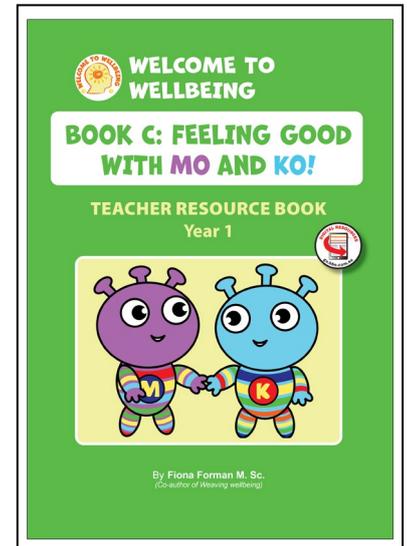


Welcome to wellbeing

Book C: Feeling good with Mo and Ko! Teacher resource book

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Date Available	February 2022
ISBN	9781760944506
Code/SKU	TBX4506
Price	\$29.95
Format	210 × 297 mm, 132 pages
Type	Classroom resource
Level	Primary
Topics	Wellbeing and mental health Child development Equity and inclusion
Supplementary resources	Download reproducible resources at go.hbe.com.au



Summary

As teachers we can do so much to nurture wellbeing from an early age by giving students the social, emotional and psychological skills they need to flourish. *Welcome to wellbeing* is a multi-year program for students in Kindergarten to Year 1. It is designed to enhance students' wellbeing across all dimensions – social, emotional, spiritual, physical and mental. Enhancing student wellbeing can lead to a wide variety of other successful outcomes including increased academic performance, better relationships and increased resilience (Waters, 2011; Park & Peterson, 2008).

The program is based on positive psychology, which is the science of wellbeing. The specific aims of *Welcome to wellbeing – Book C: Feeling good with Mo and Ko!* are:

- to increase students' understanding of sixteen emotions (many of which are explored at previous levels) – calm, proud, excited, confident, disappointed, lonely, miserable, embarrassed, annoyed, jealous, furious, frustrated, worried, terrified, anxious and frightened – grouped under the headings happy, sad, angry and afraid
- to encourage students to accept and express all of their emotions in a positive way and to understand that emotions show us what is important to us
- to provide students with the opportunity to up-regulate positive emotions like pride, calm, gratitude, joy, love, interest and hope
- to provide students with the opportunity to regulate and express strong feelings
- to continue teaching students the idea of character strengths such as bravery, love, kindness, fairness, gratitude, zest, perseverance and teamwork

- to promote in students feelings of self-confidence, self-compassion and self-worth through the concept of being good enough
- to promote resilience and self-efficacy by giving students strategies to deal with their strong emotions and everyday problems
- to support students to develop prosocial relationships by encouraging empathy, acts of kindness and appropriate expression of emotions
- to give students the opportunity to explore the links between their physical, mental, social and emotional wellbeing by developing awareness of their physical energy and how they can influence it.

The program follows two small gender-neutral aliens called Mo and Ko who have come from the planet Zo to help students to feel happy, strong, kind, brave, loving and well. Each week they introduce students to a new idea and set a challenge for students to try it out for the week – at home as well as at school. A pull-out guide for parents, guardians and carers is included in each student book to encourage support and involvement in the home.

Other resources

- *Welcome to wellbeing – Book A: Meet Mo and Ko! Teacher resource book* (TBX4469)
- *Welcome to wellbeing – Book A: Meet Mo and Ko! Student book* (TBX4452)
- *Welcome to wellbeing – Book B: Good to be me with Mo and Ko! Teacher resource book* (TBX4483)
- *Welcome to wellbeing – Book B: Good to be me with Mo and Ko! Student book* (TBX4476)
- *Welcome to wellbeing – Book C: Feeling good with Mo and Ko! Student book* (TBX4490)