



WIRED FOR WELL-BEING

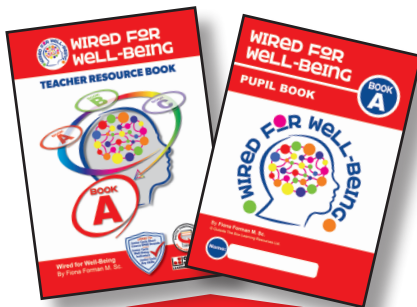
Wired For Well-Being is a new multi-year SPHE and well-being programme designed for Junior Cycle students.

Wired for Well-Being aims to introduce young people to skills and strategies from the fields of Positive Psychology and Neuroscience to empower them to become active participants in understanding, creating and maintaining their well-being and resilience. In doing so, it aims to help young people to reach their potential, to flourish and to become thriving citizens. No teacher-training is required to deliver the programme.

The author of the programme is Fiona Forman (M.Sc. Applied Positive Psychology), a former teacher who is also the co-author of the widely-used **Weaving Well-Being** programme for primary school students.

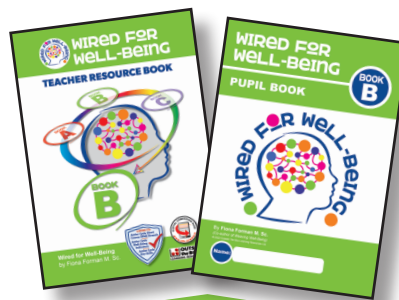
Independent research showed that the programme significantly enhanced the positive factors of student well-being, along with high levels of engagement and enjoyment by students. Read the full Summary of Research & Pilot Stage Findings at this link:

www.otb.ie/w4w-research-findings



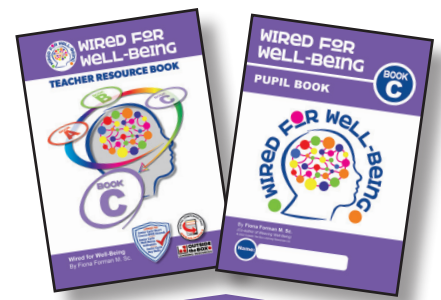
BOOK A

- Skill 1: Understand Your Well-Being
- Skill 2: Nurture Neuroplasticity
- Skill 3: Savour Your Sleep
- Skill 4: Prioritise Positivity
- Skill 5: Choose Kindness
- Skill 6: Be Your Own Best Friend
- Skill 7: Tame Technology
- Skill 8: Become Wired for Well-Being



BOOK B

- Skill 1: Get Good at Well-Being
- Skill 2: Tackle Your Thoughts
- Skill 3: Embrace Imperfection
- Skill 4: Tame Your Emotions
- Skill 5: Know Your Strengths
- Skill 6: Connect and Uplift
- Skill 7: Reboot Your Resilience
- Skill 8: Become Wired for Well-Being



BOOK C

- Skill 1: Excel at Well-Being
- Skill 2: Cultivate Optimism
- Skill 3: Get Good at Stress
- Skill 4: Make Your Goals Work for You
- Skill 5: Evolve with Intent
- Skill 6: Stop and Drop
- Skill 7: Believe You Make a Difference
- Skill 8: Become Wired for Well-Being

10% OFF! Teacher & Pupil Books - available from: www.otb.ie/w4w - Special Offer code: w4w-mar-may

Each level has 8 lessons, containing the following elements:

- Lesson plans** - containing relevant SPHE modules and DES well-being indicators (Resilient, Connected, Respected, Active, Aware and Responsible), lesson outcomes, resources, Body and Mind Check-in meditation, warm-up activities, subsequent development and supplementary photocopyable resources.
- PowerPoint slides** - containing all relevant material for the presentation of the lesson including a multi-media element and links to online research articles for further information if required. All of these are contained on a comprehensive **Digital Companion Page** – one for each of the three levels.
- Pupil Book** - containing four pupil activity pages per lesson including key message, self-assessment and homework activity. Some lessons also include 'Replay' sections to remind the students of previous levels of the programme.
- Parent/Guardian/Carer Guide** - a pull-out section for parents to learn about and support their child in using the new skills.
- Digital Companion Pages** - containing downloadable PowerPoints, supplementary worksheets, videos and other valuable materials to support the delivery of each level of the programme.



**NEW
APP
COMING
SOON!**

**FREE
Well-Being Lesson Plans
available on:
www.otb.ie/w4w-taster**

**FREE Pupil Book Samples
available on:
www.otb.ie/samples**

Try some free lessons from the Wired for Well-Being programme at our taster page here: www.otb.ie/w4w-taster



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WELL-BEING**



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**OUTSIDE
the BOX**
LEARNING RESOURCES



WIRED FOR WELL-BEING

INDEPENDENT RESEARCH KEY FINDINGS (LEVEL A)

Title:

A Comparison of Two Universal, School-Based Well-Being Interventions: My Friends Youth and Wired for Well-Being' (Rice, A., 2021)

Findings:

- The Wired for Well-Being programme '**significantly enhanced the positive factors of well-being from baseline to post-intervention**' and is a '**suitable alternative to My Friends Youth that demonstrates better feasibility and promising effectiveness in this context**'
- High levels of enjoyment and engagement by students
- All teachers would recommend the **Wired for Well-Being** programme

Final Pilot Stage Findings (Levels B & C):

Levels B & C were piloted in a number of schools in September 2021 with the following findings:

Teacher Responses:

- All teachers rated the programme as easy to teach
- All teachers rated the programme as helpful to their students' well-being
- Very good levels of student engagement in the lessons were reported

Sample Teacher Comments:

'Overall, the programme was very beneficial and gave students a new perspective on their well-being, seeing it as very much a part of their overall health and well-being.'

'Excellent resource that is pitched perfectly for students.'

Sample Student Comments:

'The programme is great!'

'I really enjoyed these lessons and they helped me.'

'I really think this programme would help teenagers be more confident in themselves.'

'The booklet was really good at helping me fight negative thoughts.'

'It is very educational for well-being.'

'It is really helpful, thank you.'

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