

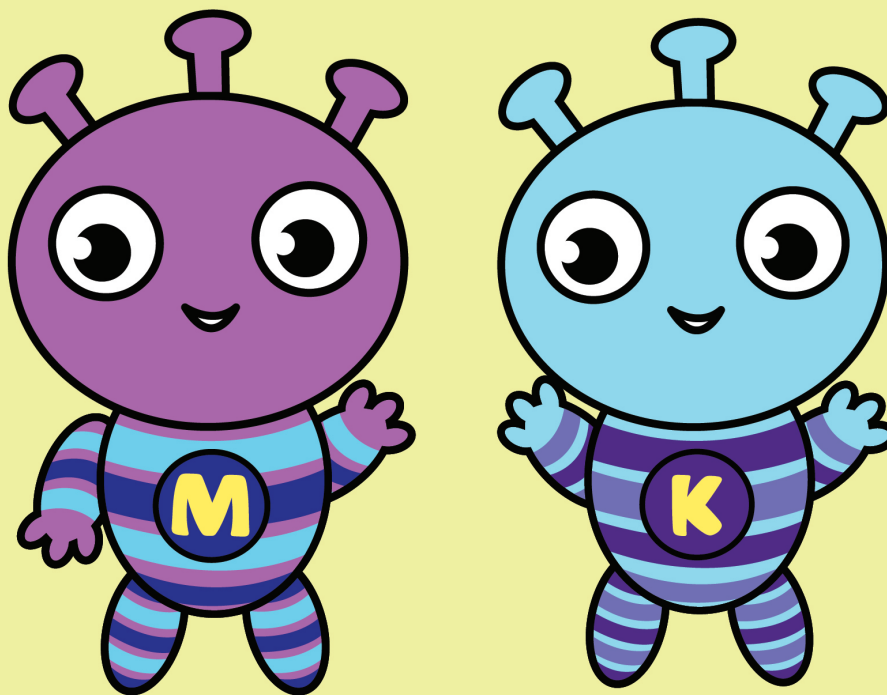


WELCOME TO WELL-BEING



BOOK A: MEET MO AND KO!

TEACHER RESOURCE BOOK



***GS Edition**

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(Co-author of Weaving Well-Being)

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SUPPLEMENTARY WORKSHEETS (SW)

Lesson 1: It's good to be me

Draw your 3 good things- SW1 (page 72)

Lesson 2: All feelings are OK

Match the faces - SW2 (page 73)

Draw your face - SW3 (page 74)

How would you feel if... - SW4 (page 75)

Lesson 3: I'm ready for my big feelings

Big feelings in my body - SW5 (page 76)

Mo and Ko's special award - For: Slide breathing - SW6 (page 77)

Slide breathing - SW7 (page 78)

Lesson 4: Spread happiness

Happiness bubbles - SW8 (page 79)

Thank you heart - SW9 (page 80)

Mo and Ko's special award - For: Spreading happiness - SW10 (page 81)

Lesson 5: It's cool to be calm

Calm colouring - SW11 (page 82)

Lesson 6: It's OK to feel sad

Helping others when they are sad - SW12 (page 83)

Lesson 7: I'm proud of myself

WOW wall - SW13 (page 84)

Mo and Ko's special award - For: Not giving up - SW14 (page 85)

Lesson 8: It's OK to feel angry

Mo and Ko's anger thermometer - SW15 (page 86)

Anger in my body - SW16 (page 87)

Mo and Ko's special award - For: Making good choices - SW17 (page 88)

Lesson 9: I can be brave

Mo and Ko's special award - For: Being brave - SW18 (page 89)

