

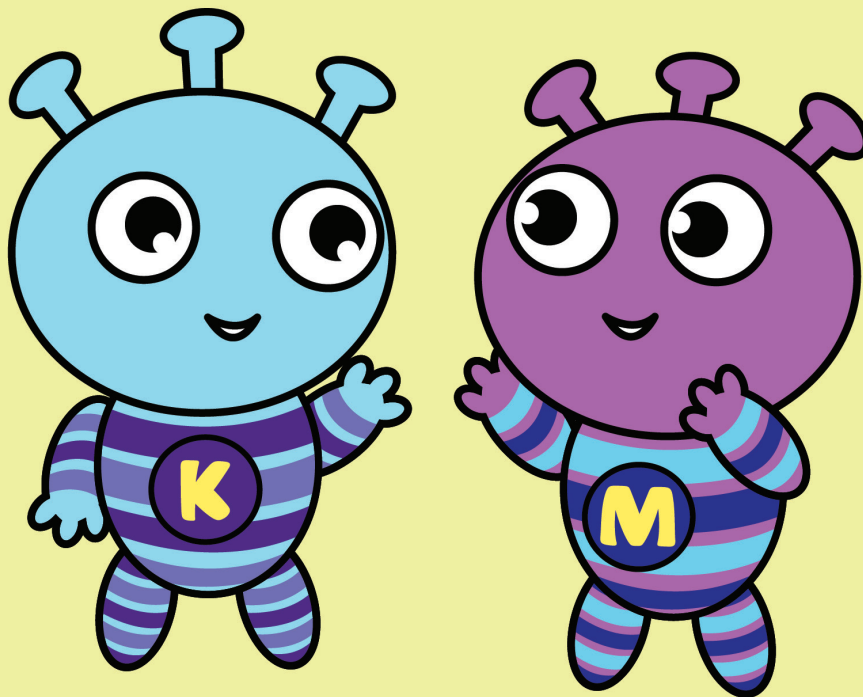


WELCOME TO WELL-BEING



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

TEACHER RESOURCE BOOK



***GS Edition**

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CLASS POSTERS (CP)

Title Poster

Welcome to Well-Being - Good to be me with Mo and Ko! (page 100)

Lesson 1: I can be my best self

I can be my best self - CP1 (page 101)

Lesson 2: I can name my feelings

I can name my feelings - CP2 (page 102)

Lesson 3: I can name more feelings

I can name more feelings - CP3 (page 103)

Lesson 4: I can tame my feelings

I can tame my feelings - CP4 (page 104)

Lesson 5: Sprinkle kindness

Sprinkle kindness - CP5 (page 105)

Lesson 6: I'm ready to relax

Chill and spill - CP6 (page 106)

Lesson 7: It's OK to feel worried

When I'm worried I can... - CP7 (page 107)

Lesson 8: Today I'm thankful

I'm thankful for my 3 good things today - CP8 (page 108)

Lesson 9: My friends have feelings too

I can look, ask and listen - CP9 (page 109)

Lesson 10: It's good to be us

We can be our best selves - CP10 (page 110)

Additional Posters - Emotions

8 posters showing emotions - CP11-CP18 (pages 111-118)

