

Weaving Well-Being Character Strengths Programme Samples

Teacher Guide - Y2/P3

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

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Lesson 1: PowerPoint Slides

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Lesson 1: Supplementary Worksheets

Weaving Well-Being Rap - SW1A

My Happiness List - SW1B

Class Happiness Survey - SW1C

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Lesson 1: Class Posters

What Does Well-Being Mean? (CP1A – CP1G)





Part 3

Lesson Plans and PowerPoint Slides



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

England

Core Theme 1: Health and Well-being

Mental Health

Pupils should have the opportunity to learn:

- H13. how feelings can affect people's bodies and how they behave
- H16. about ways of sharing feelings; a range of words to describe feelings
- H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)

Wales

Personal Development

Children should be given opportunities to make progress in their ability to:

- Express and communicate different feelings and emotions (for example, happiness, excitement, affection, sadness and anger) – their own and those of others

Well-being

Children should be given opportunities to make progress in their ability to:

- Value and contribute to their own well-being and to the well-being of others, and to be aware of their own feelings and develop the ability to express them in an appropriate way
- Understand the relationship between feelings and actions and that other people have feelings

Scotland

Mental, emotional, social and physical well-being

Mental and emotional well-being

- I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 1-01a
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 1-02a
- I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 1-04a

Northern Ireland

Strand 1: Personal Understanding and Health

Self-Awareness

Children should have opportunities to explore:

- Beginning to recognise, name and manage their own feelings and emotions and realise that they are a natural, important and healthy part of a human being



Part 3



Lesson Plans and PowerPoint Slides

Objectives

1. To introduce the children to the concept of well-being.
2. To introduce the children to three important signs of well-being.
3. To explore the children's understanding and experience of each of these signs.
4. To give the children the opportunity to participate in a meditation on the theme of this lesson.

Development

- Show and discuss the PowerPoint slides.
- Discuss and complete one or both of the activities in the children's Pupil Book.
- Set and discuss the homework page.

Cross-curricular Links / Supplementary Activities

- **Guided Meditation:** Read the guided meditation script (see next page) which accompanies this lesson to the children, perhaps with some relaxing music playing in the background. These meditations can be used directly after each lesson to help the children to relax and connect with the lesson concepts. The meditation could be used daily during the week of the lesson or anytime afterwards. A recorded version of the script with accompanying music is available on the digital companion page for this taster book on: www.otb.ie/well-being-taster
You may wish to play this for the children and also remind them that they can listen to it at home through this website.
- **My Happiness List:** Give this Supplementary Worksheet SW1B (page 12) to children to complete. Display under the heading **Do more of what makes you happy!** Children can use the same list as they did for homework or change it if they wish.
- **Class Happiness Surveys:** What makes you happy? Give this Supplementary Worksheet SW1C (page 13) to each child and give them some time to ask ten children in the class to name something which makes them happy. Compile the completed sheet into a booklet entitled **Our Class Happiness Survey**.
- Think of the parts of well-being. Can you think of a movie or book character who shows high levels of well-being? Write a paragraph about them.

Links to the videos used in this lesson, can be found on the digital companion page for this taster book on: www.otb.ie/well-being-taster

Links to the videos used in all ten lessons as well as other recommended third-party videos that support the delivery of the lessons are available on the digital companion page of the **Character Strengths Teacher Guide**.



Character Strengths: Guided Meditations

Lesson 1: In and Out

Did you know that we can use our minds and our imaginations to help our well-being? We can use our imaginations to see things in our heads. Let's try it now!

Let's start by closing our eyes and sitting up straight at our places. We place our feet on the floor and our hands relaxed on our laps. Now we can bring our attention to our breath. Notice the air gently coming into your nostrils and then gently coming out. Feel the sensation of the air in your nose. Is it warm or cool? Let's keep our attention on our breath for ten breaths. You can say the words 'in' and 'out' to yourself as you hear me say them. In, out, in, out.

