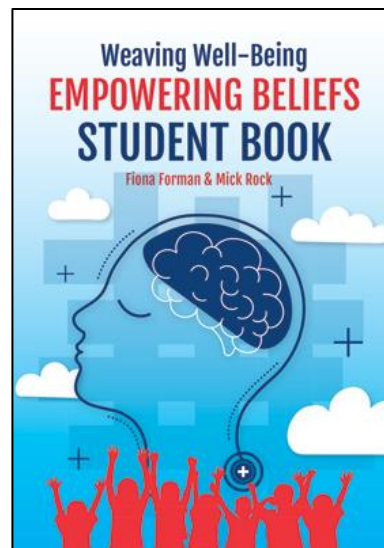


Weaving Well-Being: Empowering Beliefs – Student Book (Set of 5)

Author(s): Fiona Forman and Mick Rock

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ISBN: 9781760565343
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RRP: \$34.95 (Set of 5)
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Year Level: Year 6
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 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.

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: Empowering Beliefs – Teacher Book* (HB5336)
- *Weaving Well-Being: Tools of Resilience – Teacher Book* (HB5299)
- *Weaving Well-Being: Positive Relationships – Teacher Book* (HB5312)
- *Weaving Well-Being: Positive Relationships – Student Book* (HB5329)