

Weaving Well-Being Information for Parents/Guardians/Carers



Dear Parents/Guardians/Carers,

As your child will be using the Weaving Well-Being Program in school this year, you may find the following information useful.

Weaving Well-Being is a positive mental health program which teaches children evidence-based skills and strategies to develop their well-being. The program is based on the principles of Positive Psychology – the science of well-being.



The aim of the program is to empower children to become active participants in creating, maintaining and boosting positive mental health throughout their lives.

Key Features

The program is multi-level, with a specific age-appropriate Student Book for children in Years 2–6.

- Each level has 10 lessons.
- There is a pull-out Parent Guide at the centre of each Student Book.
- Each lesson has a homework activity designed to encourage parental involvement and help to embed the concepts in the children's daily lives.
- After the 10 lessons have been completed, parents should encourage their children to use the skills and strategies wherever possible.
- Each level explores a particular concept from Positive Psychology.
- The program is ideally designed to build skills and strategies incrementally over a five-year period by providing children with the opportunity to revise and deepen their understanding of concepts year-on-year.

Year Level Themes

Each year level explores a specific concept and a child-centred theme is used to engage and interest the children.

• Year 2: Character Strengths

Theme: Treasure

Each of the 24 Character Strengths of Positive Psychology (such as Teamwork, Bravery, Kindness, Love of Learning, Creativity, Humour) are presented as Treasure Coins which they can use and develop within themselves.

• Year 3: Positive Emotions

Theme: Positive Emotion Potion

Children are introduced to the concept of Positive Emotions such as love, joy, hope, pride, gratitude and peace. They learn about five evidence-based interventions designed to cultivate positive emotions, for example, Attitude of Gratitude, Random Acts of Kindness and Healthy Body, Happy Mind.

• Year 4: Resilience

Theme: Tools of Resilience

Children are introduced to six strategies to promote resilience, including mindfulness and thought-disputation.

• Year 5: Positive Relationships

Theme: Steps to Positive Relationships

Children are introduced to eight steps to develop Positive Relationships, including respect and empathy.

• Year 6: Empowering Beliefs

Theme: Batteries

Children are introduced to eight strategies to promote self-belief and well-being, including helpful self-talk and self-acceptance.