Now try to notice the air going right down into your lungs as you breathe. Put your hands on your tummy so that you can feel it rising and falling as the air goes in and out. This time say the words 'up and down' as you breathe in and out and as you hear me say them. We will notice for 10 breaths again. (Up/down x 10)

This time we will imagine the air going all the way down into our feet, as if our whole body is breathing. You can say the words 'nose' and 'feet' in your head as you breathe in and out and as you hear me say them. (Nose/feet x 10)

Now we will imagine the air going right down through our feet into the earth beneath us. We can feel ourselves connected to the earth and everyone else on the earth. You can say the words me/earth in your head as you hear me say them. (Me/earth x10)

Now you can gently open your eyes and spend a couple of moments bringing your attention back into the room.

You may notice a nice feeling of calmness and relaxation as you concentrate on your breath like this. Try it any time you would like to feel calm!



Part 3



Lesson Plans and PowerPoint Slides

Lesson 1: PowerPoint Slides What is Well-Being – Part 1?



Lesson 1 PowerPoint is available to download on the digital companion page for this taster book on:

www.otb.ie/well-being-taster

PowerPoints for all ten lessons are available on the digital companion page of the **Character Strengths Teacher Guide**.

Slide 1

Character Strengths

Lesson 1

What is Well-Being?

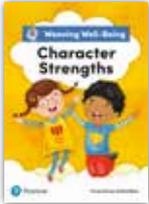
Part 1



Slide 2

Welcome

- Welcome to the **Weaving Well-Being Character Strengths** programme.
- Soon we will be learning all about **Well-Being** and **Character Strengths!**




Slide 3

What is Well-Being?

- What do you think **Well-Being** means?
- It's about things like feeling **happy** and **strong**, and **enjoying** your life.
- Can you name some things you do which make you feel happy?




Slide 4

What is Well-Being?

- There are lots of **different signs** of well-being.
- Let's look at **3 signs** of well-being now.
- As we look at each sign, you can decide whether this was something you had thought of already!




Slide 5

Signs of Well-Being

Well-being means feeling good in my body and my mind! Having energy and fun!



- Do you think this is an important part of your well-being? Why?



Slide 6

Signs of Well-Being

- What gives you **energy**?
- What do you do to have **fun**?

Well-being means feeling good in my body and my mind! Having energy and fun!







Part 3



Lesson Plans and PowerPoint Slides

Lesson 1: PowerPoint Slides Continued

Slide 7

Signs of Well-Being

Well-being means getting on well with, and helping others!

- Do you think this is an important part of your well-being? Why?

Weaving Well-Being

Slide 8

Signs of Well-Being

- Are you happy when you are **getting along** with others?
- How does **helping others** make you feel?

Well-being means getting on well with, and helping others!

Weaving Well-Being

Slide 9

Signs of Well-Being

Well-being means being able to cope with all the normal ups and downs of life!

- Do you think this is an important part of your well-being? Why?

Weaving Well-Being

Slide 10

Signs of Well-Being

- We all have **ups and downs** in our life – this is very **normal!**
- Do you **remember a time** you were able to **cope** when something did not go well for you?

Well-being means being able to cope with all the normal ups and downs of life!

Weaving Well-Being

Slide 11

Well-Being

- Here are the **3 signs of well-being** we learned about this week.

Well-being means feeling good in my body and my mind: having energy and fun!	Well-being means getting on well with, and helping others!	Well-being means being able to cope with all the normal ups and downs of life!
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- Next week we will learn about some more!
- Now let's listen to a **rap** about the signs of well-being!

Weaving Well-Being

Slide 12

Have a look!

This video shows children performing the Weaving Well-Being Rap which tells us how we can help our well-being every day (2:41).

Weaving Well-Being

Slide 13

Pupil Book Time

Now it's time to do some activities in our **Weaving Well-Being Pupil Books**.

We will also have a home-work challenge to try this week, to help us to **create** our own **well-being**.

So now let's start **Weaving our Well-Being!**

Weaving Well-Being