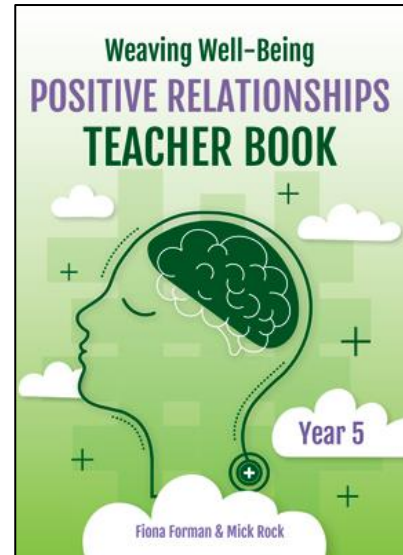


Weaving Well-Being: Positive Relationships – Teacher Book

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Focus Area: Health and Wellbeing
Key Learning Area: Health and Physical Education
Supplemental Resource: Download reproducible resources at go.hbe.com.au



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.

Research has shown that people who maintain positive relationships throughout their lives experience better health and lower levels of stress. The ten lessons in the Positive Relationships program equips Year 5 students with eight practical strategies they can use on a daily basis to cultivate strong relationships with their peers, friends and family.

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: Tools of Resilience – Student Book* (HB5329)
- *Weaving Well-Being: Empowering Beliefs – Teacher Book* (HB5336)
- *Weaving Well-Being: Positive Relationships – Student Book* (HB5329)
- *Weaving Well-Being: Tools of Resilience – Teacher Book* (HB5299)