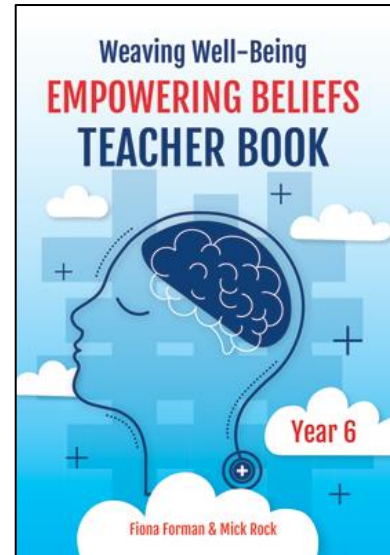


Weaving Well-Being: Empowering Beliefs – Teacher Book

Author(s): Fiona Forman and Mick Rock

Date Available:	May 2019
ISBN:	9781760565336
Code/SKU:	HB5336
RRP:	\$24.95
Format/Page No.:	A4, 82 pages
Year Level:	Teachers and Administrators
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 suggests that an individual's beliefs have a powerful effect on their thoughts and behaviours. Beliefs can become a filter through which subsequent events and situations are interpreted. The ten lessons in the Empowering Beliefs program are designed to invite Year 6 students to adopt beliefs that will motivate and encourage them to take action when presented with new challenges while learning to deal constructively with failure.

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: Positive Relationships – Teacher Book* (HB5312)
- *Weaving Well-Being: Empowering Beliefs – Student Book* (HB5343)
- *Weaving Well-Being: Positive Relationships – Student Book* (HB5329)
- *Weaving Well-Being: Tools of Resilience – Teacher Book* (HB5299)