





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

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)

## Scope and Sequence Chart for the *Wired for Well-Being* and *Tools to Thrive* Programmes - Post-primary Schools

This chart shows the scope, sequence and linkage of 7 key skills and concepts across the *Wired for Well-Being* and *Tools to Thrive* 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<br>   | 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  |
| <br><br>Post-primary:<br>First Year - Third Year<br><br>Wired for Well-Being<br>Forman, 2022 | <b>Levels A and B:</b><br>Reinforcement of the language and key indicators of well-being<br><br>Well-Being Self-Assessment<br><br><b>Level C:</b><br>Further exploration of a variety of definitions of well-being<br><br>Well-Being Self-Assessment        | <b>All levels:</b><br>Informal approach to building self-efficacy through provision of an array of strategies and skills based on neuroplasticity<br><br><b>Level B:</b><br>Further exploration and development of specific resilience skills, including emotional regulation and cognitive reframing<br><br><b>Level C:</b><br>Further exploration and development of skills for coping with stress | <b>Level B:</b><br>Exploration of all 24 strengths and identification of top 5 strengths<br><br><b>Level C:</b><br>Revision of all 24 strengths and cultivation of the specific strength of optimism | <b>All Levels:</b><br>Further development and exploration of helpful self-talk, Thinking Traps and dealing with ANTs, based on neuroplasticity | <b>All levels:</b><br>Further development and reinforcement of emotional regulation skills and strategies, including further exploration of 'Amygdala Hijack' and mindfulness, based on neuroplasticity | <b>All levels:</b><br>Further development and reinforcement of pro-social behaviours and skills, including kindness, uplifting others and making a difference, based on neuroplasticity                     | <b>All Levels:</b><br>Further development and reinforcement of self-compassion, embracing imperfection, connection to personal values and awareness of personal Character Strengths, based on neuroplasticity                   |
| <br><br>Post-primary:<br>Fifth Year - Sixth Year<br><br>Tools to Thrive<br>Forman, 2024     | <b>Both Levels:</b><br>Formal introduction and reinforcement of the language of well-being and thriving, with specific reference to nervous system regulation<br><br>Exploration of the challenges to well-being and thriving posed by contemporary culture | <b>Both Levels:</b><br>Formal approach to the development of self-efficacy and resilience through provision of an array of skills and tools to support and soothe the nervous system<br><br><b>Level B:</b><br>Further exploration of methods and tools to support the nervous system in order to build resilience   | <b>Both Levels:</b><br>Introduction to all 24 strengths, identification of top 5 personal strengths<br><br><b>Level B:</b><br>Exploration of the link between Character Strengths and resilience     | <b>Both Levels:</b><br>Exploration and development of 6 specific Thinking Traps<br><br>Challenging ANTs  | <b>Both Levels:</b><br>Exploration and understanding of emotions in terms of survival emotions/thriving emotions<br><br><b>Level B:</b><br>Specific tools for mood management and coping with stress    | <b>Both Levels:</b><br>Definition of and exploration of importance of social well-being<br><br><b>Level B:</b><br>Further development of social competence through the promotion of assertive communication | <b>Both Levels:</b><br>Exploration of the importance of developing self-compassion and self-worth through tools including compassionate self-talk, identification of unique Character Strengths and value-based decision-making |

For further information on the above Post-primary School programmes go to:

**Wired for Well-Being:** [www.otb.ie/w4w](http://www.otb.ie/w4w)

**Tools to Thrive:** [www.otb.ie/t2t](http://www.otb.ie/t2t)