Lesson 10: It's good to be me

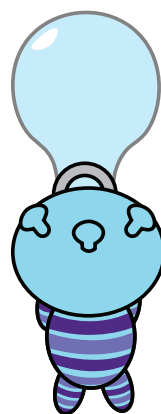
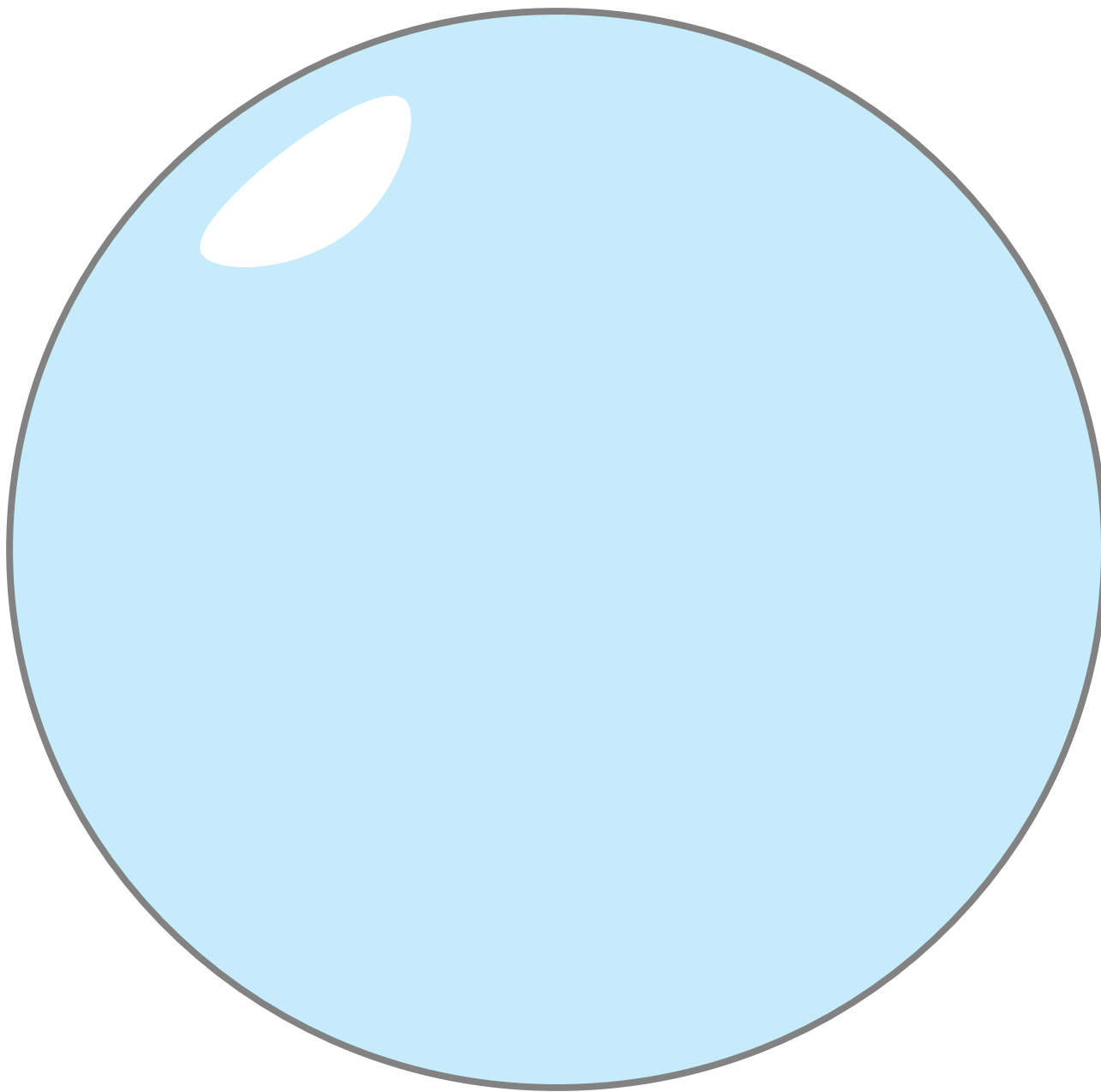
I like myself - SW19 (page 90)

Mo and Ko's special award - SW20 (page 91)

PARENT/GUARDIAN/CARER GUIDE

Parent/Guardian/Carer Information Leaflet (pages 92-95)

SW8: Happiness bubbles



SW8

SW9: Thank you heart

To: _____

Thank you

From: _____



SW9

Mo and Ko's special award

For: Spreading happiness

Awarded to: _____

Signed: _____

Date: _____



Well done!