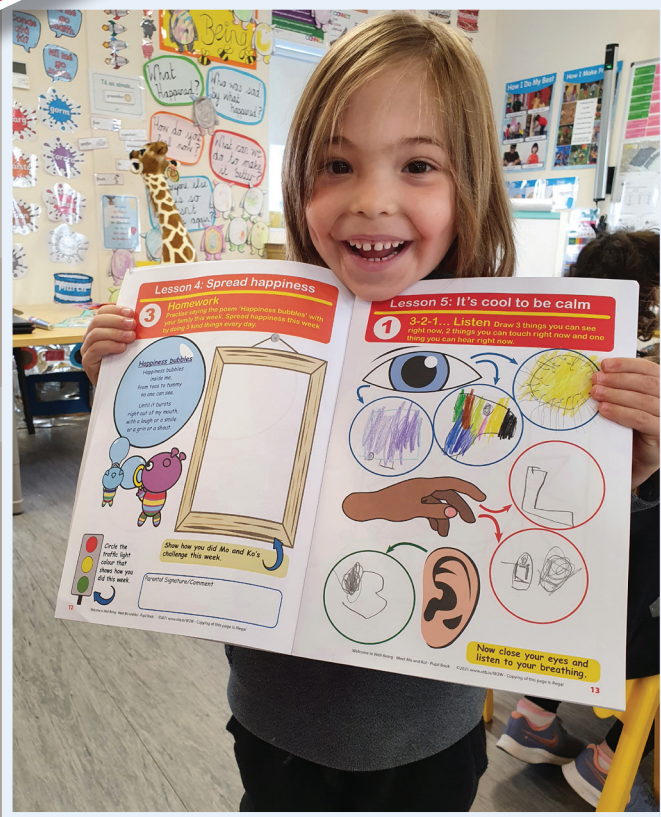


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# Well-Being School Programmes Catalogue 2024



## Welcome to Well-Being

(Primary: Junior Infants to First Class)

## Weaving Well-Being

(Primary: Second Class to Sixth Class)

## Fí na Folláine

(Bunscoil: Rang a Dó - Rang a Sé)

## Wired for Well-Being

(Post-primary: First Year to Third Year)

## Tools to Thrive

(Post-primary: Fifth Year & Sixth Year)



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### Primary:

Junior Infants to First Class  
[www.otb.ie/w2w](http://www.otb.ie/w2w)

Welcome to Well-Being 6-8



### Primary:

Second Class to Sixth Class  
[www.otb.ie/wwb](http://www.otb.ie/wwb)

Weaving Well-Being 9-14



### Bunscoil:

Rang a Dó - Rang a Sé  
[www.otb.ie/fnf](http://www.otb.ie/fnf)

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### Post-primary:

First Year to Third Year  
[www.otb.ie/w4w](http://www.otb.ie/w4w)

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Well-Being Check In Posters  
(Primary & Post-primary) 22

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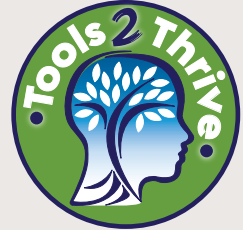
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## About the Authors

### Fiona Forman:



Fiona Forman is author of the ***Welcome to Well-Being***, ***Wired for Well-Being*** and ***Tools to Thrive*** programmes and co-author of the ***Weaving Well-Being*** programme.

She is an author, speaker, facilitator and trainer in the area of well-being and Positive Psychology.

Having spent many years as a primary school teacher in Dublin, she is absolutely passionate about placing well-being at the heart of school life and she has seen first-hand the great benefits of empowering children, teachers and parents to understand, value and enhance their own mental health.

Fiona holds an M. Sc. in Applied Positive Psychology, the science of well-being, from the University of East London.

Fiona is also the mother of two young adults, which has deepened her awareness of the necessity to equip children with the support and skills that they need to develop resilience and to thrive and flourish in life.

Fiona is a regular media contributor on children's well-being and has spoken on this subject at conferences at both national and international level. She is available to deliver talks, workshops and CPD training to teachers and parents. For more information, please email co-author Fiona Forman at [fiona.forman@gmail.com](mailto:fiona.forman@gmail.com)

Website: [fionaformanwellbeing.com](http://fionaformanwellbeing.com)

### Mick Rock:



Co-author of the ***Weaving Well-Being*** programme.

Mick is co-author of ***Weaving Well-Being*** as well as a qualified Executive Life Coach and Motivational Speaker who has helped hundreds of people to enhance their lives and achieve a wide variety of goals. As a parent of two boys Mick is extremely passionate about working with and helping children to deal with the various challenges in their lives, to increase their happiness and well-being and to fulfill their true potential.

Mick holds an M.Sc. in Applied Positive Psychology from the University of East London.

## Introduction and Overview

Nurturing children’s well-being all the way through their journey in primary and post-primary school is a core aim of education. By doing so, schools can help children to flourish, to reach their potential and to become confident and resilient.

This set of 4 Well-Being programmes is designed to support schools and teachers in this aim by providing a comprehensive, cohesive, consistent, structured and evidence-based approach to well-being education. Each of the 4 programmes is multi-level, with a total of 13 levels – one for each year of primary and post-primary school, as follows:

| PRIMARY SCHOOL PROGRAMMES                              |          |                            |
|--|----------|----------------------------|
| <b>Welcome to Well-Being</b> - (Fiona Forman)          | 3 levels | Junior Infants – 1st Class |
| <b>Weaving Well-Being</b> - (Fiona Forman & Mick Rock) | 5 levels | 2nd – 6th Class            |
| POST-PRIMARY SCHOOL PROGRAMMES                         |          |                            |
| <b>Wired for Well-Being</b> - (Fiona Forman)           | 3 levels | 1st – 3rd Year             |
| <b>Tools to Thrive</b> - (Fiona Forman)                | 2 levels | 5th – 6th Year             |

### Key Features of the Programmes:

- Child-centred and teacher-friendly
- Based on Positive Psychology and neuroscience
- Each level of each programme may be used on a stand-alone basis, yet also build incrementally
- Extensively piloted and researched
- Pilot stages and research studies indicate very positive impact on student well-being and resilience
- Linked to the relevant SPHE curricula
- Designed in accordance with guidelines from Department of Education circulars 0042/2018 (primary) and 0043/2018 (post-primary)

### Key Elements of the Programmes:

- 8-10 lessons per year level
- Teacher Resource book containing lessons plans, PowerPoints, posters and supplementary materials
- **Pupil Reflective Journal – research indicates that the Pupil Reflective Journal is a key element for successful outcomes**
- Digital page with online content for each lesson
- Parent Guide

### Sample feedback

**Welcome to Well-Being** - ‘I have loved implementing this programme in my class. It has been very beneficial and feels as though we are providing the children with key life skills from such an early age. It is fantastic to see the children in tune with their feelings and emotions and using the skills to navigate through difficulties. It was fabulous, the age-appropriateness of having ‘Mo and Ko’ was invaluable!’ - Teacher

‘This is an amazing programme and the most important subject in school if you ask me. Excellent programme. Very valuable for young children.’ - Parent

**Weaving Well-Being** - ‘I was astonished at how teacher-friendly every piece of material was – engaging, colourful and simple to follow... the children took great pride in their work and loved completing each activity.’ - Teacher

‘Such a positive programme which had a very positive impact on my child. Fun and interesting. I also benefited from it as a parent.’ - Parent

‘I loved learning about it. It helps me calm down faster and makes me happy more often.’ - Student

**Wired for Well-Being** - ‘Overall the programme was very beneficial and gave students a new perspective on their well-being.’ – Teacher

‘I really enjoyed these lessons, and they helped me.’ – Student

**Tools to Thrive** - ‘Tools to Thrive is a great programme and very informative.’ - Teacher

‘It was helpful and good for my brain!’ – Student

## RESEARCH FINDINGS

Independent research studies on the programmes suggest very positive impact on student well-being, including the following findings:



### **Welcome to Well-Being** (Forman, 2021)

- Increased levels of emotional regulation  
*Quirke, 2021*
- Significantly higher resilience levels  
Development of new and emerging emotional regulation skills  
High levels of engagement and enjoyment from students and teachers  
*O'Callaghan, 2023*



[www.otb.ie/wwwb-mic-ul-evaluation](http://www.otb.ie/wwwb-mic-ul-evaluation)



### **Weaving Well-Being** (Forman & Rock, 2017)

- Increased levels of positivity, sense of fulfilment, self-efficacy, autonomy and use of resilience skills  
*McGrath, 2017*
- Increased levels of self-belief, motivation, perseverance and ability to deal with failure  
*Burns, 2019*
- High levels of engagement, enjoyment and positivity  
*O'Neill, 2019*
- Increased understanding of the language of well-being, increased comprehension of well-being, increased use of skills and strategies to support their own well-being and ability to deal with challenges  
*Ward, Scally, Reilly, Shortall, 2019*
- Decreased levels of anxiety  
*McGrath, 2017; Gough, 2019*
- Increased levels of self-efficacy  
*Burns, 2019*



[www.otb.ie/wwwb-research-summary](http://www.otb.ie/wwwb-research-summary)



### **Wired for Well-Being** (Forman, 2021)

- Significantly enhanced positive factors of well-being from baseline to post-intervention
- Suitable alternative to My Friends Youth that demonstrates better feasibility and promising effectiveness
- High levels of enjoyment and engagement by students
- All teachers would recommend the programme  
*Rice, 2021*



[www.otb.ie/w4w-research-findings](http://www.otb.ie/w4w-research-findings)





### **Tools to Thrive** (Forman, 2024)

- **New programme** - Research to follow

## 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.

| Skills and Concepts   |  |   |   |  |  |   |   |
|---|--|---|---|--|--|---|---|
| Programmes  | 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 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'                        |
|   | <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 |
| <br>Primary: Second Class - Sixth Class<br><br>Weaving Well-Being Forman & Rock, 2017 |  |   |   |  |  |   |   |

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/wwwb](http://www.otb.ie/wwwb)

**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.

| Skills and Concepts   |   |  |  |  |   |   |   |
|---|---|--|--|--|---|---|---|
| Programmes  | Language of Well-Being  | Self-Efficacy and Resilience   | Character Strengths  | Cognitive Reframing  | Emotional Competence and Regulation   | Social Competence   | Self-Compassion and Self-Worth  |
| <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>Well-Being Self-Assessment<br><br><b>Level C:</b><br>Further exploration of a variety of definitions of well-being<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>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>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)



# WELCOME TO WELL-BEING

By Fiona Forman



**Welcome to Well-Being** is a 3-level SPHE and well-being programme for Junior Infants, Senior Infants and First Class. It is based on Positive Psychology, the science of well-being. Although the programme is incremental in nature, each level is also stand-alone.

