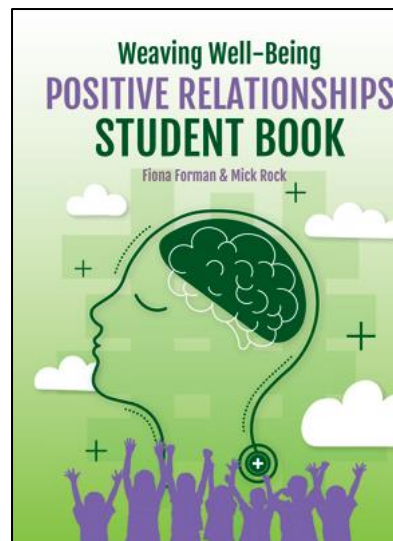


Weaving Well-Being: Positive Relationships – Student Book (Set of 5)

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Year Level: Year 5
Focus Area: Health and Wellbeing
Key Learning Area: Health and Physical Education



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.

This Student Book allows children to reflect on the lessons found in the accompanying Teacher Book 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 – Teacher Book* (HB5299)
- *Weaving Well-Being: Tools of Resilience – Student Book* (HB5305)
- *Weaving Well-Being: Positive Relationships – Teacher Book* (HB5312)
- *Weaving Well-Being: Empowering Beliefs – Teacher Book* (HB5336)