



Part 4

Supplementary Materials

Class Posters (CP)

Lesson 2 Class Poster is available to download on the digital companion page for this taster book on: www.otb.ie/well-being-taster

Lesson 2: Jigsaw of Perspective
Jigsaw of Perspective Poster - CP2 (page 48)

The following Class Posters for all ten lessons are available on the digital companion page of the **Tools of Resilience Teacher Guide**. Each class poster has a CP reference as follows:

Lesson 2: Jigsaw of Perspective
Jigsaw of Perspective Poster - CP2

Lesson 3: Lucky Dip of Distraction
Lucky Dip of Distraction Poster - CP3

Lesson 4: Planning Pen
Planning Pen Poster - CP4

Lesson 5: Helpful Thinking Helmet
Helpful Thinking Helmet Poster - CP5

Lesson 6: Key of Character Strength
Key of Character Strength - CP6

Lesson 7, 8 & 9: Mindfulness Switch – Parts 1, 2 & 3
Mindfulness Switch - CP7

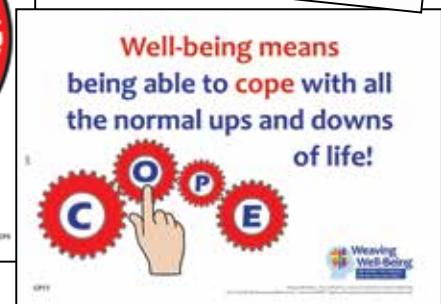
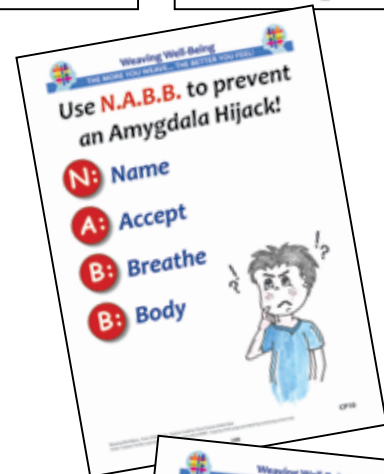
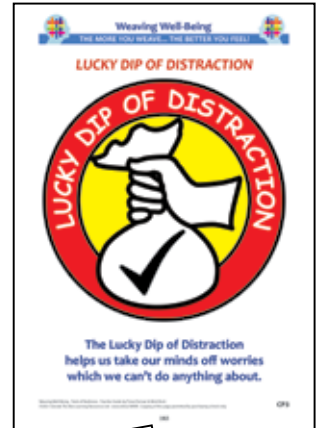
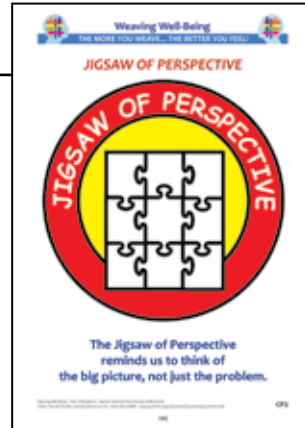
Lesson 10: N.A.B.B. (Name, Accept, Breathe, Body)
N.A.B.B. acrostic display - CP10

General

Tools of Resilience - CP11

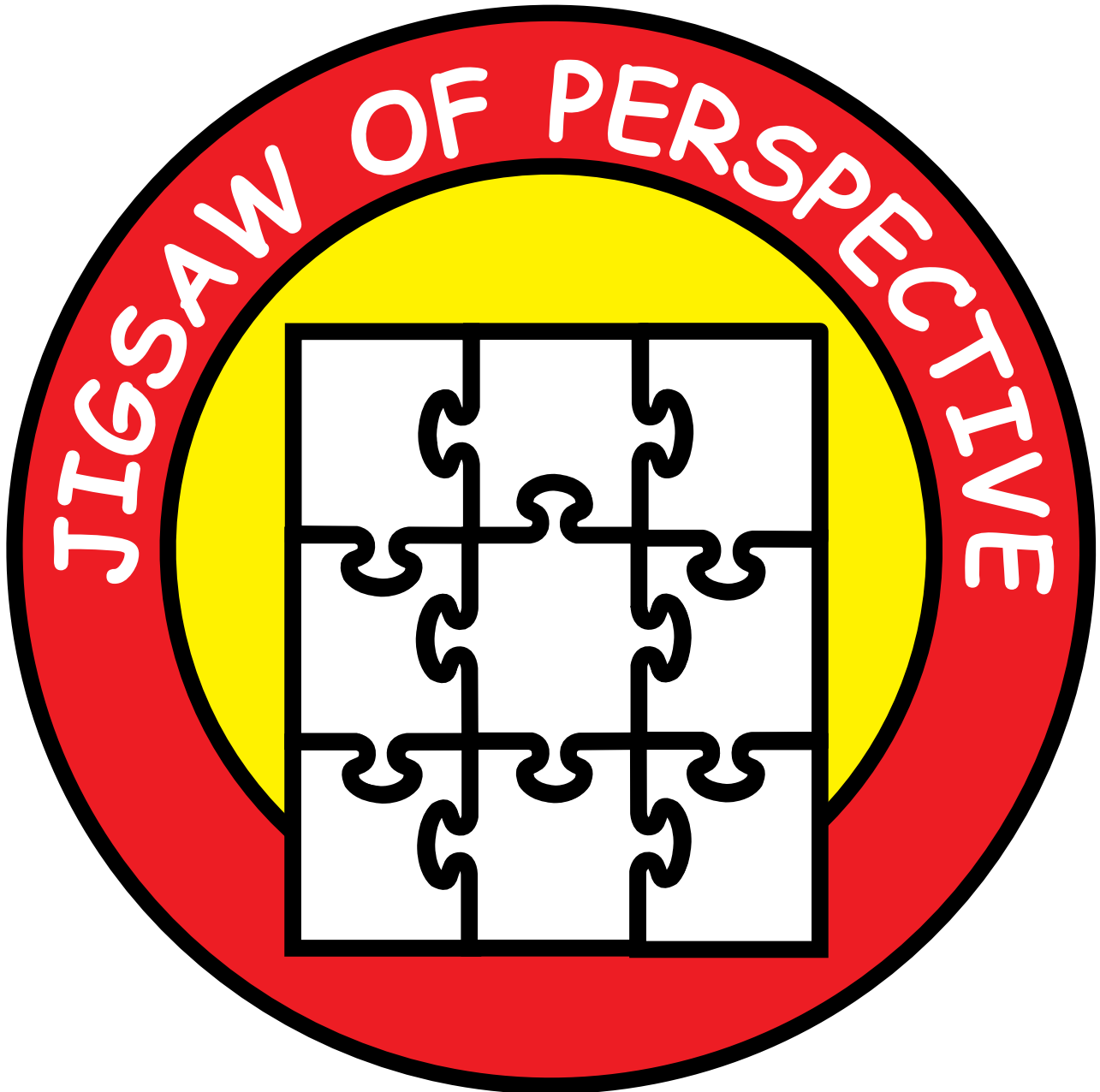
What Tools of Resilience Can I Use To Help Myself? - CP12

What Does Well-Being Mean? - CP13 – CP19





JIGSAW OF PERSPECTIVE



**The Jigsaw of Perspective
reminds us to think of
the big picture, not just the problem.**