The programme aims to enhance children's well-being and resilience through developing specific skills including emotional intelligence and regulation, boosting positive emotions and enhancing social skills and self-confidence.

The theme of the programme is that two small aliens called Mo and Ko arrive from a planet called Zo to help children feel happy, strong, kind and brave, loving and well. Each week they introduce children to a new idea and they set a challenge for the children to try it out for the week – at home as well as at school. By default, the characters Mo & Ko are gender-neutral. A gender-specific version has also been made available from the publisher.

There is a teacher book and accompanying pupil book for each of the three levels. The teacher book is supported by a comprehensive digital companion page which contains PowerPoints for all 10 levels in each book, supplementary activities, classroom posters, supporting videos and other digital content. The pupil book is colourful and appealing to young children and comes with a 4-page parental pull-out explaining the programme.

Recommended for ages: 4.5 to 7+



**YEAR LEVEL TITLES**

- **Junior Infants** - *Welcome to Well-Being: Meet Mo and Ko!*
- **Senior Infants** - *Welcome to Well-Being: Good to be me with Mo and Ko!*
- **First Class** - *Welcome to Well-Being: Feeling Good with Mo and Ko!*

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# FRAMEWORK OF THE WELCOME TO WELL-BEING PROGRAMME

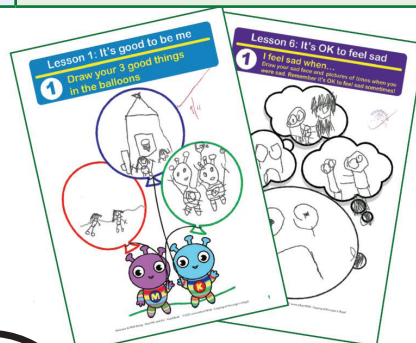
| Welcome to Well-Being - Book A:<br>Meet Mo and Ko! | Welcome to Well-Being - Book B:<br>Good to be me with Mo and Ko! | Welcome to Well-Being - Book C:<br>Feeling good with Mo and Ko! |
|--|--|---|
| <b>Lesson 1:</b><br>It's good to be me             | <b>Lesson 1:</b><br>I can be my best self                        | <b>Lesson 1:</b><br>We all belong                               |
| <b>Lesson 2:</b><br>All feelings are OK            | <b>Lesson 2:</b><br>I can name my feelings                       | <b>Lesson 2:</b><br>We can name our feelings                    |
| <b>Lesson 3:</b><br>I'm ready for my big feelings  | <b>Lesson 3:</b><br>I can name more feelings                     | <b>Lesson 3:</b><br>We can express our feelings                 |
| <b>Lesson 4:</b><br>Spread happiness               | <b>Lesson 4:</b><br>I can tame my feelings                       | <b>Lesson 4:</b><br>We can feel our energy                      |
| <b>Lesson 5:</b><br>It's cool to be calm           | <b>Lesson 5:</b><br>Sprinkle kindness                            | <b>Lesson 5:</b><br>We can change our energy                    |
| <b>Lesson 6:</b><br>It's OK to feel sad            | <b>Lesson 6:</b><br>I'm ready to relax                           | <b>Lesson 6:</b><br>We can do hard things                       |
| <b>Lesson 7:</b><br>I'm proud of myself            | <b>Lesson 7:</b><br>It's OK to feel worried                      | <b>Lesson 7:</b><br>We are good enough                          |
| <b>Lesson 8:</b><br>It's OK to feel angry          | <b>Lesson 8:</b><br>Today I'm thankful                           | <b>Lesson 8:</b><br>We care and share                           |
| <b>Lesson 9:</b><br>I can be brave                 | <b>Lesson 9:</b><br>My friends have feelings too                 | <b>Lesson 9:</b><br>We can solve our problems                   |
| <b>Lesson 10:</b><br>It's good to be me            | <b>Lesson 10:</b><br>It's good to be us                          | <b>Lesson 10:</b><br>It's good to be us                         |

## KEY FEATURES

The programme is multi-level, with a specific age-appropriate Pupil Book for children from Junior Infants to First Class.

- Each level has 10 lessons
- There is a pull-out Parent Guide at the centre of each Pupil Book, to advise parents on how to best support their children to get the most out of the skills and embed them into their daily lives.
- Each lesson has a homework activity in which the children, with their parents, read an accompanying poem that reinforces the message of the lesson. Children are also asked to draw a picture of themselves doing that week's challenge.
- After the 10 lessons have been completed, parents should continue to remind children of the skills and strategies whenever possible.
- The programme is ideally designed to build skills over a 3-year period by providing children with the opportunity to revise and deepen their understanding, year-on-year.

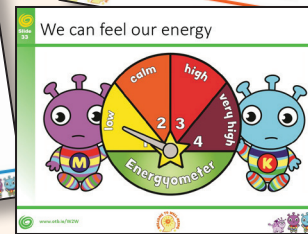
Sample of pages from children's Pupil Book



**Digital Companion pages for each level, including PowerPoints, supplementary activities, classroom posters, supporting videos and other digital content.**



**PowerPoint Presentations included for each class programme.**



## POSTER SETS: A, B & C

Enhance your school's Welcome to Well-Being lessons by displaying these sets of full colour A3 posters.

- **Set A:** Book A - Meet Mo and Ko!
- **Set B:** Book B - Good to be Me with Mo and Ko!
- **Set C:** Book C - Feeling Good with Mo and Ko!

### WELCOME TO WELL-BEING

BOOK A: MEET MO AND KO!

(Junior Infants - Ages: 4-5)

#### Poster Set - A

Enhance your school's Welcome to Well-Being lessons by displaying this set of full-colour, A3 posters from Book A: Meet Mo & Ko! for Junior Infants (ages: 4-5).

The Welcome to Well-Being programme is a multi-year, positive psychology programme for children from Junior Infants to First Class (ages: 4-7+). It is designed to enhance children's well-being across all dimensions: Social, Emotional, Spiritual, Physical and Mental.

This set of 10 posters features reminders of Mo and Ko's challenge from each lesson in Book A: Meet Mo and Ko and should be displayed and referred to during the week of the lesson.

**Class Poster 1 (CP1) - Think of your 3 good things every day**  
(Lesson 1: It's good to be me!)

**Class Poster 2 (CP2) - I can use my words**  
(Lesson 2: All feelings are OK)

**Class Poster 3 (CP3) - Use slide breathing**  
(Lesson 3: I'm ready for my feelings!)

**Class Poster 4 (CP4) - Do 3 kind things every day**  
(Lesson 4: Spread happiness!)

**Class Poster 5 (CP5) - 3-2-1... Listen**  
(Lesson 5: It's cool to be calm!)

**Class Poster 6 (CP6) - When I'm sad I can...**  
(Lesson 6: It's OK to feel sad!)

**Class Poster 7 (CP7) - Be proud of yourself**  
(Lesson 7: I'm proud of myself!)

**Class Poster 8 (CP8) - When I'm angry I can...**  
(Lesson 8: It's OK to feel angry!)

**Class Poster 9 (CP9) - I can stand strong like a mountain**  
(Lesson 9: I can be brave!)

**Class Poster 10 (CP10) - I like myself because I am...**  
(Lesson 10: It's good to be me!)

All posters are A3 in size and printed on high quality 300 g/m<sup>2</sup> silk card. Great for the classroom or at home, these full-colour, attractive posters provide visual cues and reinforcement for children using the Welcome to Well-Being - Book A: Meet Mo and Ko! programme.



### WELCOME TO WELL-BEING

BOOK B: GOOD TO BE ME WITH MO AND KO!

(Senior Infants - Ages: 5-6)

#### Poster Set - B

Enhance your school's Welcome to Well-Being lessons by displaying this set of full-colour, A3 posters from Book B: Good to be Me with Mo & Ko! for Senior Infants (ages: 5-6).

The Welcome to Well-Being programme is a multi-year, positive psychology programme for children from Junior Infants to First Class (ages: 4-7+). It is designed to enhance children's well-being across all dimensions: Social, Emotional, Spiritual, Physical and Mental.

This set of 10 posters features reminders of Mo and Ko's challenge from each lesson in Book B: Good to be Me with Mo and Ko and should be displayed and referred to during the week of the lesson.

