

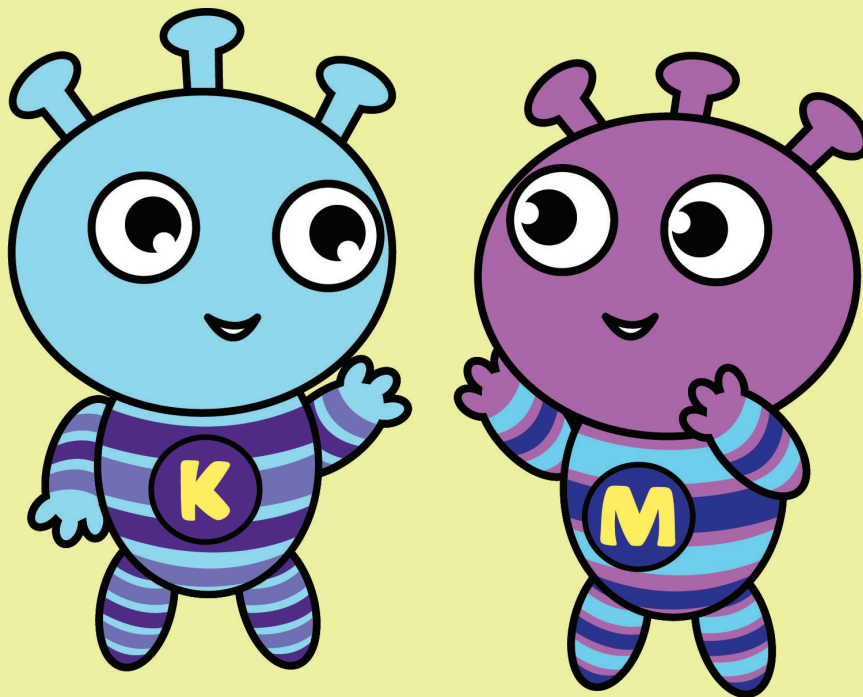


WELCOME TO WELL-BEING



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

TEACHER RESOURCE BOOK



***GS Edition**

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SUPPLEMENTARY WORKSHEETS (SW)

Lesson 1: I can be my best self

My best self- SW1 (page 72)

Mo and Ko's special award - For: Showing my best self - SW2 (page 73)

I am... - SW3 (page 74)

Lesson 2: I can name my feelings

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

Feeling frustrated - SW5 (page 76)

Lesson 3: I can name more feelings

Feelings Bingo - SW6 (page 77)

Lesson 4: I can tame my feelings

Slide breathing with Mo and Ko - SW7 (page 78)

Mo and Ko's special award - For: Taming my feelings - SW8 (page 79)

Lesson 5: Sprinkle kindness

Mo and Ko's special award - For: Sprinkling kindness - SW9 (page 80)

Kindness Bingo - SW10 (page 81)

Lesson 6: I'm ready to relax

Chill and spill - SW11 (page 82)

Calm colouring - SW12 (page 83)

Calm colouring - SW13 (page 84)

Calm colouring - SW14 (page 85)

Lesson 7: It's OK to feel worried

Goodbye worries - SW15 (page 86)

Lesson 8: Today I'm thankful

Gratitude tree display - SW16 (page 87)

Gratitude scavenger hunt - SW17 (page 88)

Lesson 9: My friends have feelings too

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

Look, ask, listen - SW19 (page 90)

Lesson 10: It's good to be us

We are - SW20a & SW20b (page 91-92)

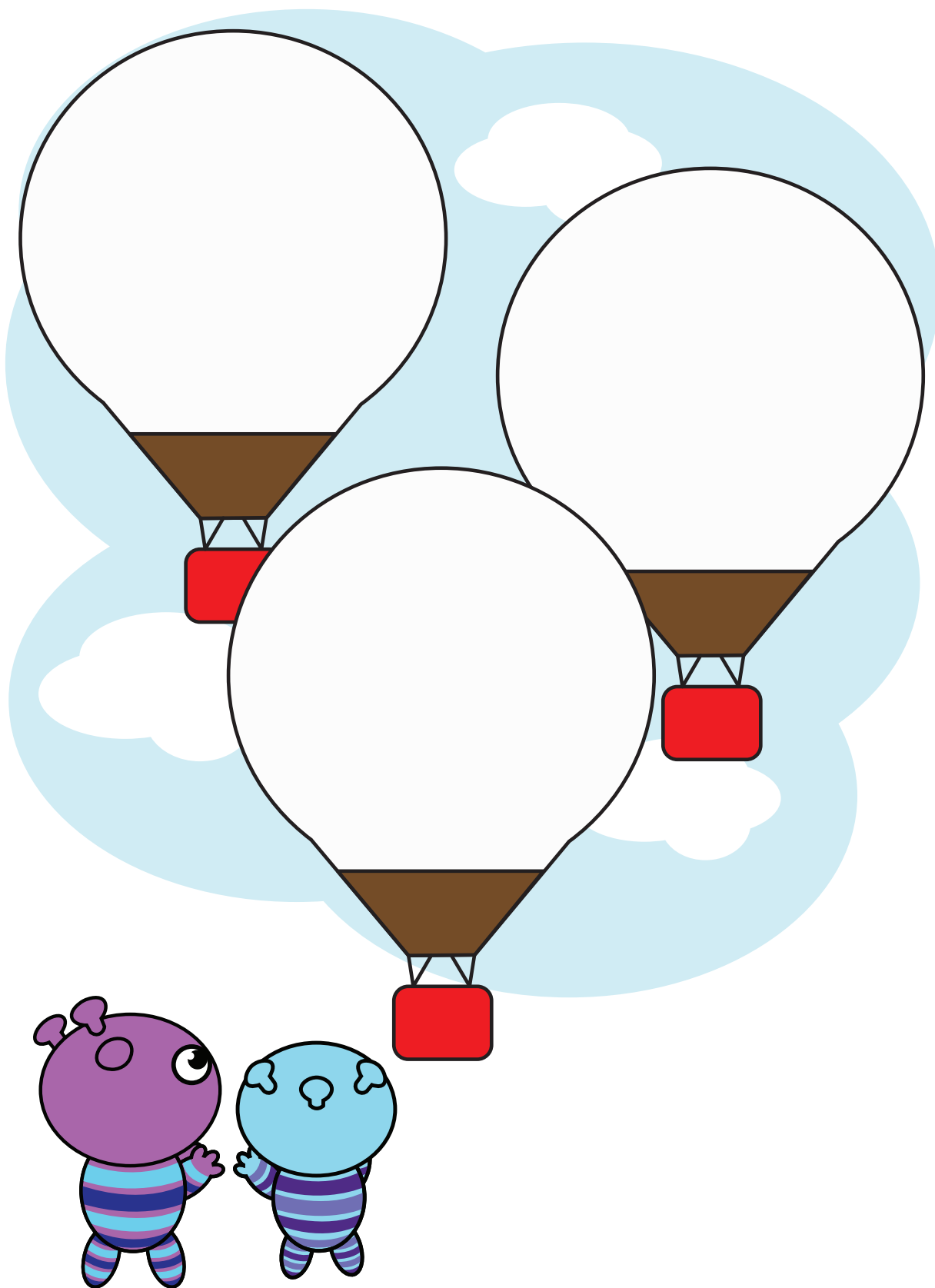
Mo and Ko's special award - SW21 (page 93)

PARENT/GUARDIAN/CARER GUIDE

Parent/Guardian/Carer Information Leaflet (pages 94-97)

SW15: Goodbye worries

Draw some of your worries in the hot air balloons and watch them floating off into the sky.



SW15