



Part 4

Supplementary Materials

Supplementary Worksheets (SW)

Lesson 8 Supplementary Worksheets are available to download on the digital companion page for this taster book on: www.otb.ie/well-being-taster

Lesson 8: Belief 7 - I can make a difference
My Everyday Hero - SW8 (page 72)

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

Lesson 1: What are Empowering Beliefs?

The Power of Belief - Poster - SW1

Lesson 2: Belief 1 - I can choose helpful self-talk
Self-Talk Phrases - SW2

Lesson 3: Belief 2 - My effort is as important as my ability
Letter to Myself - SW3

Lesson 4: Belief 3 - I can recognise Thinking Traps
Catastrophizing Scenarios - SW4

Lesson 5: Belief 4 - I can act 'as if'
Act 'as if' Poster - SW5

Lesson 6: Belief 5 - I can choose to focus on the positive
Free Compliments Sheet - SW6

Lesson 7: Belief 6 - I can accept that I am OK just as I am
Advert Analysis - SW7

Lesson 8: Belief 7 - I can make a difference
My Everyday Hero - SW8

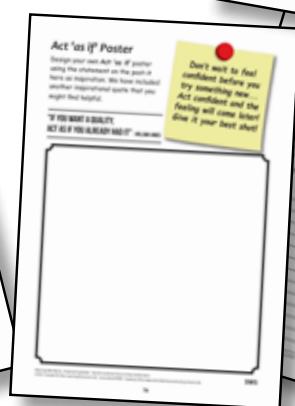
Lesson 9: Belief 8 - My actions are powerful
My Poem about Smiling - Poem - SW9

Lesson 10: Charging up my batteries -
Empowering Beliefs in action
My Best Future Self - SW10

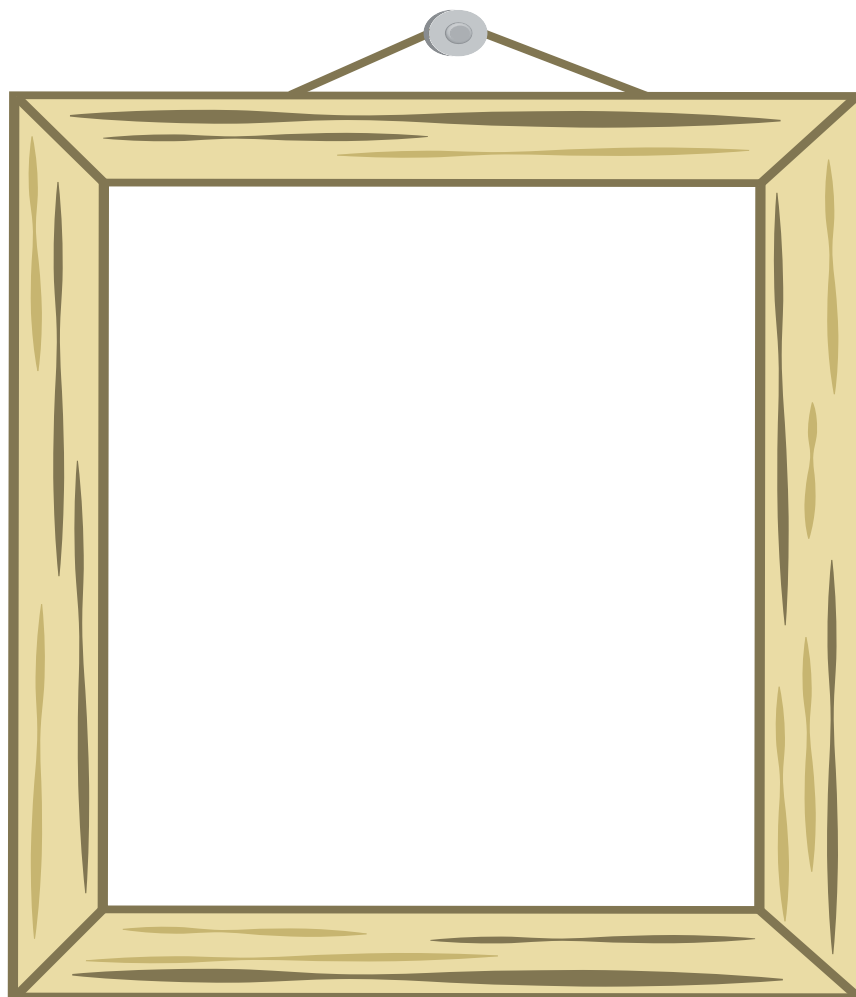
General

Weaving Well-Being Rap - SW11A

Well-Being Self-Assessment Check-Up - SW11B



My Everyday Hero



Name: _____

By: _____