**Class Poster 1 (CP1) - I can be my best self**  
(Lesson 1: I can be my best self!)

**Class Poster 2 (CP2) - I can name my feelings**



### WELCOME TO WELL-BEING

BOOK C: FEELING GOOD WITH MO AND KO!

(1st Class - Ages: 6-7+)

#### Poster Set - C

Enhance your school's Welcome to Well-Being lessons by displaying this set of full-colour, A3 posters from Book C: Feeling Good with Mo & Ko! for 1st Class (ages: 6-7+).

The Welcome to Well-Being programme is a multi-year, positive psychology programme for children from Junior Infants to First Class (ages: 4-7+). It is designed to enhance children's well-being across all dimensions: Social, Emotional, Spiritual, Physical and Mental.

This set of 10 posters features reminders of Mo and Ko's challenge from each lesson in Book C: Feeling Good with Mo and Ko and should be displayed and referred to during the week of the lesson.

**Class Poster 1 (CP1) - We all belong**  
(Lesson 1: We all belong!)

**Class Poster 2 (CP2) - We can name our feelings**  
(Lesson 2: We can name our feelings!)

**Class Poster 3 (CP3) - We can express our feelings - Name it to tame it**  
(Lesson 3: We can express our feelings!)

**Class Poster 4 (CP4) - We can feel our energy**  
(Lesson 4: We can feel our energy!)

**Class Poster 5 (CP5) - We can change our energy**  
(Lesson 5: We can change our energy!)

**Class Poster 6 (CP6) - We can do hard things**  
(Lesson 6: We can do hard things!)

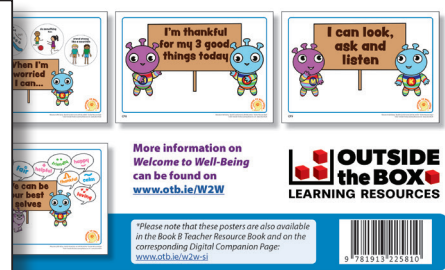
**Class Poster 7 (CP7) - We are good enough**  
(Lesson 7: We are good enough!)

**Class Poster 8 (CP8) - We care and share**  
(Lesson 8: We care and share!)

**Class Poster 9 (CP9) - We can solve our problems - Think, talk, plan, act**  
(Lesson 9: We can solve our problems!)

**Class Poster 10 (CP10) - It's good to be us**  
(Lesson 10: It's good to be us!)

All posters are A3 in size and printed on high quality 300 g/m<sup>2</sup> silk card. Great for the classroom or at home, these full-colour, attractive posters provide visual cues and reinforcement for children using the Welcome to Well-Being - Book C: Feeling Good with Mo and Ko! programme.



More information on Welcome to Well-Being can be found on [www.otb.ie/w2w](http://www.otb.ie/w2w)

**OUTSIDE the BOX** LEARNING RESOURCES

\*Please note that these posters are also available in the Book B Teacher Resource Book and on the corresponding Digital Companion Page: [www.otb.ie/w2w](http://www.otb.ie/w2w)

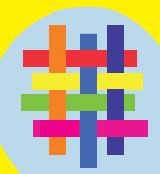
| Welcome to Well-Being:                                       | ISBN             | PRICE   |
|--|------------------|---------|
| <b>Book A: Meet Mo and Ko (Junior Infants)</b>               |                  |         |
| Teacher Resource Book  | 9781913225537    | € 29.95 |
| Pupil Book   | 9781913225544    | € 4.95  |
| Pupil Book (Pack of 10)                                      | 9781913225544x10 | € 44.50 |
| Poster Set A   | 9781913225803    | € 19.95 |
| <b>Book B: Good to be me with Mo and Ko (Senior Infants)</b> |                  |         |
| Teacher Resource Book  | 9781913225551    | € 29.95 |
| Pupil Book   | 9781913225568    | € 4.95  |
| Pupil Book (Pack of 10)                                      | 9781913225568x10 | € 44.50 |
| Poster Set B   | 9781913225810    | € 19.95 |
| <b>Book C: Feeling Good with Mo and Ko (1st Class)</b>       |                  |         |
| Teacher Resource Book  | 9781913225575    | € 29.95 |
| Pupil Book   | 9781913225582    | € 4.95  |
| Pupil Book (Pack of 10)                                      | 9781913225582x10 | € 44.50 |
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# Weaving Well-Being

THE MORE YOU WEAVE...  
THE BETTER YOU FEEL!

By Fiona Forman & Mick Rock

Weaving Well-Being is the first Irish designed positive mental health programme of its kind which aims to enhance well-being in children aged from 8-12 years within the framework of the SPHE curriculum. Weaving Well-Being is grounded in Positive Psychology.



**OUTSIDE the BOX**  
LEARNING RESOURCES

[www.otb.ie](http://www.otb.ie)



Free Author Voice-Over PowerPoint Presentation:

*'Weaving Well-Being Background, Overview and Implementation Guide'*

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*Independent research indicates very positive impact on student well-being* ✓



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# VISIT OUR WEBSITE

Sample lesson plans, pages from the Pupil Books and videos from Irish classrooms are available on the Weaving Well-Being homepage:

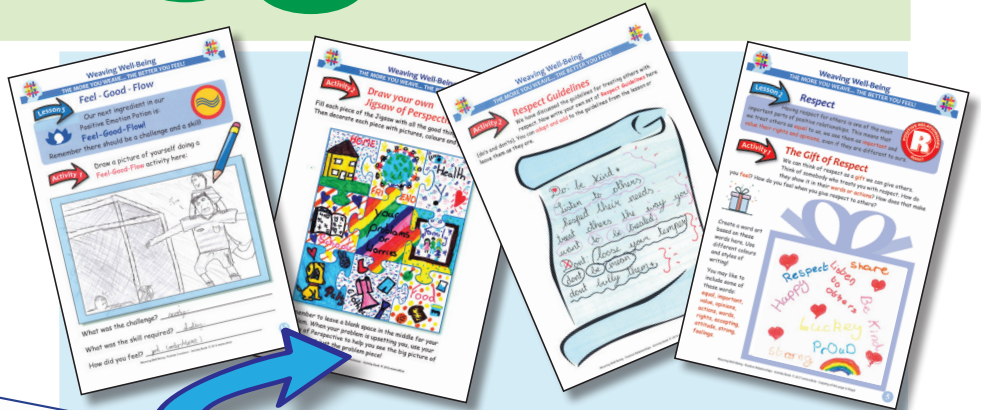
[www.otb.ie/wwwb](http://www.otb.ie/wwwb)

**\* 5 LEVELS \***

## Positive Psychology



Each class programme contains 10 lesson plans with PowerPoint Presentations for 10 consecutive weeks -to be started at any time during the year.



*Samples of children's work from their Pupil Books*



**Each Class Programme consists of:**  
**•Teacher Resource Book - €29.95**  
**•Pupil Book - €4.95**

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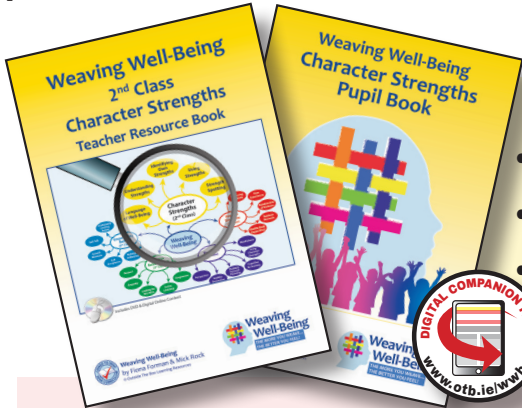


**Accompanying Digital Companion Page for each level.** Digital companion pages typically contain a PowerPoint presentation for each lesson and a complete Lesson Plan. They also contain a mixture of

supplementary worksheets, videos, games, activities, posters and other activities related to the lesson.

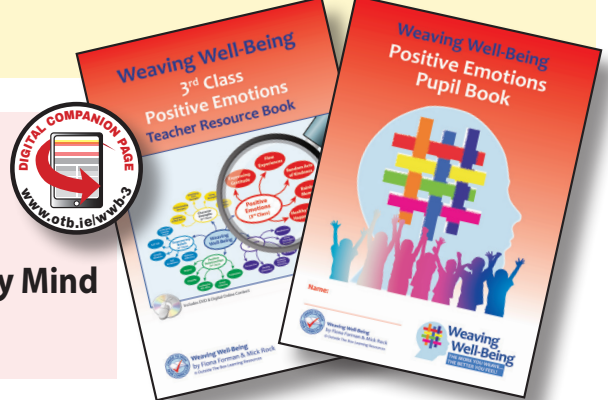


To trial a free lesson plan from each level - use the QR code or go to: [www.otb.ie/tasters](http://www.otb.ie/tasters)



### 2<sup>nd</sup> Class - Character Strengths

- Language of Well-Being
- Identifying Own Strengths
- Understanding Strengths
- Strength Spotting
- Using Strengths



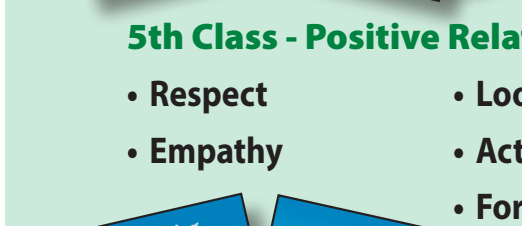
### 3<sup>rd</sup> Class - Positive Emotions

