
Weaving Well-Being Character Strengths Programme Samples

Pupil Book

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Lesson 1

Activity 1

Activity 2

Homework





Lesson 1

WHAT IS WELL-BEING? (PART 1)

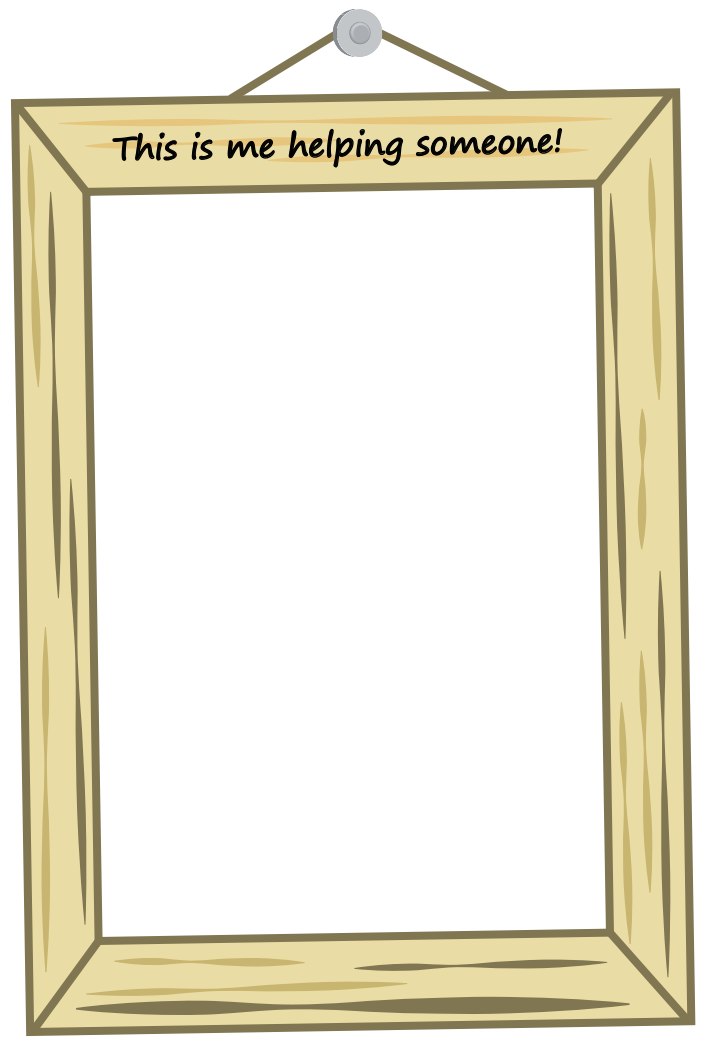
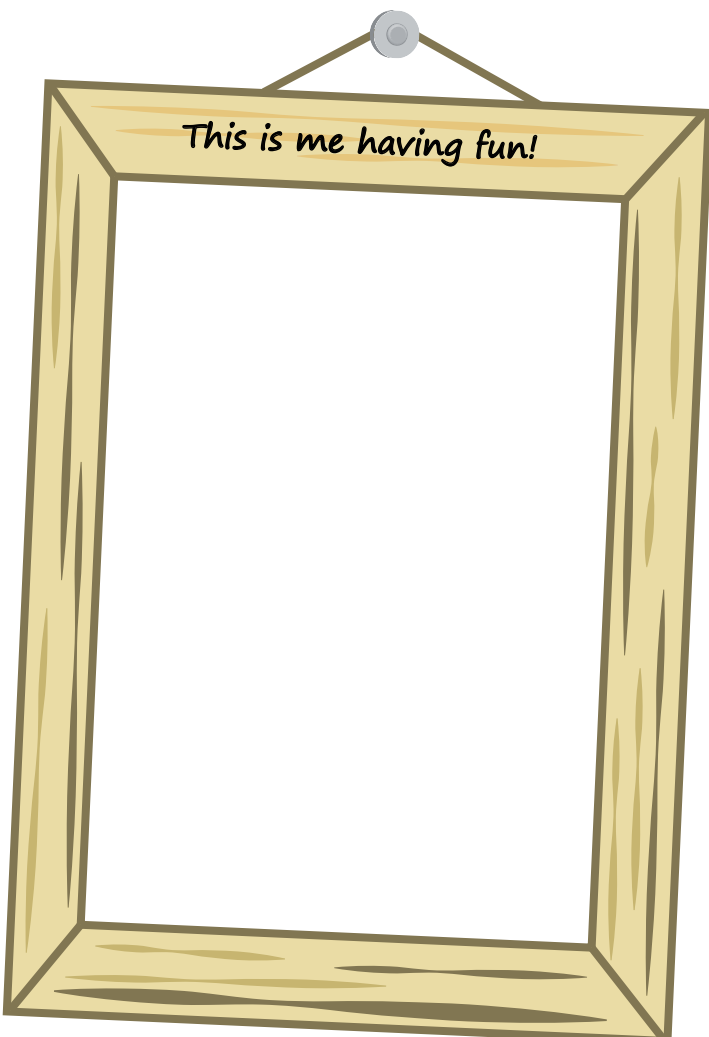
Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

Activity 1

My Well-Being Activities

Think of all the things you enjoy doing and which help you to feel happy.

