



Part 4 Supplementary Materials

Supplementary Worksheets (SW)

Lesson 1 Supplementary Worksheets are available to download on the digital companion page for this taster book on:

www.otb.ie/well-being-taster

Lesson 1: What is Well-Being? (Part 1)

Weaving Well-Being Rap - SW1A (page 11)

My Happiness List - SW1B (Page 12)

Class Happiness Survey - SW1C (page 13)

The following Supplementary Worksheets for all ten lessons are available on the digital companion page of the **Character Strengths Teacher Guide**:

Lesson 1: What is Well-Being? (Part 1)

Weaving Well-Being Rap - SW1A

My Happiness List - SW1B

Class Happiness Survey - SW1C

Lesson 2: What is Well-Being? (Part 2)

Well-Being Self-Assessment - My Well-Being Goal - SW2A

Well-Being Acrostic Poem - SW2B

Lesson 3: Introduction to Character Strengths

Character Strengths Wordsearch - SW3A

Lesson 5: Understanding Strengths 5 to 8

Leadership, Honesty, Creativity and Emotional Intelligence

How are we the same? - SW5A

Lesson 6: Understanding Strengths 9 to 12

Kindness, Forgiveness, Fairness and Optimism

Using Optimism When Disappointed - SW6A

Lesson 10: Identifying and Using My Top 5 Strengths

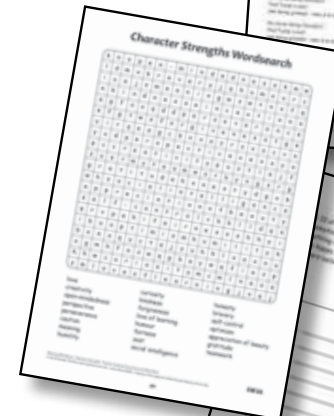
Character Strengths Crossword - SW10A

Using My Strengths to Help Others - SW10B

Character Strengths Definitions - SW10C

General

Well-Being Self-Assessment Check-Up - SW11



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!

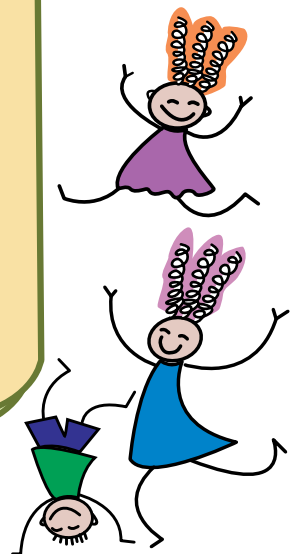
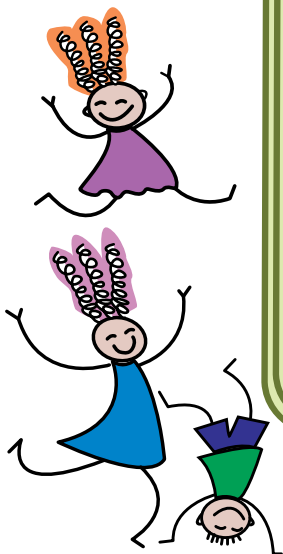
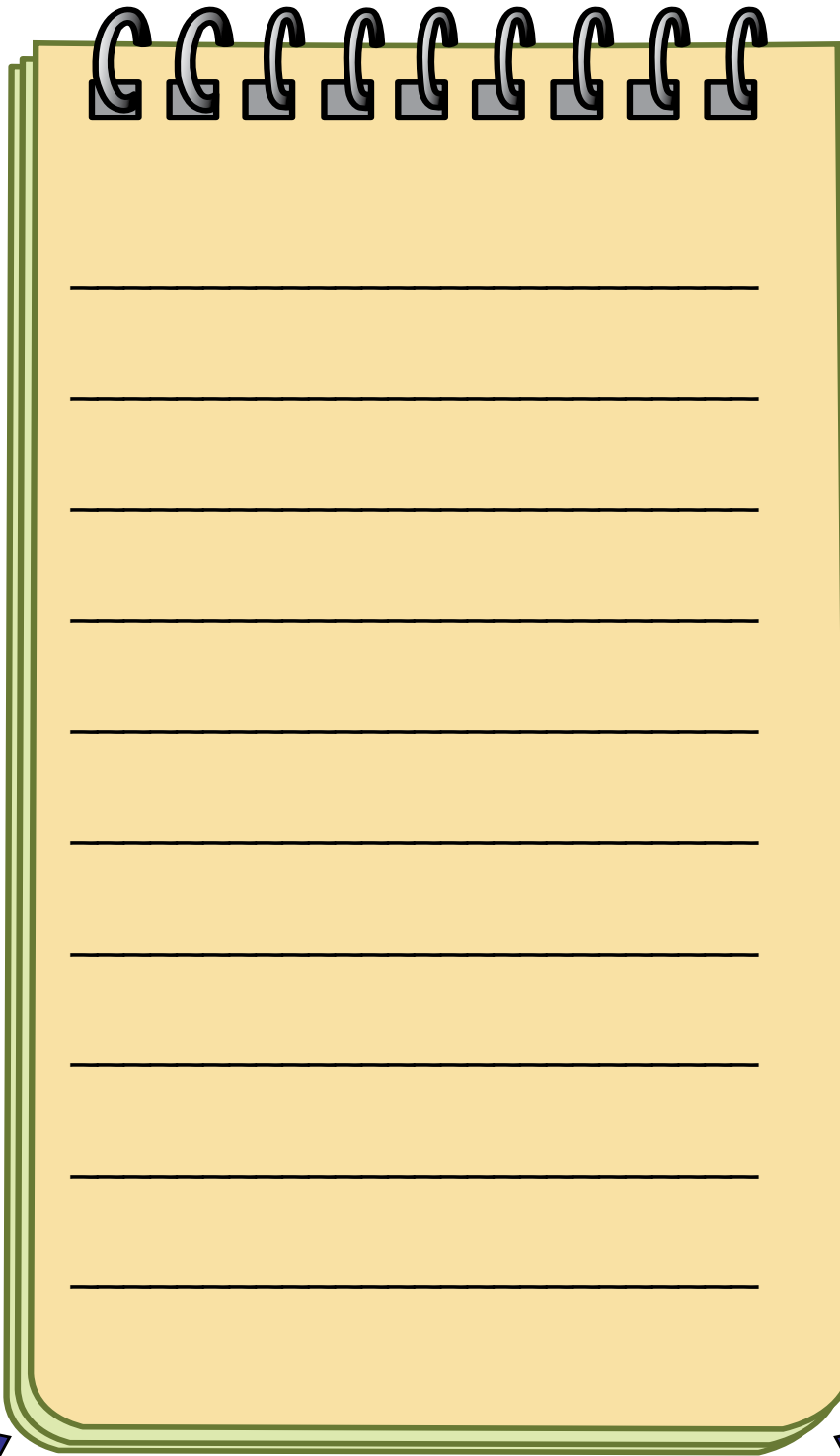