- Expressing Gratitude
- Rainbow Moments
- Flow Experiences
- Healthy Body - Happy Mind
- Random Acts of Kindness



### 4<sup>th</sup> Class - Tools of Resilience

- Perspective
- Cognitive Re-framing
- Healthy Distraction
- Using Character Strengths
- Problem Focused Planning
- Mindfulness



### 5<sup>th</sup> Class - Positive Relationships

- Respect
- Looking for Win-Wins
- Empathy
- Active Listening
- Forgiveness



### 6<sup>th</sup> Class - Empowering Beliefs

- Challenging Limiting Beliefs
- Growth Mindsets
- Self-Talk
- Making a Difference
- Self Acceptance

Available Now from [www.otb.ie](http://www.otb.ie) and all good educational bookshops





# Weaving Well-Being Programme - Lesson Plans

| Weekly Lesson Plans | Character Strengths (2nd Class)                            | Positive Emotions (3rd Class)                            | Tools of Resilience (4th Class)   | Positive Relationships (5th Class)                        | Empowering Beliefs (6th Class)  |
|---------------------|--|--|---|---|---|
| <b>Week 1</b>       | <b>Lesson 1:</b> Language of Well-Being                    | <b>Lesson 1:</b> What is Well-Being?                     | <b>Lesson 1:</b> Why do we need Resilience?                             | <b>Lesson 1:</b> The Importance of Positive Relationships | <b>Lesson 1:</b> What are Empowering Beliefs?                             |
| <b>Week 2</b>       | <b>Lesson 2:</b> Language of Well-Being                    | <b>Lesson 2:</b> Positive Emotions                       | <b>Lesson 2:</b> Jigsaw of Perspective                                  | <b>Lesson 2:</b> Respect                                  | <b>Lesson 2:</b> Belief 1 - I can choose helpful self-talk                |
| <b>Week 3</b>       | <b>Lesson 3:</b> Introduction to 24 Character Strengths    | <b>Lesson 3:</b> Positive Emotion Potion                 | <b>Lesson 3:</b> Lucky Dip of Distraction                               | <b>Lesson 3:</b> Empathy                                  | <b>Lesson 3:</b> Belief 2 - My effort is as important as my ability       |
| <b>Week 4</b>       | <b>Lesson 4:</b> Understanding Strengths 1 to 4            | <b>Lesson 4:</b> Attitude of Gratitude                   | <b>Lesson 4:</b> Planning Pen ( <i>Problem Focused Planning</i> )       | <b>Lesson 4:</b> Look for Win-Wins                        | <b>Lesson 4:</b> Belief 3 - I can recognise Thinking Traps                |
| <b>Week 5</b>       | <b>Lesson 5:</b> Understanding Strengths 5 to 8            | <b>Lesson 5:</b> Feel-Good-Flow                          | <b>Lesson 5:</b> Helpful Thinking Helmet ( <i>Cognitive Reframing</i> ) | <b>Lesson 5:</b> Active Listening                         | <b>Lesson 5:</b> Belief 4 - I can act 'as if'                             |
| <b>Week 6</b>       | <b>Lesson 6:</b> Understanding Strengths 9 to 12           | <b>Lesson 6:</b> Random Acts of Kindness                 | <b>Lesson 6:</b> Key of Character Strength                              | <b>Lesson 6:</b> Try to forgive                           | <b>Lesson 6:</b> Belief 5 - I can choose to focus on the positive         |
| <b>Week 7</b>       | <b>Lesson 7:</b> Understanding Strengths 13 to 16          | <b>Lesson 7:</b> Rainbow Moments                         | <b>Lessons 7 - 9:</b> Mindfulness Switch - Parts 1 - 3                  | <b>Lesson 7:</b> Interest in Others                       | <b>Lesson 7:</b> Belief 6 - I can accept that I am OK just as I am        |
| <b>Week 8</b>       | <b>Lesson 8:</b> Understanding Strengths 17 to 20          | <b>Lesson 8:</b> Healthy Body, Happy Mind                | <b>Lesson 10:</b> N.A.B.B. (Name, Accept, Breathe, Body)                | <b>Lesson 8:</b> No More Snap Judgements!                 | <b>Lesson 8:</b> Belief 7 - I can make a difference                       |
| <b>Week 9</b>       | <b>Lesson 9:</b> Understanding Strengths 21 to 24          | <b>Lesson 9:</b> Positive Emotion Potion - Mix and Enjoy |   | <b>Lesson 9:</b> Give, Give, Give!                        | <b>Lesson 9:</b> Belief 8 - My actions are powerful                       |
| <b>Week 10</b>      | <b>Lesson 10:</b> Identifying and using my top 5 Strengths | <b>Lesson 10:</b> Review                                 |   | <b>Lesson 10:</b> Taking All the Steps                    | <b>Lesson 10:</b> Charging up my batteries - Empowering Beliefs in action |

**Concepts Covered: Language of Well-Being · Understanding Strengths · Identifying Own Strengths · Strength Spotting (Lessons 4 - 10) · Using Strengths**

**Concepts Covered: Expressing Gratitude · Flow Experiences · Random Acts of Kindness · Rainbow Moments · Healthy Body, Happy Mind**

**Concepts Covered: Perspective · Healthy Distraction · Problem Focused Planning · Cognitive Reframing · Using Character Strengths · Mindfulness**

**Concepts Covered: Respect · Empathy · Looking for Win-Wins · Active Listening · Forgiveness**

**Concepts Covered: Challenging Limiting Beliefs (Lessons 1 - 10) · Self-Talk · Growth Mindsets · Self-Acceptance · Making a Difference**

# Reinforcement and Progression of Core Concepts through the Weaving Well-Being Programme



The following chart shows the progression and reinforcement of eight key concepts which are at the core of the *Weaving Well-Being* programme. Each concept is reinforced and revised at subsequent year levels, which provides opportunities for the children to gain deeper engagement and understanding as they progress through the primary school system. Having a multi-year structure which provides opportunities for re-engagement with skills and concepts throughout the levels has been shown to be a key element of effective programmes. (Weissberg, R. P., Goren, P., Domitrovich, C., & Dusenbury, L. (2013). CASEL guide -Effective social and emotional learning programs: Preschool and elementary school edition. Chicago, IL: CASEL.)

| Growth Mindset                        | Language of Well-Being                  | Self- Efficacy                           | Character Strengths                      | Cognitive Reframing                        | Emotional Competence                        | Social Competence                           | Making a Difference                 |
|---------------------------------------|---|--|--|--|---|---|-------------------------------------|
| 2 <sup>nd</sup> Class:<br>All Lessons | 2 <sup>nd</sup> Class:<br>Lessons 1 & 2 | 2 <sup>nd</sup> Class:<br>Lesson 2       | 2 <sup>nd</sup> Class:<br>Lessons 3 - 10 |  | 2 <sup>nd</sup> Class:<br>Lessons 4, 5 & 10 | 2 <sup>nd</sup> Class:<br>Lessons 5, 6 & 10 | 2 <sup>nd</sup> Class:<br>Lesson 10 |
| 3 <sup>rd</sup> Class:<br>All Lessons | 3 <sup>rd</sup> Class:<br>Lesson 1      | 3 <sup>rd</sup> Class:<br>Lesson 3       | 3 <sup>rd</sup> Class:<br>Lesson 4       |  | 3 <sup>rd</sup> Class:<br>Lessons 2 - 10    | 3 <sup>rd</sup> Class:<br>Lessons 4 & 6     | 3 <sup>rd</sup> Class:<br>Lesson 6  |
| 4 <sup>th</sup> Class:<br>All Lessons | 4 <sup>th</sup> Class:<br>Lesson 1      | 4 <sup>th</sup> Class:<br>Lessons 2 - 10 | 4 <sup>th</sup> Class:<br>Lesson 6       | 4 <sup>th</sup> Class:<br>Lesson 5         | 4 <sup>th</sup> Class:<br>Lessons 7 - 10    | 4 <sup>th</sup> Class:<br>Lesson 10         | 4 <sup>th</sup> Class:<br>Lesson 1  |
| 5 <sup>th</sup> Class:<br>All Lessons | 5 <sup>th</sup> Class:<br>Lesson 1      | 5 <sup>th</sup> Class:<br>Lesson 10      | 5 <sup>th</sup> Class:<br>Lesson 6       | 5 <sup>th</sup> Class:<br>Lesson 8         | 5 <sup>th</sup> Class:<br>Lesson 3          | 5 <sup>th</sup> Class:<br>Lessons 2 - 10    | 5 <sup>th</sup> Class:<br>Lesson 9  |
| 6 <sup>th</sup> Class:<br>All Lessons | 6 <sup>th</sup> Class:<br>Lesson 1      | 6 <sup>th</sup> Class:<br>Lessons 1-10   | 6 <sup>th</sup> Class:<br>Lesson 5       | 6 <sup>th</sup> Class:<br>Lessons 1, 2 & 4 | 6 <sup>th</sup> Class:<br>Lesson 7          | 6 <sup>th</sup> Class:<br>Lesson 7          | 6 <sup>th</sup> Class:<br>Lesson 8  |

**Growth Mindset:** The concept of growth mindset was developed by psychologist Carol Dweck of Stanford University. To have a growth mindset is to believe that personal qualities and abilities can change, develop and improve with sustained effort. This is in contrast to having a fixed mindset, which is to believe that abilities are fixed and do not really change over time. This concept is developed formally in the Sixth Class programme, however it is a central concept throughout the entire programme; growth mindset underpins the process through which the children learn that their well-being can be enhanced and improved through a range of activities and strategies.

