



# Part 4

## Supplementary Materials

### Class Posters (CP)

Lesson 8 Class Poster is available to download on the digital companion page for this taster book on: [www.otb.ie/well-being-taster](http://www.otb.ie/well-being-taster)

**Lesson 8: Belief 7 - I can make a difference**  
**Empowering Belief 7 Poster - CP8 (page 74)**

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

**Lesson 2: Belief 1 - I can choose helpful self-talk**  
**Empowering Belief 1 Poster (CP2)**

**Lesson 3: Belief 2 - My effort is as important as my ability**  
**Empowering Belief 2 Poster (CP3)**

**Lesson 4: Belief 3 - I can recognise Thinking Traps**  
**Empowering Belief 3 Poster (CP4)**

**Lesson 5: Belief 4 - I can act 'as if'**  
**Empowering Belief 4 Poster (CP5)**

**Lesson 6: Belief 5 - I can choose to focus on the positive**  
**Empowering Belief 5 Poster (CP6)**

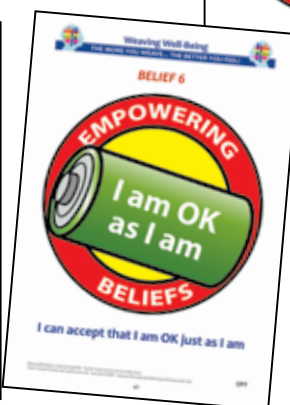
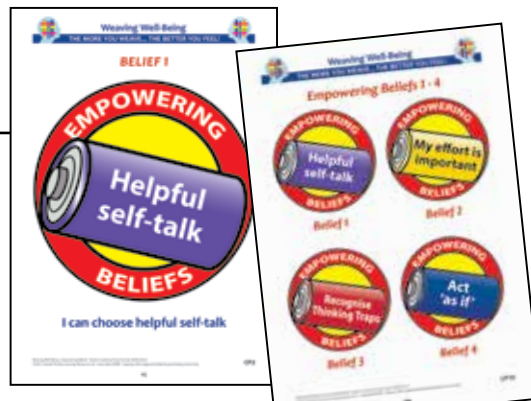
**Lesson 7: Belief 6 - I can accept that I am OK just as I am**  
**Empowering Belief 6 Poster (CP7)**

**Lesson 8: Belief 7 - I can make a difference**  
**Empowering Belief 7 Poster (CP8)**

**Lesson 9: Belief 8 - My actions are powerful**  
**Empowering Belief 8 Poster (CP9)**

**General**

**Empowering Beliefs 1 - 4 (CP10) & 5 - 8 (CP11)**  
**What does Well-Being mean? (CP13 - CP19)**





**BELIEF 7**



**I can make a difference**