



Part 4

Supplementary Materials

Supplementary Worksheets (SW)

Lesson 7 Supplementary Worksheet is available to download on the digital companion page for this taster book on: www.otb.ie/well-being-taster

Lesson 7: Rainbow Moments

My Rainbow Moments - SW7 (page 32)

Use this template to encourage the children to continue to record their **Rainbow Moments** on subsequent weeks.

The following Supplementary Worksheets for all ten lessons are available on the digital companion page of the **Positive Emotions Teacher Guide**.

Lesson 1: What is Well-Being?

Weaving Well-Being Rap - SW1A

Well-Being Acrostic Poem - SW1B

Brainstorm well-being words on the board to recall Lesson 1 information introduced to the children. They can then work individually, in pairs or in groups to create their own well-being acrostic poem.

Lesson 2: Positive Emotions

Positive Emotions word art template - SW2A

Children can fill in the face with positive emotions words.

Positive Emotions Crossword - SW2B

Use the clues to complete the crosswords.

Lesson 4: Attitude of Gratitude

Blank leaves for class Gratitude Tree Display - SW4

Give out the blank leaf templates to create a Gratitude Tree Display and allow children to write down things for which they are grateful.

Lesson 6: Random Acts of Kindness

Tree of Kindness Flower - SW6

Distribute the **Tree of Kindness** flower templates to create a class display. Get the children to write their name in the middle of the flower. Then write a **Random Act of Kindness** they did on each of the petals. They then stick their flowers on a tree outline.

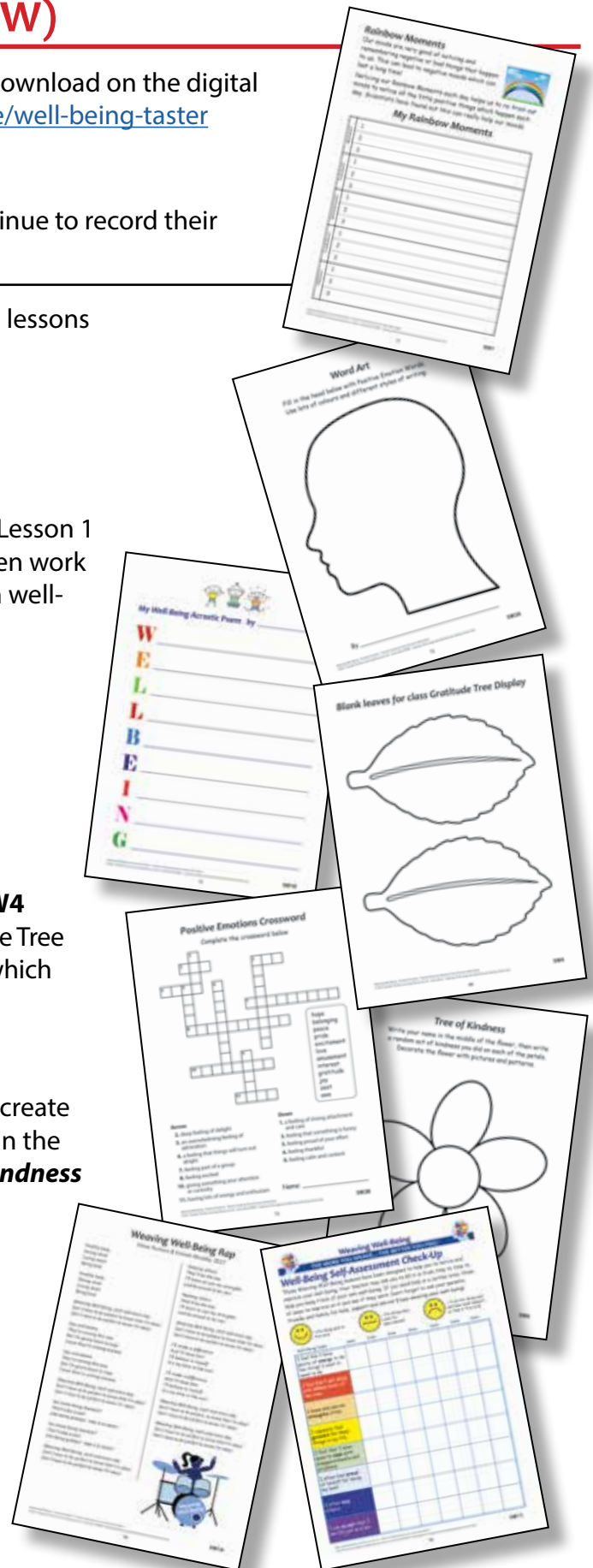
Lesson 7: Rainbow Moments

My Rainbow Moments - SW7

Use this template to encourage the children to continue to record their **Rainbow Moments** on subsequent weeks.

General

Well-Being Self-Assessment Check-Up - SW11



Rainbow Moments

Our minds are very good at noticing and remembering negative or bad things that happen to us. This can lead to negative moods which can last a long time!



Noticing our Rainbow Moments each day helps us to re-train our minds to notice all the little positive things which happen each day. Scientists have found out this can really help our moods.

My Rainbow Moments

MONDAY	1.
	2.
	3.
TUESDAY	1.
	2.
	3.
WEDNESDAY	1.
	2.
	3.
THURSDAY	1.
	2.
	3.
FRIDAY	1.
	2.
	3.