo felt worried when they had a fight with Ko – worried that they might not be friends again.
- 62. What do you worry about? Maybe you feel worried about something bad happening in the future, or if someone you love is sick, or that you might get into trouble for something.
- 63. How does worry feel in your body? Maybe it feels like your mind is very busy and you can't relax. Maybe your heart beats very fast and you might even have a headache or a sick tummy.
- 64. Mo and Ko want you to know that it is OK to feel worried sometimes. It just means that you care a lot and want to make sure everything will work out OK, but worrying about it doesn't help. So, we don't want to spend too much time worrying, because we want to feel as happy as we can, as often as we can.
- 65. So, what can we do to tame that feeling of worry and let go of our worries for a while? What do you do that helps you when you feel worried?
- 66. The first thing you can do is remember that it's OK to feel worried. Then you can... talk to someone, do something fun to take your mind off your worry, **Chill and spill**, do **3-2-1... Listen** or use your **Slide breathing**.
- 67. It's time for another **Rainbow Reminder**. Mo and Ko want to remind you that you can be strong and remember how brave you are if you are worried. You can stand strong like a mountain to help you feel brave. Maybe you heard it before, or maybe not. If you need to feel brave, you can help yourself to feel strong and brave by standing strong like a mountain. This is called **Mountain Pose**. Let's try it now. Stand up straight, like in the picture. Keep your back straight and put your hands by your sides with your palms open. Spread your feet out a little. Now imagine that you are just like a mountain – strong, calm, powerful and brave. You can say to yourself *'I'm strong like a mountain. I can do hard things. I can be brave.'*
- 68. Did you know that your **Slide breathing** can help you to let go of your worries for a while? Breathe in for 4 and as you breathe out for 4, imagine breathing all of your worries out of your body and letting them float away. Try it now.
- 69. This week Mo and Ko challenge you to remember what you can do if you feel worried this week.

70. Look and listen to this read aloud story called:

Ruby finds a worry - (03:51)

www.otb.ie/w2w-ruby-finds-worry

71. Now it's time for our Pupil Books. First, on page 19 draw your face and three of your worries floating away as you breathe out. Then, on page 20 match some things that you can do when you feel worried.

