

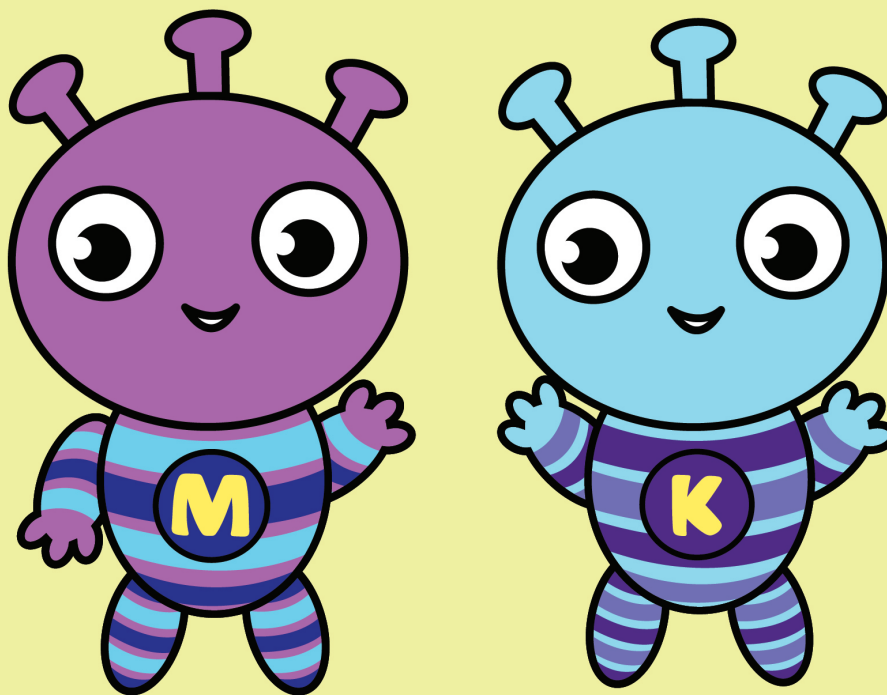


WELCOME TO WELL-BEING



BOOK A: MEET MO AND KO!

TEACHER RESOURCE BOOK



***GS Edition**

By Fiona Forman M. Sc.
(Co-author of Weaving Well-Being)

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CLASS POSTERS (CP)

Title Poster

Welcome to Well-Being - Meet Mo and Ko! (page 98)

Lesson 1: It's good to be me

Think of your 3 good things every day - CP1) (page 99)

Lesson 2: All feelings are OK

I can use my words - CP2 (page 100)

Lesson 3: I'm ready for my big feelings

Use slide breathing - CP3 (page 101)

Lesson 4: Spread happiness

Do 3 kind things every day - CP4 (page 102)

Lesson 5: It's cool to be calm

3-2-1... Listen - CP5 (page 103)

Lesson 6: It's OK to feel sad

When I'm sad I can... - CP6 (page 104)

Lesson 7: I'm proud of myself

Be proud of yourself - CP7 (page 105)

Lesson 8: It's OK to feel angry

When I'm angry I can... - CP8 (page 106)

Lesson 9: I can be brave

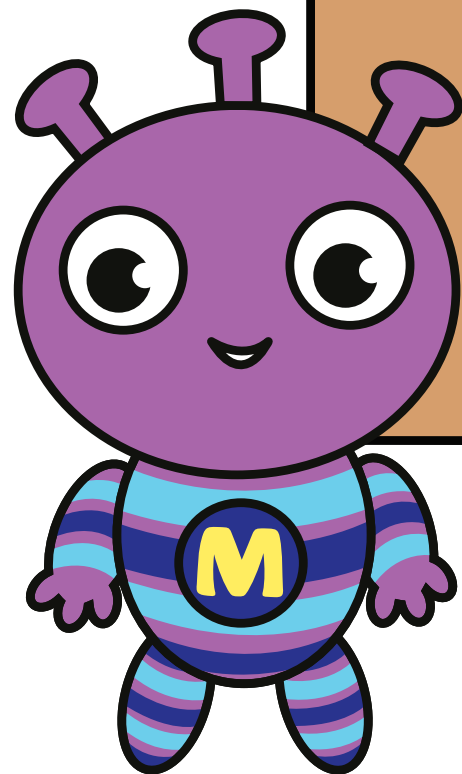
I can stand strong like a mountain -CP9 (page 107)

Lesson 10: It's good to be me

I like myself because I am... - CP10 (page 108)

Additional Posters - 10 Emotions

5 posters showing the 10 emotions (pages 109-113)



Spread happiness

**Do 3
kind things
every day**

