

# Weaving Well-Being Poster Set

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## Summary

Enhance your school's Weaving Well-Being lessons with this set of full-colour SRA3 posters. Weaving Well-Being is a research-based mental health program that aims to improve the well-being of children aged 7–12. This set of nine posters features the tools and strategies introduced in each level of the program:

- The Meaning of Well-Being
- Character Strengths
- Ladder of Perseverance
- Positive Emotion Potion
- Positivity Weighing Scales
- Tools of Resilience
- N.A.A.B
- Positive Relationships – Taking the 8 Steps
- Empowering Beliefs

## 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: Positive Emotions – Teacher Book* (HB5275)
- *Weaving Well-Being: Tools of Resilience – Student Book* (HB5329)
- *Weaving Well-Being: Tools of Resilience – Teacher Book* (HB5299)
- *Weaving Well-Being: Positive Relationships – Student Book* (HB5329)
- *Weaving Well-Being: Positive Relationships – Teacher Book* (HB5312)
- *Weaving Well-Being: Empowering Beliefs – Student Book* (HB5343)
- *Weaving Well-Being: Empowering Beliefs – Teacher Book* (HB5336)