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

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**
Wired for Well-Being *Forman, 2022*	**Levels A and B:** Reinforcement of the language and key indicators of well-being Well-Being Self-Assessment **Level C:** Further exploration of a variety of definitions of well-being Well-Being Self-Assessment	**All levels:** Informal approach to building self-efficacy through provision of an array of strategies and skills based on neuroplasticity **Level B:** Further exploration and development of specific resilience skills, including emotional regulation and cognitive reframing **Level C:** Further exploration and development of skills for coping with stress	**Level B:** Exploration of all 24 strengths and identification of top 5 strengths **Level C:** Revision of all 24 strengths and cultivation of the specific strength of optimism	**All Levels:** Further development and exploration of helpful self-talk, Thinking Traps and dealing with ANTs, based on neuroplasticity	**All levels:** Further development and reinforcement of emotional regulation skills and strategies, including further exploration of 'Amygdala Hijack' and mindfulness, based on neuroplasticity	**All levels:** Further development and reinforcement of pro-social behaviours and skills, including kindness, uplifting others and making a difference, based on neuroplasticity	**All Levels:** Further development and reinforcement of self-compassion, embracing imperfection, connection to personal values and awareness of personal Character Strengths, based on neuroplasticity
Tools to Thrive *Forman, 2024*	**Both Levels:** Formal introduction & reinforcement of the language of well-being and thriving, with specific reference to nervous system regulation Exploration of the challenges to well-being and thriving posed by contemporary culture	**Both Levels:** Formal approach to the development of self-efficacy and resilience through provision of an array of skills and tools to support and soothe the nervous system **Level B:** Further exploration of methods and tools to support the nervous system in order to build resilience	**Both Levels:** Introduction to all 24 strengths, identification of top 5 personal strengths **Level B:** Exploration of the link between Character Strengths and resilience	**Both Levels:** Exploration and development of 6 specific Thinking Traps Challenging ANTS	**Both Levels:** Exploration and understanding of emotions in terms of survival emotions/thriving emotions **Level B:** Specific tools for mood management and coping with stress	**Both Levels:** Definition of and exploration of importance of social well-being **Level B:** Further development of social competence through the promotion of assertive communication	**Both Levels:** Exploration of the importance of developing self-compassion and self-worth through tools including compassionate self-talk, identification of unique Character Strengths and value-based decision-making

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