

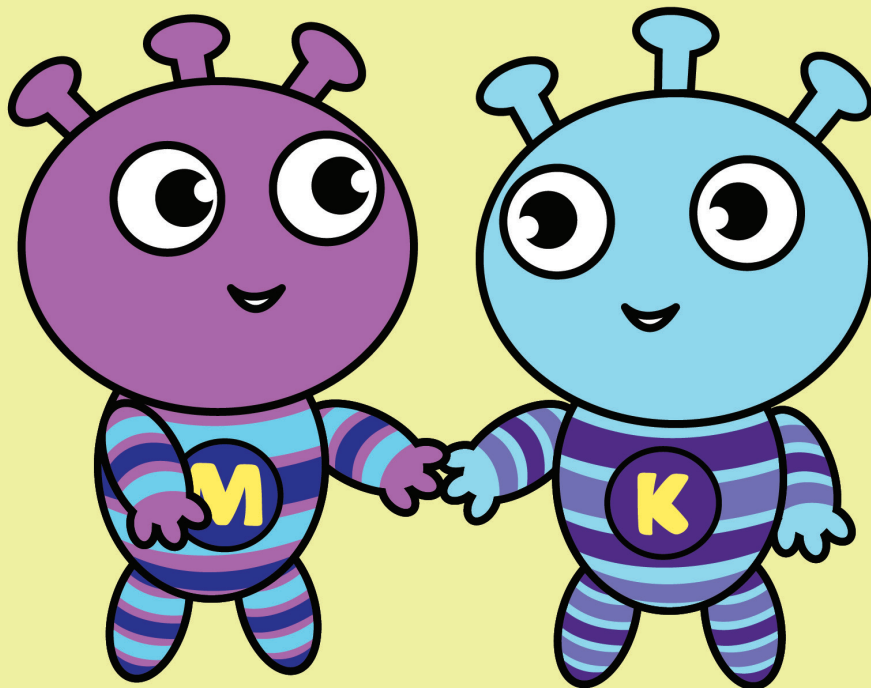


WELCOME TO WELL-BEING



BOOK C: FEELING GOOD WITH MO AND KO!

TEACHER RESOURCE BOOK



***GS Edition**

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CLASS POSTERS (CP)

Title Poster

Welcome to Well-Being - Feeling good with Mo and Ko! (page 100)

Lesson 1: We all belong

We all belong - CP1 (page 101)

Lesson 2: We can name our feelings

We can name our feelings - CP2 (page 102)

Lesson 3: We can express our feelings

We can express our feelings - Name it to tame it - CP3 (page 103)

Lesson 4: We can feel our energy

We can feel our energy - CP4 (page 104)

Lesson 5: We can change our energy

We can change our energy - CP5 (page 105)

Lesson 6: We can do hard things

We can do hard things - CP6 (page 106)

Lesson 7: We are good enough

We are good enough - CP7 (page 107)

Lesson 8: We care and share

We care and share - CP8 (page 108)

Lesson 9: We can solve our problems

We can solve our problems - Think, talk, plan act - CP9 (page 109)

Lesson 10: It's good to be us

It's good to be us - CP10 (page 110)

Additional Posters - Emotions

Posters showing emotions - CP11-CP23 A&B (pages 111-124)



**We can
express our
feelings**

**Name it
to
tame it**

