



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

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)