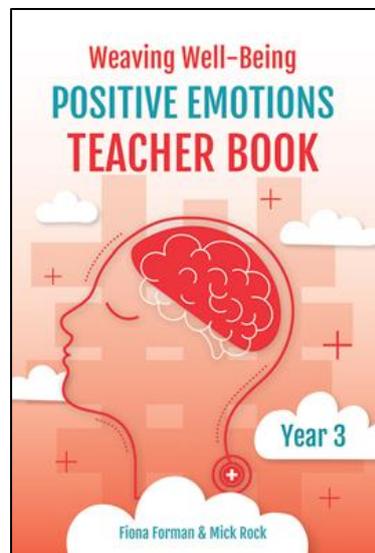


# Weaving Well-Being: Positive Emotions – Teacher Book

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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.

A growing body of research has shown that experiencing small moments of positive emotion every day is more important to an individual's well-being than experience more intense moments less frequently. The ten lessons in the Positive Emotions program are designed to help Year 3 students to identify and cultivate positive emotions using five specific strategies. Each strategy is presented as an ingredient in the child's "Positive Emotion Potion", which can then be used as a daily resource for maintaining their well-being.

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: Character Strengths – Teacher Book* (HB5251)
- *Weaving Well-Being: Positive Emotions – Student Book* (HB5282)
- *Weaving Well-Being: Tools of Resilience – Teacher Book* (HB5299)