**Language of Well-Being:** The *Weaving Well-Being* definition of well-being is introduced in the Second Class programme. This allows for conversations on the topic of mental health and well-being to be normalised from a young age. It is reinforced in the Third Class programme and is then referred to in all the subsequent levels. Class posters showing this definition are included in the Teacher Manual for each level. A pupil self-assessment sheet, based on this definition, is also included at the back of each Pupil Book and can be used at the teacher's discretion at various intervals during the year.

**Self-Efficacy:** Self-efficacy is the belief that a person has in their own ability to achieve their goals and succeed in challenges. The *Weaving Well-Being* programme aims to equip children with a wide range of practical strategies which they can use to boost their well-being and overcome challenges and limiting beliefs. This concept is introduced in Second Class and reinforced formally throughout all subsequent levels.

**Character Strengths:** The 24 Character Strengths from Positive Psychology are introduced and developed at an in-depth level throughout the Second Class programme. They are then referred to in all subsequent levels including a detailed revision lesson in the Fourth Class programme.

**Cognitive Reframing:** Cognitive Reframing forms the basis for Cognitive Behavioural Therapy and refers to the idea of challenging unhelpful and inaccurate negative thoughts. These thoughts can then be reframed in a more accurate and helpful way. This concept involves children reflecting on their own thinking, which is known as metacognition. Due to the complexity of this concept, it is not introduced until Fourth Class. It is then reinforced in Fifth Class and developed at an in-depth level in Sixth Class. It is important to note that cognitive reframing does not always mean replacing negative thoughts with positive ones, as this may be unrealistic and counter-productive. The aim is to challenge inaccurate negative thoughts and replace them with more logical and accurate ones.

**Emotional Competence:** Emotional competence refers to the concept of understanding and expressing emotions appropriately. Emotional competence is introduced in the Second Class programme and forms the basis of the Third Class programme. Many of the skills associated with it, including emotional awareness and self-regulation, are developed throughout all subsequent levels of the programme.

**Social Competence:** Social competence refers to the ability to interact positively with others. This concept is introduced in Second Class and all subsequent levels provide opportunities for developing social skills. Social and relationship skills form the basis of the Fifth Class programme.

**Making a Difference:** The concept of making a difference involves the idea of contributing, helping others and making the world a better place. It involves looking beyond the self and focusing on the wider context. This concept is introduced in the Second Class programme and is reinforced formally at all subsequent levels.



## Poster Set

Enhance your school's Weaving Well-Being lessons with this set of full-colour A3 posters. The set of nine posters features the tools and strategies introduced in each level of the programme.



**Poster Set Price** €19.95 **ISBN:** 9781805160540

| 2 <sup>nd</sup> Class - Character Strengths   |                           | ISBN                 | PRICE    |
|---|---------------------------|----------------------|----------|
| <ul style="list-style-type: none"> <li>▲ Language of Well-Being ▲ Understanding Strengths</li> <li>▲ Using Strengths ▲ Identifying Own Strengths</li> <li>▲ Strength Spotting</li> </ul>            | Teacher Resource Book     | 9781906926595        | € 29.95  |
|   | Pupil Book                | 9781906926601        | € 4.95   |
|   | Class Pack (1 TB + 25 PB) | WWB-2-CS-Class Pack  | € 140.00 |
|   | Pupil Book (Pack of 10)   | 9781906926601x10     | € 44.50  |
| 3 <sup>rd</sup> Class - Positive Emotions   |                           |                      |          |
| <ul style="list-style-type: none"> <li>▲ Expressing Gratitude ▲ Flow Experiences</li> <li>▲ Random Acts of Kindness ▲ Rainbow Moments</li> <li>▲ Healthy Body - Happy Mind</li> </ul>               | Teacher Resource Book     | 9781906926465        | € 29.95  |
|   | Pupil Book                | 9781906926472        | € 4.95   |
|   | Class Pack (1 TB + 25 PB) | WWB-3-PE-Class Pack  | € 140.00 |
|   | Pupil Book (Pack of 10)   | 9781906926472x10     | € 44.50  |
| 4 <sup>th</sup> Class - Tools of Resilience   |                           |                      |          |
| <ul style="list-style-type: none"> <li>▲ Perspective ▲ Healthy Distraction</li> <li>▲ Problem Focused Planning ▲ Cognitive Re-framing</li> <li>▲ Using Character Strengths ▲ Mindfulness</li> </ul> | Teacher Resource Book     | 9781906926489        | € 29.95  |
|   | Pupil Book                | 9781906926496        | € 4.95   |
|   | Class Pack (1 TB + 25 PB) | WWB-4-TOR-Class Pack | € 140.00 |
|   | Pupil Book (Pack of 10)   | 9781906926496x10     | € 44.50  |
| 5 <sup>th</sup> Class - Positive Relationships  |                           |                      |          |
| <ul style="list-style-type: none"> <li>▲ Respect ▲ Empathy ▲ Looking for Win-Wins</li> <li>▲ Active Listening ▲ Forgiveness</li> </ul>  | Teacher Resource Book     | 9781906926557        | € 29.95  |
|   | Pupil Book                | 9781906926564        | € 4.95   |
|   | Class Pack (1 TB + 25 PB) | WWB-5-PR-Class Pack  | € 140.00 |
|   | Pupil Book (Pack of 10)   | 9781906926564x10     | € 44.50  |
| 6 <sup>th</sup> Class - Empowering Beliefs  |                           |                      |          |
| <ul style="list-style-type: none"> <li>▲ Challenging Limiting Beliefs ▲ Self-Talk</li> <li>▲ Growth Mindsets ▲ Making a Difference</li> <li>▲ Self Acceptance</li> </ul>                            | Teacher Resource Book     | 9781906926571        | € 29.95  |
|   | Pupil Book                | 9781906926588        | € 4.95   |
|   | Class Pack (1 TB + 25 PB) | WWB-6-EB-Class Pack  | € 140.00 |
|   | Pupil Book (Pack of 10)   | 9781906926588x10     | € 44.50  |





**Fí na Folláine**

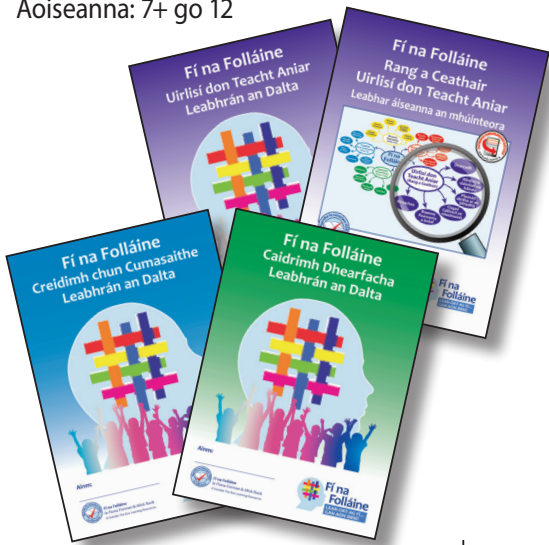
**LEAN ORT AG FÍ...  
GAN AON IMNÍ!**

**Fí na Folláine**

Laistigh de chreatlach an Churaclaim OSPS, is é **Fí na Folláine** an chéad chlár dá leithéid deartha in Éirinn don Mheabhairshláinte Dhearfach. Tá sé mar aidhm aige cur le folláine páistí idir 7+ go 12 bhliain d’aois. Tá Fí na Folláine bunaithe ar an tSíceolaíocht Dhearfach. Tá 5 leibhéal in Fí na Folláine.

**Údair:** Fiona Forman & Mick Rock

Aoiseanna: 7+ go 12



An Chomhairle um Oideachas Gaeltachta & Gaelscolaíochta



[www.otb.ie/fnf](http://www.otb.ie/fnf)

| Rang a Dó: Buanna Pearsanta               | ISBN             | PRAGHAS |
|---|------------------|---------|
| Leabhar Áiseanna an Mhúinteora            | 9781913225414    | € 29.95 |
| Leabhar an Dalta                          | 9781913225421    | € 4.95  |
| Leabhar an Dalta (x 10)                   | 9781913225421x10 | € 44.50 |
| Rang a Trí: Mothúcháin Dhearfacha         |                  |         |
| Leabhar Áiseanna an Mhúinteora            | 9781913225438    | € 29.95 |
| Leabhar an Dalta                          | 9781913225445    | € 4.95  |
| Leabhar an Dalta (x 10)                   | 9781913225445x10 | € 44.50 |
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| Leabhar Áiseanna an Mhúinteora            | 9781913225452    | € 29.95 |
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| Rang a Cúig: Caidrimh Dhearfacha          |                  |         |
| Leabhar Áiseanna an Mhúinteora            | 9781913225476    | € 29.95 |
| Leabhar an Dalta                          | 9781913225483    | € 4.95  |
| Leabhar an Dalta (x 10)                   | 9781913225483x10 | € 44.50 |
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| Leabhar Áiseanna an Mhúinteora            | 9781913225490    | € 29.95 |
| Leabhar an Dalta                          | 9781913225506    | € 4.95  |
| Leabhar an Dalta (x 10)                   | 9781913225506x10 | € 44.50 |

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**Meá na Dearfacha**  
Bain úsáid as trí mhóthúcháin dhearfacha chun freastal ar mhóthúcháin amháin dlúthach.

