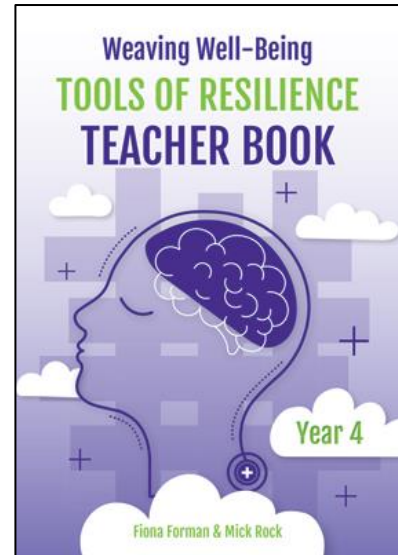


Weaving Well-Being: Tools of Resilience – Teacher Book

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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.

Resilience is one of the key elements in maintaining positive mental health and well-being. The ten lessons in the Tools of Resilience program are designed to equip Year 4 students with six practical strategies to help them deal with the challenges of daily life and bounce back from disappointments and setbacks when they arise.

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: Positive Emotions – Teacher Book* (HB5275)
- *Weaving Well-Being: Positive Emotions – Student Book* (HB5282)
- *Weaving Well-Being: Positive Relationships – Teacher Book* (HB5312)