Then draw two pictures in the frames below:





The Weaving Well-Being Rap

Here is the Weaving Well-Being rap which might help you to remember what well-being is all about! Decorate the frame around it.



Weaving Well-Being Rap - Fiona Forman & Emmet Murphy, 2017

Healthy body
Strong mind
Loving heart
Being kind

Healthy body
Strong mind
Loving heart
Being kind

Weaving Well-Being, each and every day
Don't have to be perfect to know that I'm okay!
Don't have to be perfect to know I'm okay!

Ups and downs
They're coming this way
But I'm gonna learn to cope
Cause they're coming anyway

Ups and downs
They're coming this way
But I'm gonna learn to cope
Cause they're coming anyway

Weaving Well-Being, each and every day
Don't have to be perfect to know that I'm okay!
Don't have to be perfect to know I'm okay!

You know being thankful?
That'll play a part
Like being grateful - take it to heart!

You know being thankful?
That'll play a part
Like being grateful - take it to heart!

Weaving Well-Being, each and every day
Don't have to be perfect to know that I'm okay!
Don't have to be perfect to know I'm okay!

Helping others
That'll be the key
I'll learn to use my strengths
and be proud to be me!

Helping others
That'll be the key
I'll learn to use my strengths
and be proud to be me!

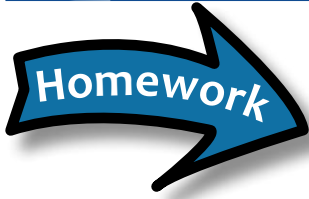
Weaving Well-Being, each and every day
Don't have to be perfect to know that I'm okay!
Don't have to be perfect to know I'm okay!

I'll make a difference
And I'll have fun!
I'll believe in myself
It's my time in the sun!

I'll make a difference
And I'll have fun!
I'll believe in myself
It's my time in the sun!

Weaving Well-Being, each and every day
Don't have to be perfect to know that I'm okay!
Don't have to be perfect to know I'm okay!

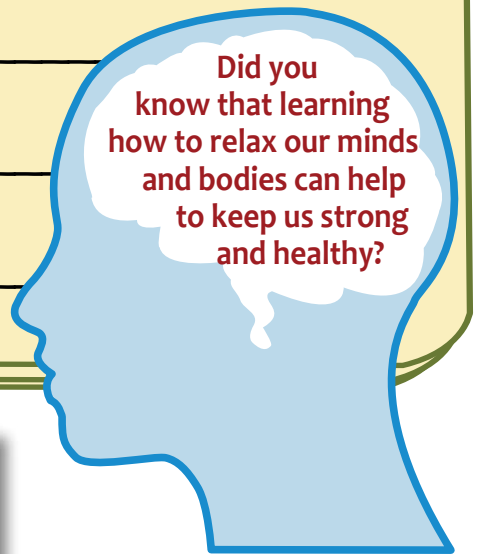
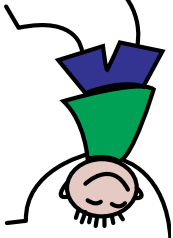
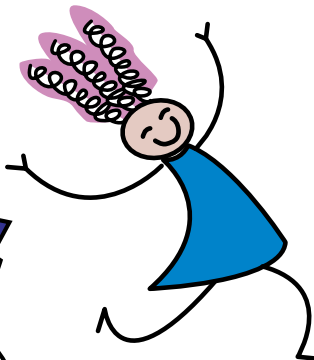
Weaving Well-Being, each and every day
Don't have to be perfect to know that I'm okay!
Don't have to be perfect to know I'm okay!



Lesson 1 Homework: My Happiness List

Make a list of some of the things that make you feel happy. Think about things you do with your family, friends and pets, or hobbies, songs, movies you like - anything which puts a smile on your face!

Try to do some of the things on your list this week!



Did you know that learning how to relax our minds and bodies can help to keep us strong and healthy?

Parental Signature/Comment:

Parents should sign this box to show that they have discussed each homework activity and to give any feedback if they wish.

You can listen to some relaxation tracks in school or at home by visiting www.otb.ie/well-being-taster