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GAN AON IMNÍ!

**Fí na Folláine Sraith Póstaer**  
ISBN: 9781805160410 € 29.95



# WIRED FOR WELL-BEING

By Fiona Forman

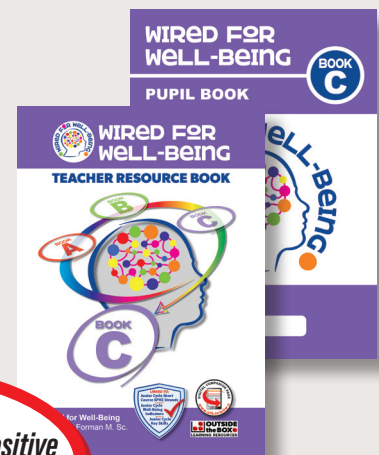
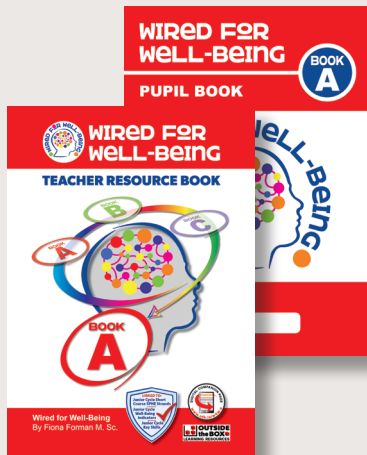
Junior Cycle well-being programme based on Positive Psychology, the science of well-being

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Independent research indicates very positive impact on student well-being

\* 3 LEVELS \*

**Wired For Well-Being** is a three-year SPHE and well-being programme designed for Junior Cycle students. Although the programme is incremental in nature, each level is also stand-alone. It aims to teach students to understand and enhance their own well-being through a range of evidence-based strategies and skills. It consists of 3 Teacher Resource Books and 3 corresponding Pupil Books. The Teacher books include digital content including PowerPoints for the 8 lesson plans in each book.

Author: Fiona Forman

It was created in line with the revised **SPHE curriculum Learning Outcomes** (2023) and the Well-Being indicators outlined in the **Well-Being Guidelines for Junior Cycle** (2021).

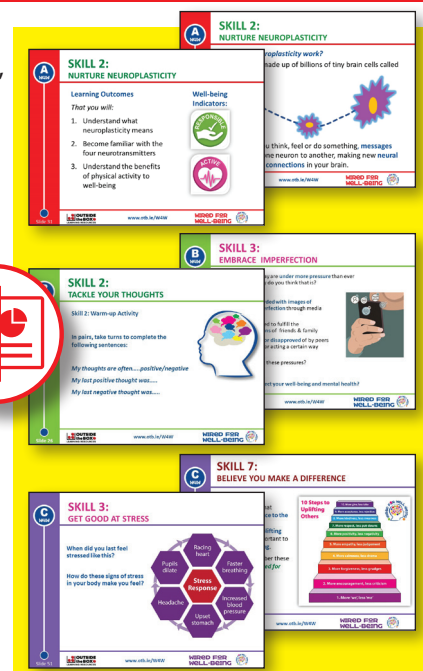
**Wired for Well-Being** is incremental in nature. Concepts and skills are reinforced and revised throughout the 3 levels. The programme is drawn from the fields of Positive Psychology and Neuroscience, in order to develop positive well-being habits for life.

Recommended ages: 12 to 15+

## 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 photocopiable 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.



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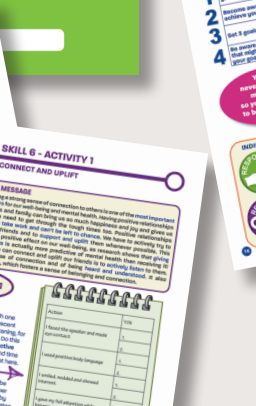
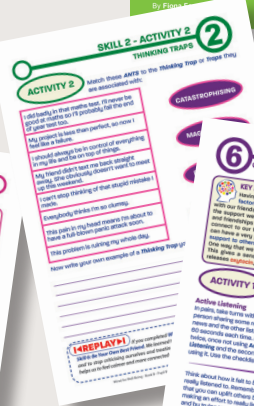
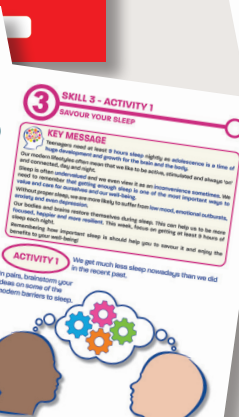
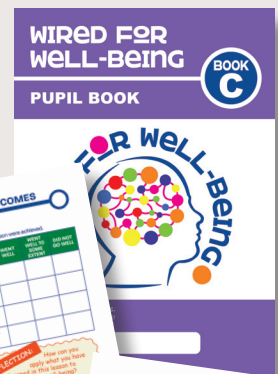
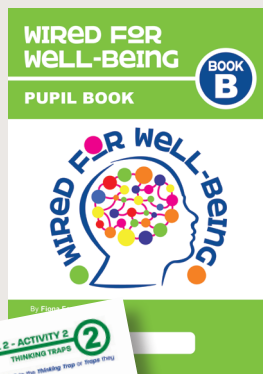
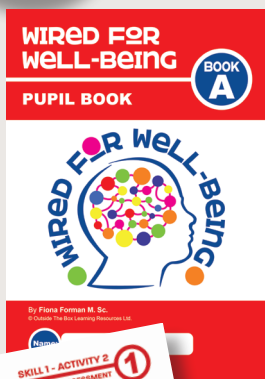
# WIRED FOR WELL-BEING (First Year to Third Year)

|         | Book A (First Year)         | Book B (Second Year)                | Book C (Third Year)                   |
|---------|-----------------------------|-------------------------------------|---------------------------------------|
| Skill 1 | Understand Your Well-Being  | Skill 1 Get Good at Well-Being      | Skill 1 Excel at Well-Being           |
| Skill 2 | Nurture Neuroplasticity     | Skill 2 Tackle Your Thoughts        | Skill 2 Cultivate Optimism            |
| Skill 3 | Savour Your Sleep           | Skill 3 Embrace Imperfection        | Skill 3 Get Good at Stress            |
| Skill 4 | Prioritise Positivity       | Skill 4 Tame Your Emotions          | Skill 4 Make Your Goals Work for You  |
| Skill 5 | Choose Kindness             | Skill 5 Know Your Strengths         | Skill 5 Evolve with Intent            |
| Skill 6 | Be Your Own Best Friend     | Skill 6 Connect and Uplift          | Skill 6 Stop and Drop                 |
| Skill 7 | Tame Technology             | Skill 7 Reboot Your Resilience      | Skill 7 Believe You Make a Difference |
| Skill 8 | Become Wired for Well-Being | Skill 8 Become Wired for Well-Being | Skill 8 Become Wired for Well-Being   |



# WIRED FOR WELL-BEING

Sample pages from Pupil Books



**FREE Well-Being Lesson Plans available on:**

[www.otb.ie/tasters](http://www.otb.ie/tasters)

**FREE Pupil Book Samples available on:**

[www.otb.ie/samples](http://www.otb.ie/samples)



**W4W APP:**

Book A has an optional, accompanying APP

APPs for Book B & Book C are under construction

**OUTSIDE the BOX**  
LEARNING RESOURCES



# WIRED FOR WELL-BEING Poster Sets

**WIRED FOR WELL-BEING**  
**Poster Sets**  
**€19.95**

**WIRED FOR WELL-BEING**  
**Poster Set for Book A**

Enhance your school's *Wired for Well-Being* skills by displaying this set of full-colour A3 posters from **Book A** for First Year (ages 12-13). The *Wired for Well-Being* programme is a multi-year programme that aims to introduce adolescents to evidence-based skills drawn from the fields of Positive Psychology and Neuroscience, in order to develop positive well-being habits for life.

This set of 11 posters features visual reminders of the skills learned in each lesson in **Book A** and should be displayed and referred to during the duration of the lesson.

- P1A - SKILL 1: UNDERSTAND YOUR WELL-BEING!** Dimensions of Well-Being
- P1B - SKILL 1: UNDERSTAND YOUR WELL-BEING!** Here is a helpful way to think about what well-being is all about
- P2A - SKILL 2: NURTURE NEUROPLASTICITY** Neurons that fire together, wire together
- P2B - SKILL 2: NURTURE NEUROPLASTICITY** Feel Good! Neurotransmitters
- P3 - SKILL 3: SAVOUR YOUR SLEEP** A sleep-deprived brain
- P4 - SKILL 4: PRIORITISE POSITIVITY**
- P5 - SKILL 5: CHOOSE KINDNESS**
- P6 - SKILL 6: BE YOUR OWN BEST FRIEND!**
- P7 - SKILL 7: TAME TECHNOLOGY**
- P8 - SKILL 8: BECOME WIRED FOR WELL-BEING**
- P9 - USING ALL OF YOUR SKILLS**

\*Please note that these posters are also available in the Book A Teacher Resource Book and on the accompanying Digital Companion Page: [www.otb.ie](https://www.otb.ie)

All posters are A3 in size and printed on high quality 300 gsm silk card. Great for the classroom or at home, these full-colour, attractive posters provide visual cues and reinforcement for adolescents and adults using the *Wired for Well-Being* Book A programme.

**OUTSIDE the BOX LEARNING RESOURCES**

Enhance your school's *Wired for Well-Being* programme with these sets of 11 full-colour A3 stimulus posters featuring the tools and strategies introduced in each level of the programme.

