






Scope and Sequence Chart for the Welcome to Well-Being, Weaving Well-Being and Wired for Well-Being Programmes

This chart shows the scope, sequence and linkage of 7 key skills and concepts across the *Welcome to Well-Being*, *Weaving Well-Being* and *Wired for Well-Being* programmes. This provides students with the opportunity to gain a deeper understanding of each concept as they progress through primary and second level education. Having a multi-year structure in which skills and competencies are reinforced throughout the levels is a key element of effective social and emotional learning programmes.

Programmes 	Skills and Concepts 						
	Language of Well-Being	Self-Efficacy and Resilience	Character Strengths	Cognitive Reframing	Emotional Competence and Regulation	Social Competence	Self-Compassion and Self-Worth
 Welcome to Well-Being Forman, 2021	All levels: Informal introduction to the language of well-being through use of characters (Mo and Ko)	All Levels: Introduction to core emotional regulation skills to build resilience, including strategies to deal with worry and other strong emotions	All levels: Informal introduction to 10 strengths, including bravery, kindness, teamwork, perseverance and zest	Levels B and C: Introduction to helpful self-talk	All levels: Labelling emotions Welcoming all emotions Upregulating positive emotions, including joy, pride, gratitude, love and serenity Downregulating negative emotions, including worry, sadness and anger	All levels: Introduction to pro-social behaviours, including kindness and empathy	All levels: Introduction to self-compassion and the concept of being 'good enough'
 Weaving Well-Being Forman & Rock, 2017	All levels: Formal introduction to the language and key indicators of well-being Well-Being Self-Assessment	All levels: Informal approach to building self-efficacy through provision of an array of strategies and skills 4th Class: Exploration of 6 specific resilience skills, including mindfulness, perspective and healthy distraction 6th Class: Further exploration and development of self-efficacy beliefs, including Growth Mindset	2nd Class: Exploration of all 24 strengths and identification of top 5 strengths 4th Class: Revision of all 24 strengths All Levels: Reminders of Character Strength vocabulary	4th Class: Challenging and reframing Automatic Negative Thoughts (ANTS) 6th Class: Exploration of self-talk, self-efficacy beliefs and Thinking Traps, including catastrophising and mind-reading	3rd Class: Further development and reinforcement of strategies for upregulating positive emotions 4th Class: Further development and reinforcement of strategies for downregulating negative emotions, including mindfulness and exploration of 'Amygdala Hijack'	All levels: Reinforcement of pro-social behaviours 5th Class: Further exploration of 8 specific skills for building positive relationships, including conflict resolution, active listening, empathy and forgiveness	All levels: Reinforcement of the concept of self-acceptance and awareness of personal Character Strengths
 Wired for Well-Being Forman, 2022	Levels A and B: Reinforcement of the language and key indicators of well-being Well-Being Self-Assessment Level C: Further exploration of a variety of definitions of well-being Well-Being Self-Assessment	All levels: Informal approach to building self-efficacy through provision of an array of strategies and skills based on neuroplasticity Level B: Further exploration and development of specific resilience skills, including emotional regulation and cognitive reframing Level C: Further exploration and development of skills for coping with stress	Level B: Exploration of all 24 strengths and identification of top 5 strengths Level C: Revision of all 24 strengths and cultivation of the specific strength of optimism	All Levels: Further development and exploration of helpful self-talk, Thinking Traps and dealing with ANTs, based on neuroplasticity	All levels: Further development and reinforcement of emotional regulation skills and strategies, including further exploration of 'Amygdala Hijack' and mindfulness, based on neuroplasticity	All levels: Further development and reinforcement of pro-social behaviours and skills, including kindness, uplifting others and making a difference, based on neuroplasticity	All Levels: Further development and reinforcement of self-compassion, embracing imperfection, connection to personal values and awareness of personal Character Strengths, based on neuroplasticity

For further information on the above programmes go to:

Welcome to Well-Being: www.otb.ie/w2w

Weaving Well-Being: www.otb.ie/wwb

Wired for Well-Being: www.otb.ie/w4w