





## Scope and Sequence Chart for the *Welcome to Well-Being* and *Weaving Well-Being* Programmes - Primary Schools

This chart shows the scope, sequence and linkage of 7 key skills and concepts across the *Welcome to Well-Being* and *Weaving 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
 Primary: Junior Infants - First Class  Welcome to Well-Being <i>Forman, 2021</i>	<b>All levels:</b> Informal introduction to the language of well-being through use of characters (Mo and Ko)	<b>All Levels:</b> Introduction to core emotional regulation skills to build resilience, including strategies to deal with worry and other strong emotions	<b>All levels:</b> Informal introduction to 10 strengths, including bravery, kindness, teamwork, perseverance and zest	<b>Levels B and C:</b> Introduction to helpful self-talk	<b>All levels:</b> Labelling emotions Welcoming all emotions Upregulating positive emotions, including joy, pride, gratitude, love and serenity Downregulating negative emotions, including worry, sadness and anger	<b>All levels:</b> Introduction to pro-social behaviours, including kindness and empathy	<b>All levels:</b> Introduction to self-compassion and the concept of being 'good enough'
 Primary: Second Class - Sixth Class  Weaving Well-Being <i>Forman &amp; Rock, 2017</i>	<b>All levels:</b> Formal introduction to the language and key indicators of well-being  Well-Being Self-Assessment	<b>All levels:</b> Informal approach to building self-efficacy through provision of an array of strategies and skills  <b>4th Class:</b> Exploration of 6 specific resilience skills, including mindfulness, perspective and healthy distraction  <b>6th Class:</b> Further exploration and development of self-efficacy beliefs, including Growth Mindset	<b>2nd Class:</b> Exploration of all 24 strengths and identification of top 5 strengths  <b>4th Class:</b> Revision of all 24 strengths  <b>All Levels:</b> Reminders of Character Strength vocabulary	<b>4th Class:</b> Challenging and reframing Automatic Negative Thoughts (ANTS)  <b>6th Class:</b> Exploration of self-talk, self-efficacy beliefs and Thinking Traps, including catastrophising and mind-reading	<b>3rd Class:</b> Further development and reinforcement of strategies for upregulating positive emotions  <b>4th Class:</b> Further development and reinforcement of strategies for downregulating negative emotions, including mindfulness and exploration of 'Amygdala Hijack'	<b>All levels:</b> Reinforcement of pro-social behaviours  <b>5th Class:</b> Further exploration of 8 specific skills for building positive relationships, including conflict resolution, active listening, empathy and forgiveness	<b>All levels:</b> Reinforcement of the concept of self-acceptance and awareness of personal Character Strengths

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For further information on the above Primary School programmes go to:

**Welcome to Well-Being:** [www.otb.ie/w2w](http://www.otb.ie/w2w)

**Weaving Well-Being:** [www.otb.ie/www](http://www.otb.ie/www)

**Fí na Folláine:** [www.otb.ie/fnf](http://www.otb.ie/fnf)