**WIRED FOR WELL-BEING**  
**Poster Set for Book B**

Enhance your school's *Wired for Well-Being* skills by displaying this set of full-colour A3 posters from **Book B** for Second Year (ages 13-14). The *Wired for Well-Being* programme is a multi-year programme that aims to introduce adolescents to evidence-based skills drawn from the fields of Positive Psychology and Neuroscience, in order to develop positive well-being habits for life.

This set of 12 posters features visual reminders of the skills learned in each lesson in **Book B** and should be displayed and referred to during the duration of the lesson.

- P1A - SKILL 1: GET GOOD AT WELL-BEING** Mood Boosters
- P1B - SKILL 1: GET GOOD AT WELL-BEING** Here is a helpful way to think about what well-being is all about
- P2A - SKILL 2: TACKLE YOUR THOUGHTS** Recognise and rebuff your Automatic Negative Thoughts (AMTs)
- P2B - SKILL 2: TACKLE YOUR THOUGHTS** Avoiding common Thinking Traps
- P3 - SKILL 3: EMBRACE IMPERFECTION** Embrace imperfection checklist and helpful self-talk phrases
- P4 - SKILL 4: TAME YOUR EMOTIONS** Using the S.O.L. technique
- P5A & P5B - SKILL 5: KNOW YOUR STRENGTHS**
- P6 - SKILL 6: CONNECT AND UPLIFT** 10 steps to connect and uplift others
- P7 - SKILL 7: REBOOT YOUR RESILIENCE**
- P8 - SKILL 8: BECOME WIRED FOR WELL-BEING**
- P9 - USING ALL OF YOUR SKILLS**

\*Please note that these posters are also available in the Book B Teacher Resource Book and on the accompanying Digital Companion Page: [www.otb.ie](https://www.otb.ie)

All posters are A3 in size and printed on high quality 300 gsm silk card. Great for the classroom or at home, these full-colour, attractive posters provide visual cues and reinforcement for adolescents and adults using the *Wired for Well-Being* Book B programme.

**OUTSIDE the BOX LEARNING RESOURCES**

**WIRED FOR WELL-BEING**  
**Poster Set for Book C**

Enhance your school's *Wired for Well-Being* skills by displaying this set of full-colour A3 posters from **Book C** for Third Year (ages 14-15). The *Wired for Well-Being* programme is a multi-year programme that aims to introduce adolescents to evidence-based skills drawn from the fields of Positive Psychology and Neuroscience, in order to develop positive well-being habits for life.

This set of 12 posters features visual reminders of the skills learned in each lesson in **Book C** and should be displayed and referred to during the duration of the lesson.

- P1A - SKILL 1: EXCEL AT WELL-BEING** Make a commitment to yourself to excel at well-being
- P1B - SKILL 1: EXCEL AT WELL-BEING** Try to do at least 3 **Mood Boosters** every day
- P2 - SKILL 2: CULTIVATE OPTIMISM** Use an Optimistic Explanatory Style to remind yourself that most challenges are improvement, inspirational and non-permanent
- P3 - SKILL 3: GET GOOD AT STRESS** Use three self-talk phrases to help you to get good at stress
- P4 - SKILL 4: MAKE YOUR GOALS WORK FOR YOU** Remember these 3 Steps for making your goals work for you
- P5A & P5B - SKILL 5: EVOLVE WITH INTENT** Reflect on the values that will help you to reach your fullest potential and evolve into the kind of person you wish to become
- P6C - SKILL 5: EVOLVE WITH INTENT** Use these questions to make value-based decisions
- P6 - SKILL 6: STOP AND DROP** Take some time every day to Stop and Drop your attention from the Thinking/Dwelling level of your mind to the Being/Feeling level
- P7 - SKILL 7: BELIEVE YOU MAKE A DIFFERENCE**
- P8 - SKILL 8: BECOME WIRED FOR WELL-BEING**
- P9 - USING ALL OF YOUR SKILLS**

\*Please note that these posters are also available in the Book C Teacher Resource Book and on the accompanying Digital Companion Page: [www.otb.ie](https://www.otb.ie)

All posters are A3 in size and printed on high quality 300 gsm silk card. Great for the classroom or at home, these full-colour, attractive posters provide visual cues and reinforcement for adolescents and adults using the *Wired for Well-Being* Book C programme.

**OUTSIDE the BOX LEARNING RESOURCES**



[www.otb.ie/w4w](http://www.otb.ie/w4w)

TRY FOR

**FREE**



To trial a free lesson plan from each level - use the QR code or go to: [www.otb.ie/tasters](http://www.otb.ie/tasters)



|  | ISBN             | PRICE   |
|--|------------------|---------|
| <b>Wired for Well-Being Book A (First Year)</b>  |                  |         |
| Teacher Resource Book                            | 9781913225131    | € 29.95 |
| Pupil Book                                       | 9781913225162    | € 4.95  |
| Pupil Book (Pack of 10)                          | 9781913225162x10 | € 44.50 |
| Poster Set A                                     | 9781913225193    | € 19.95 |
| <b>Wired for Well-Being Book B (Second Year)</b> |                  |         |
| Teacher Resource Book                            | 9781913225148    | € 29.95 |
| Pupil Book                                       | 9781913225179    | € 4.95  |
| Pupil Book (Pack of 10)                          | 9781913225179x10 | € 44.50 |
| Poster Set B                                     | 9781913225209    | € 19.95 |
| <b>Wired for Well-Being Book C (Third Year)</b>  |                  |         |
| Teacher Resource Book                            | 9781913225155    | € 29.95 |
| Pupil Book                                       | 9781913225186    | € 4.95  |
| Pupil Book (Pack of 10)                          | 9781913225186x10 | € 44.50 |
| Poster Set C                                     | 9781913225216    | € 19.95 |



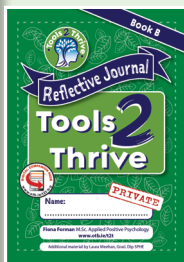
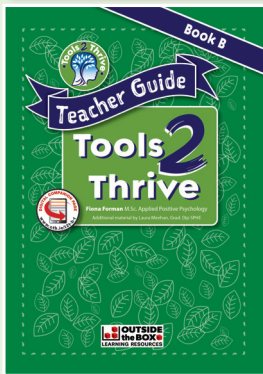
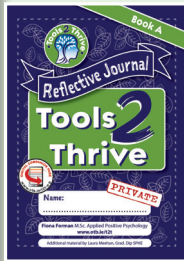
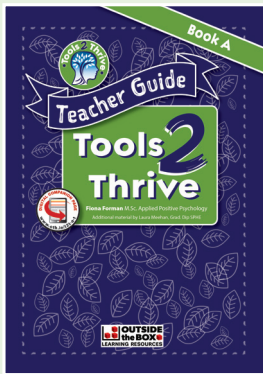
**Tools to Thrive is a two-level positive mental well-being programme, based on Positive Psychology and neuroscience. It is aimed at students aged 15 and older.**

**By Fiona Forman**

**Additional material by Laura Meehan (Graduate Diploma SPHE)**

**Supports all of the Learning Outcomes of 2 of the 3 strands of the Revised Senior Cycle SPHE curriculum.**

**\* 2 LEVELS \***



**Tools to Thrive** is a 2-level positive mental well-being programme for Senior Cycle SPHE. Each level has 8 lessons which are designed to be taught consecutively where possible. Each lesson may be taught over a one-hour class period, or maybe be split over 2 lesson periods if desired also.

Research also shows that having a high level of well-being is the greatest predictor of happiness and success in life for both adults and young people (*Layard et al., 2014*).

However, young people face ever-increasing challenges and demands as they grow into adulthood; there is a vital need to equip them with the skills and strategies that will help them to flourish and thrive despite these challenges.

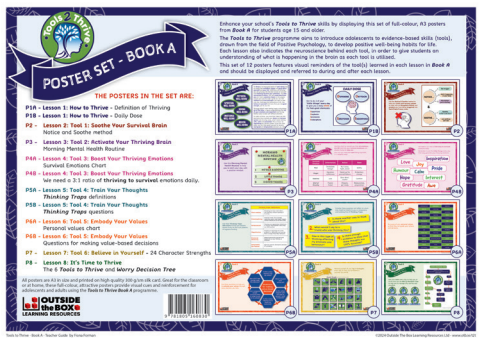
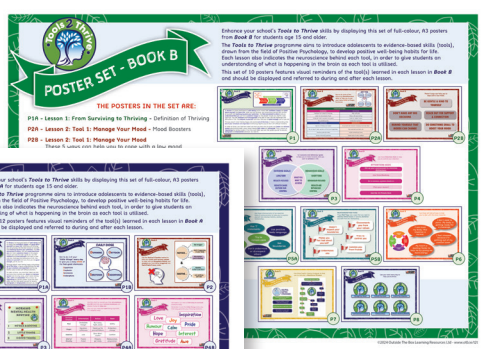
The **Tools to Thrive** programme aims to introduce adolescents to these evidence-based skills (tools), drawn from the field of Positive Psychology, to develop positive well-being habits for life. Each lesson also indicates the neuroscience behind each tool, in order to give students an understanding of what is happening in the brain as each tool is utilised.

The programme is designed in alignment with the 4 key features of effective teaching and learning in SPHE - **awareness, dialogue, reflection and action** (NCCA, 2023)

The programme aims to support teaching in all of the Learning Outcomes of 2 of the 3 strands of the Revised Senior Cycle SPHE curriculum, namely, **Health and Well-Being** and **Into Adulthood**.