My Happiness List

Do more of what makes you happy.

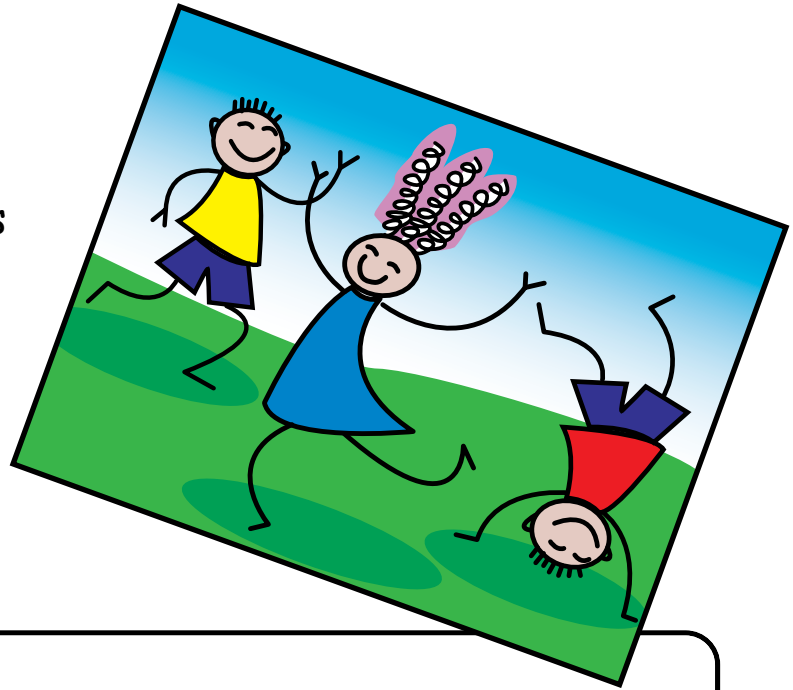
Make a list of some the things which make you feel happy.

Think about your family, friends, pets, hobbies, songs, movies - anything which puts a smile on your face! Try to do some of the things on your list this week!



Class Happiness Survey

Ask 10 of your classmates to name something which makes them happy. Write the answers below.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____