



Part 4 Supplementary Materials

Supplementary Worksheets (SW)

Lesson 2 Supplementary Worksheets are 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 - SW2A (page 45)

Photocopy this jigsaw template and use it for further lessons on the *Jigsaw of Perspective*, e.g. as a basis for a family *Jigsaw of Perspective* to be used at home, or a friendship *Jigsaw of Perspective* if required.

Jigsaw Piece for Class Jigsaw of Perspective - SW2B (page 46)

Photocopy on to coloured card and give each child their own piece to cut out. Have a class discussion about all of the good things that the class feel lucky to have in their lives, writing a list on the board. Examples could include: love, toys, nice home, family, friends, school, sports, healthy food, treats, medicine, beauty of nature, peace, security etc. Each child chooses one word to write and illustrate, they can then be assembled to make a class display. This makes a great visual reminder of all the things which the children may often take for granted.

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

Lesson 1: Why Do We Need Resilience?

Resilient People - SW1A and SW1B

Give the children copies of the list of resilient people. Allow them time to read through it and pick a person to research. This could be completed as a homework activity, or as part of ICT time. The accompanying worksheets can be used to present the information, or may be filled in and used as a basis for a further project display.

Lesson 2: Jigsaw of Perspective

Jigsaw of Perspective - SW2A

Jigsaw Piece for Class Jigsaw of Perspective - SW2B

Lesson 4: Planning Pen

Positive Statements About Failure - SW4

Give out the '*Positive Statements about Failure*' worksheet to pairs or groups of children, or allow them to research their own. They can then make posters of their favourite positive failure quote, in pairs or groups.

Lesson 5: Helpful Thinking Helmet

Inside My Head - SW5A

This blank head template can be used for poetry or artwork.

A.N.T.s Replacement Sheet - SW5B

These can be used to further develop thought-disputation skills with individual or small groups as necessary.

Lesson 6: Key of Character Strength

The following resources can be used to support and enhance class work and integrated with English (oral, reading and writing)

Wordsearch - SW6A

Character Strength Definitions - SW6B

Crossword - SW6C

Using My Strengths to Help Others - SW6D

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

Ten Benefits of Mindfulness - SW8

Lesson 10: N.A.B.B. (Name, Accept, Breathe, Body)

Quotes about Resilience - SW10A

Different Tools for Different Situations - SW10B

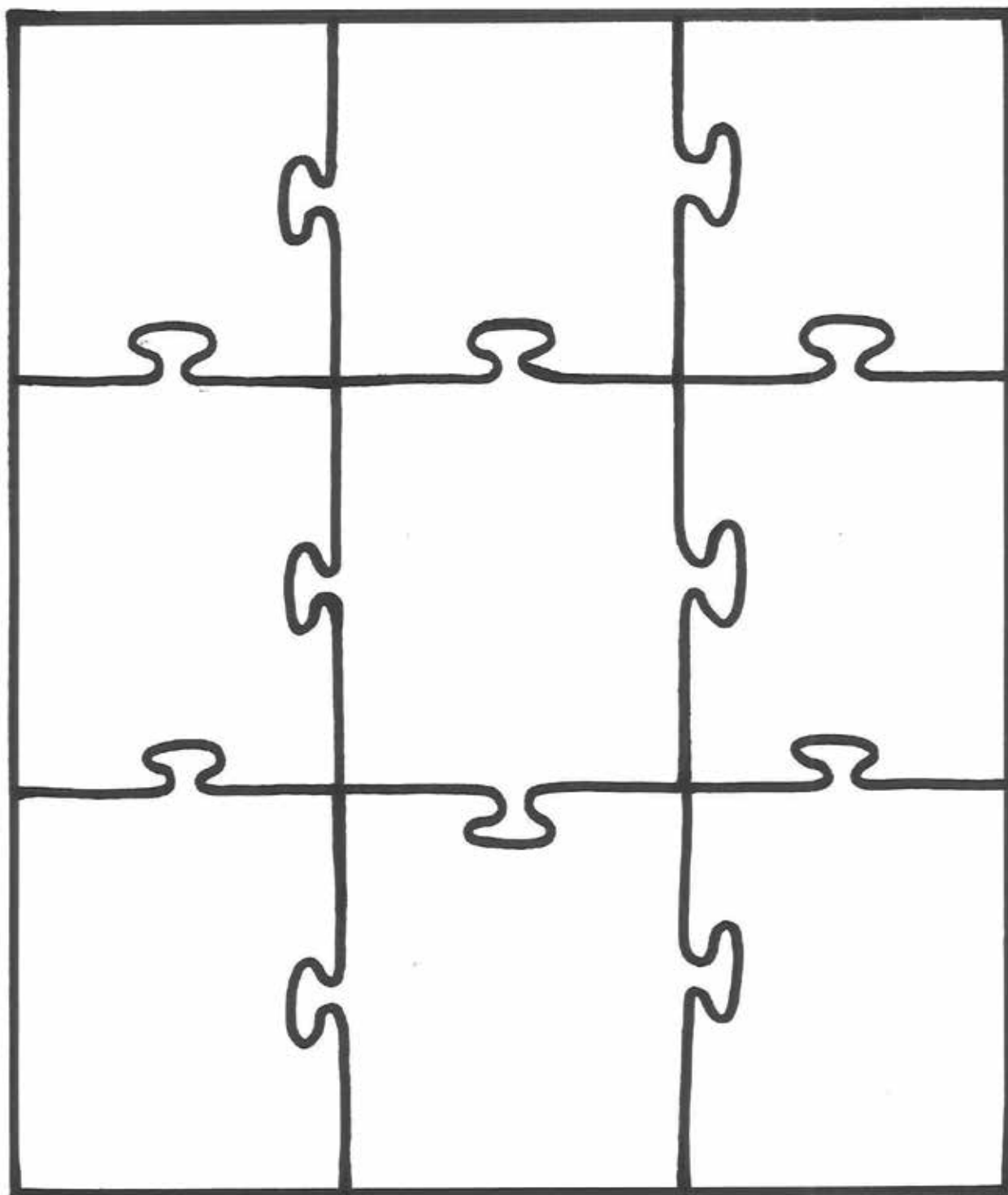
Using the *Tools of Resilience* - Resilience Tracker - SW10C

General

Weaving Well-Being Rap - SW11A

Well-Being Self-Assessment Check-Up - SW11B

My Jigsaw of Perspective



Remember to leave a blank space in the middle for your problem. When your problem is upsetting you, use your Jigsaw of Perspective to help you see the big picture of your life, not just the problem piece!

Jigsaw Piece for class 'Jigsaw of Perspective'