The majority of these Learning Outcomes (11 of the 16), are covered within Levels A & B of the programme. The remaining 5 are covered in **Tools to Thrive: Level B Follow-On**, which comprises of 3 further online lessons.

**Recommended Ages: 15 to 17+**



|   | ISBN          | PRICE   |
|---|---------------|---------|
| Tools to Thrive Teacher Guide: Book A (5th Year)      | 9781805160489 | € 29.95 |
| Tools to Thrive Reflective Journal: Book A (5th Year) | 9781805160472 | € 4.95  |
| Tools to Thrive Poster Set A (5th Year)               | 9781805160830 | € 19.95 |
| Tools to Thrive Teacher Guide: Book B (6th Year)      | 9781805160502 | € 29.95 |
| Tools to Thrive Reflective Journal: Book B (6th Year) | 9781805160496 | € 4.95  |
| Tools to Thrive Poster Set B (6th Year)               | 9781805160847 | € 19.95 |

**TRY FOR FREE**

To trial a free lesson plan from each level - use the QR code or go to: [www.otb.ie/tasters](http://www.otb.ie/tasters)

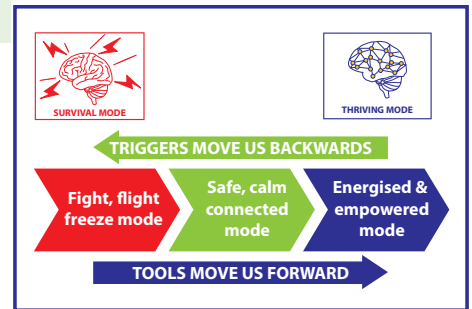
[www.otb.ie/t2t](http://www.otb.ie/t2t)



# Tools 2 Thrive

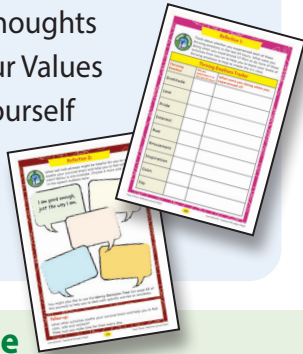
## Aim of the programme:

**Tools to Thrive** 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. A key element of the programme is its focus on helping students to understand and regulate their own nervous systems through use of a variety of evidence-based tools.



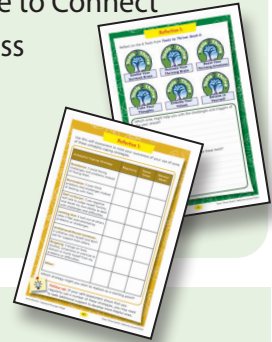
## BOOK A

- Lesson 1:** How to Thrive
- Lesson 2:** Tool 1: Soothe Your Survival Brain
- Lesson 3:** Tool 2: Activate Your Thriving Brain
- Lesson 4:** Tool 3: Boost Your Thriving Emotions
- Lesson 5:** Tool 4: Train Your Thoughts
- Lesson 6:** Tool 5: Embody Your Values
- Lesson 7:** Tool 6: Believe in Yourself
- Lesson 8:** It's Time to Thrive



## BOOK B

- Lesson 1:** From Surviving to Thriving
- Lesson 2:** Tool 1: Manage Your Mood
- Lesson 3:** Tool 2: Activate Your Goals
- Lesson 4:** Tool 3: Control Your Attention
- Lesson 5:** Tool 4: Communicate to Connect
- Lesson 6:** Tool 5: Embrace Stress
- Lesson 7:** Tool 6: Cultivate a Resilience Mindset
- Lesson 8:** It's Time to Thrive



## Structure of Programme

The programme has 8 lessons, each with the following components:

- Lesson plan** - containing relevant SPHE outcomes, lesson outcomes, introduction, subsequent development, suggested supplementary resources and posters
- PowerPoint slides** - containing all relevant material for the presentation of the lesson, including a multi-media element
- Student Reflective Journal** - containing 2 reflections per lesson, key message, and end of week reflection. *This Reflective Journal is confidential to the student and sharing reflections with the class or teacher should always be optional*
- Online Parent/Guardian Guide**
- Digital Companion Pages** - containing downloadable PowerPoints, supplementary worksheets, videos and other valuable materials to support the delivery of each level of the programme
- Posters**



**Timing:** The lessons are best suited for delivery in a one-hour time frame over 8 consecutive weeks if possible. Some lessons made need to be split over 2 time periods or adapted as necessary by the teacher.

**Lesson 5: Tool 4: Train Your Thoughts**

**Lesson 6: Tool 5: Embody Your Values**

**Lesson 8: It's Time to Thrive!**

**Lesson 4: Tool 3: Boost Your Thriving Emotions**

| Survival Emotion | Information           | Action                       | Need                     |
|------------------|-----------------------|------------------------------|--------------------------|
| Fear             | Immediate danger      | Run away, fight, avoid       | Safety                   |
| Anger            | Injustice, unfairness | Stand-up for yourself/others | Protection, change       |
| Sadness          | Loss                  | Slow down, soothe            | Comfort                  |
| Worry/Anxiety    | Future threat         | Prepare, get ready           | Reassurance, preparation |

**TRY FOR FREE**

To trial a free lesson plan from each level - use the QR code or go to: [www.otb.ie/tasters](http://www.otb.ie/tasters)

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# •Tools 2 Thrive•

The following definition of thriving is introduced and explored throughout the programme:

To **thrive** is to have good levels of **well-being** and to mostly feel **confident, happy** and **good about yourself** and **your life**. When you are thriving, you are growing into the best version of yourself and **reaching towards your potential**. You **feel connected to others** and you **understand that you** can have a **positive impact** on the people around you and the wider world too. You feel **resilient** and **trust yourself** to be able to cope with the challenges and difficulties of life. You **believe in yourself** and know that you are **good enough**, just as you are.

Thriving doesn't mean feeling happy and positive **all of the time**, it means understanding that **all of your emotions are important** and having helpful ways to deal with difficult emotions.

In order to thrive, you must first make sure that you know how to guide your **brain** and **nervous system** into thriving mode, which means feeling **safe, calm** and **connected**. This is known as **regulating** the nervous system. From this calm state, you can then guide yourself to become **energised** and **empowered** whenever you need to.

## Sample Supplementary Worksheets

**Worry Decision Tree**

Notice the worry. Ask yourself: Is there anything I can do about this?

YES: List your options. Is there any option I can do right now? YES: Make a plan. NO: Change your focus of attention.

NO: Breathe, release the worry. Change your focus of attention. Make a plan for later. Change your focus of attention.

**3 Good Things Weekly Tracker**

Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7

**Mood Tracker**

Use this tracker to identify any patterns in your mood over a week and to help you to notice any factors which might influence it. For each day, rate your overall mood from 1-10 (10 being most positive). First, rate each factor from 1-10 (10 being most positive). Then rate your overall mood that day (1-10). What patterns do you notice? How can you use this information, going forward?

|     | Mood | Thoughts | Physical health | Behaviour | Relationships | Environment | Other | Overall mood |
|-----|------|----------|-----------------|-----------|---------------|-------------|-------|--------------|
| Mon |      |          |                 |           |               |             |       |              |
| Tue |      |          |                 |           |               |             |       |              |
| Wed |      |          |                 |           |               |             |       |              |
| Thu |      |          |                 |           |               |             |       |              |
| Fri |      |          |                 |           |               |             |       |              |
| Sat |      |          |                 |           |               |             |       |              |
| Sun |      |          |                 |           |               |             |       |              |

**Outcome & Behaviour Goals**

Name Goal: \_\_\_\_\_

Behaviour Goal 1: \_\_\_\_\_

Behaviour Goal 2: \_\_\_\_\_

Behaviour Goal 3: \_\_\_\_\_

Outcome Goal: \_\_\_\_\_

Behaviour Goal 1: \_\_\_\_\_

Behaviour Goal 2: \_\_\_\_\_

Behaviour Goal 3: \_\_\_\_\_

Outcome Goal: \_\_\_\_\_

Behaviour Goal 1: \_\_\_\_\_

Behaviour Goal 2: \_\_\_\_\_

Behaviour Goal 3: \_\_\_\_\_

**Happy Hormones**

- Dopamine** → Leads to feelings of pleasure and reward
- Oxytocin** → Leads to feelings of connection to others and a sense of belonging
- Serotonin** → Helps regulate mood - linked to happiness and well-being
- Endorphins** → Produce feelings of well-being and euphoria. Often after physical exercise. Can reduce feelings of pain.

**Morning Mental Health Routine Tracker**

Action: Use the Notice & Soothe method to soothe your survival brain.

|  | M | T | W | T | F | S | S |
|--|---|---|---|---|---|---|---|
|  |   |   |   |   |   |   |   |
|  |   |   |   |   |   |   |   |
|  |   |   |   |   |   |   |   |

Reflect on Three Good Things you're thankful for that happened in the last 24 hours.

Plan at least 1 of your 'little things' to look forward to today.

At the end of each day, write down any thoughts or ideas you have.

**Aravis© font**

The **Tools to Thrive** programme uses **Aravis©** font throughout. The **Aravis©** font is an emerging typeface researched and developed by Crossbow Education that, in addition to it being a more legible font for typical readers, it also meets all possible accessibility criteria for readers with dyslexia and the visual difficulties associated with dyslexia.



