Scope and Sequence Chart for the four Well-being School Programmes (Ages 4.5 to 17+)

This chart shows the scope, sequence and linkage of 7 key skills and concepts across the four Well-Being School Programmes, namely ***Welcome to Well-Being*** (ages: 4.5 to 7.5), ***Weaving Well-Being*** (ages: 7.5 to 12+), ***Wired for Well-Being*** (ages: 12 to 15+) and ***Tools to Thrive*** (ages: 15 to 17+). This provides students with the opportunity to gain a deeper understanding of each concept as they progress through primary and second level education. Having a multi-year structure in which skills and competencies are reinforced throughout the levels is a key element of effective social and emotional learning programmes.

Programmes	Skills and Concepts						
	Language of Well-Being	**Self-Efficacy and Resilience**	**Character Strengths**	**Cognitive Reframing**	**Emotional Competence and Regulation**	**Social Competence**	**Self-Compassion and Self-Worth**
Welcome to Well-Being *Forman, 2021*	**All levels:** Informal introduction to the language of well-being through use of characters (Mo and Ko)	**All Levels:** Introduction to core emotional regulation skills to build resilience, including strategies to deal with worry and other strong emotions	**All levels:** Informal introduction to 10 strengths, including bravery, kindness, teamwork, perseverance and zest	**Levels B and C:** Introduction to helpful self-talk	**All levels:** Labelling emotions Welcoming all emotions Upregulating positive emotions, including joy, pride, gratitude, love and serenity Downregulating negative emotions, including worry, sadness and anger	**All levels:** Introduction to pro-social behaviours, including kindness and empathy	**All levels:** Introduction to self-compassion and the concept of being 'good enough'
Weaving Well-Being *Forman & Rock, 2017*	**All levels:** Formal introduction to the language and key indicators of well-being Well-Being Self-Assessment	**All levels:** Informal approach to building self-efficacy through provision of an array of strategies and skills **4th Class:** Exploration of 6 specific resilience skills, including mindfulness, perspective and healthy distraction **6th Class:** Further exploration and development of self-efficacy beliefs, including Growth Mindset	**2nd Class:** Exploration of all 24 strengths and identification of top 5 strengths **4th Class:** Revision of all 24 strengths **All Levels:** Reminders of Character Strength vocabulary	**4th Class:** Challenging and reframing Automatic Negative Thoughts (ANTS) **6th Class:** Exploration of self-talk, self-efficacy beliefs and Thinking Traps, including catastrophising and mind-reading	**3rd Class:** Further development and reinforcement of strategies for upregulating positive emotions **4th Class:** Further development and reinforcement of strategies for downregulating negative emotions, including mindfulness and exploration of 'Amygdala Hijack'	**All levels:** Reinforcement of pro-social behaviours **5th Class:** Further exploration of 8 specific skills for building positive relationships, including conflict resolution, active listening, empathy and forgiveness	**All levels:** Reinforcement of the concept of self-acceptance and awareness of personal Character Strengths

For further information on the above programmes go to:

Welcome to Well-Being: www.otb.ie/w2w Weaving Well-Being: www.otb.ie/wwb Wired for Well-Being: www.otb.ie/w4w Tools to Thrive: www.otb/t2t