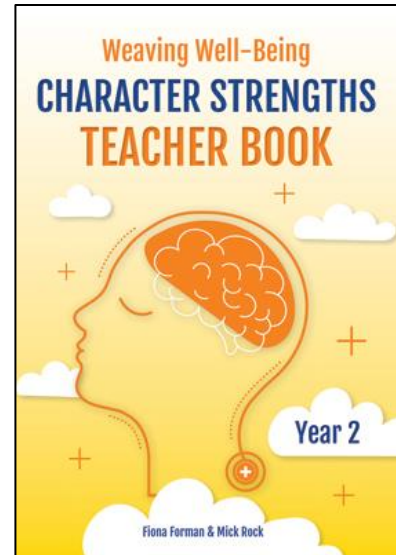


# Weaving Well-Being: Character Strengths – Teacher Book

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## Summary

*Weaving Well-Being* is a research-based mental health program that aims to enhance well-being in children aged 7–12. Each book in this series introduces students to age-appropriate concepts and skills drawn from the field of Positive Psychology, the science of well-being.

The ten lessons in this Character Strengths program are designed to help Year 2 students understand what well-being means, before exploring the 24 different character strengths that contribute to a happy and healthy life. By identifying their top five strengths and practising them on a regular basis, students grow in confidence, self-esteem and appreciation of the unique gifts of their peers.

Each lesson consists of a downloadable PowerPoint introduction, along with suggested development ideas and activities for students to complete. The accompanying Student Book allows children to reflect on their learning as they gradually build a highly personal portfolio of work.

Weekly homework activities give students the opportunity to explore how their well-being can be integrated into their daily lives. The included pull-out guide provides parents with all the information they need to actively support their child throughout the program.

## Other Resources

- *Weaving Well-Being: Character Strengths – Student Book* (HB5268)
- *Weaving Well-Being: Positive Emotions – Teacher Book* (HB5275)
- *Weaving Well-Being: Positive Emotions – Student Book* (HB5282)
- *Weaving Well-Being: Tools of Resilience – Teacher Book* (HB5299)