

Lesson 1

LET'S LEARN HOW TO WEAVE OUR WELL-BEING!



Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

Think about what Well-Being means to you.

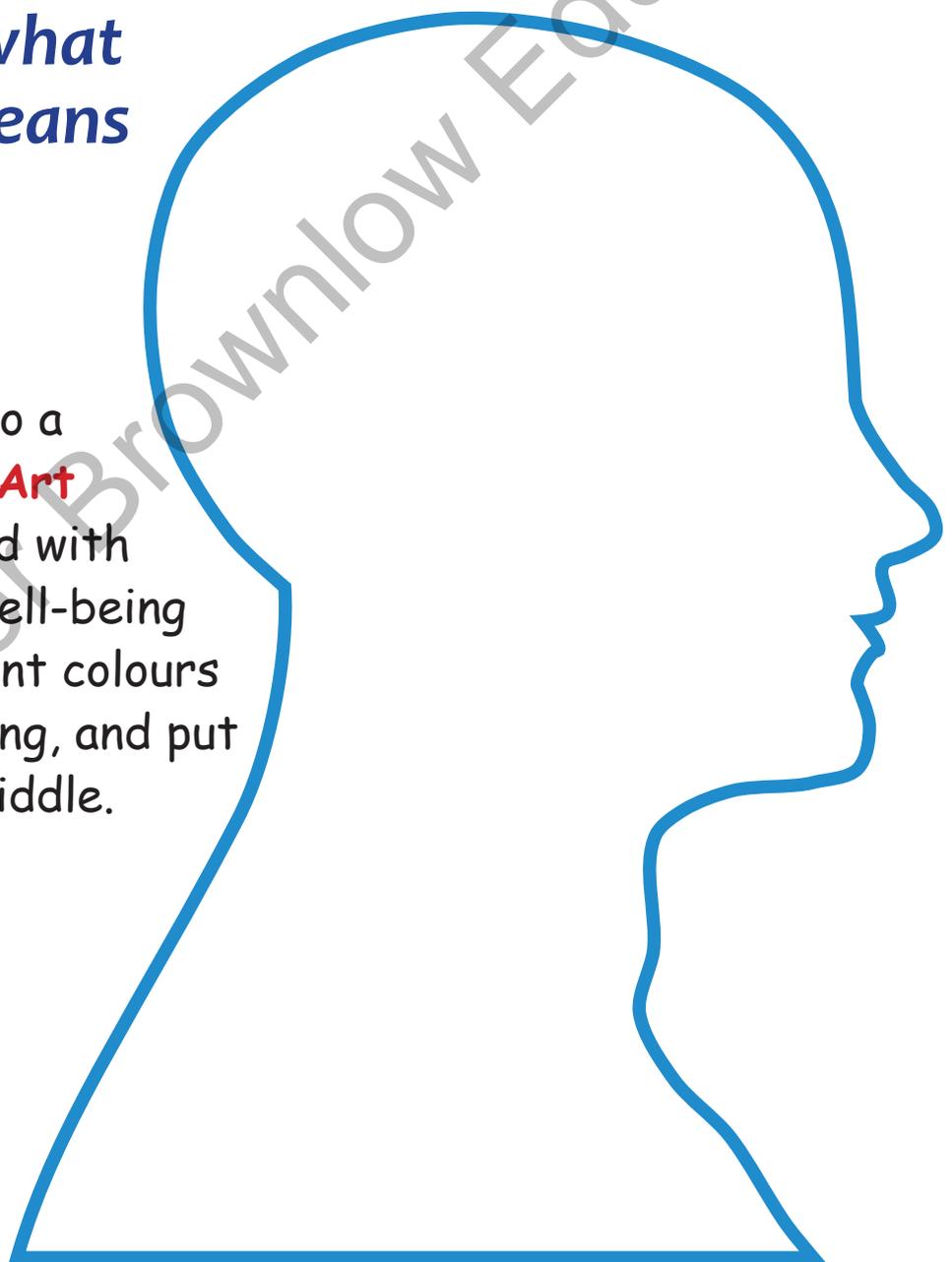
Activity 1

Now do a **Well-Being Word Art** - decorate the head with lots of different well-being words: Use different colours and styles of writing, and put your name in the middle.



Did you complete any other levels of the Weaving Well-Being

Program? If you did, don't forget to keep using everything you learned so far to boost your well-being! At the back of this book you'll find reminders of other previous levels.





Lesson 2 Homework: Positive Emotion Tracker

Mon Tue Wed Thur Fri

Look at this list of positive emotions. Each evening this week, put a tick beside any positive emotion that you felt that day. Think about what you were doing at that time.

Pride					
Amusement					
Love					
Interest					
Awe					
Gratitude					
Belonging					
Zest					
Excitement					
Peace					

Parental Signature/Comment:



PARENTAL PULL-OUT

Parents: Please remove this centrefold carefully to avoid damaging the staples!

Positive Emotions Program – Parent Guide

This short booklet is designed to give parents a brief introduction to the “*Weaving Well-Being*” program and to help them support their children as they complete the **Positive Emotions** section of the program. The **Weaving Well-Being** program is a well-being program for children specifically designed to promote positive mental health and flourishing in children. The skills are based on current research from the field of **Positive Psychology**.

What is Positive Psychology?

Positive Psychology is concerned with the science of well-being, personal growth and resilience. It is founded on the concept of identifying and developing personal strengths. Positive Psychology uses evidence-based activities which help people to flourish, grow and engage with life on an optimal level whenever possible. Our lessons and activities introduce children to many of these strategies and activities which can empower them to become active participants **in creating, maintaining and boosting positive mental health** throughout their lives.

The **Positive Emotions** program consists of ten lessons which are designed to promote and cultivate positive emotions using five specific strategies. These are: **Expressing Gratitude, Understanding and Experiencing Flow Activities, Performing Acts of Kindness, Noticing Positive Events** and finally **Keeping Fit and Healthy**. Each strategy has a specific “tool” or “ingredient” – represented by an image to help the children understand and remember the concepts involved. Each child has a Student Book, which gradually builds into a highly personal portfolio which reflects their use and understanding of each tool.

Why are Positive Emotions important and how can we cultivate them in our children?

A growing body of research shows that positive emotions are linked to increased well-being across a number of areas. The benefits of genuinely felt positive emotions include increased resilience, better immune system functioning, improved creative problem-solving and enhanced feelings of connection to others.

Research also suggests that it is the frequency, rather than the intensity of positive emotions which enhances well-being. This means that experiencing many small moments of positive emotion regularly is more important to well-being than experiencing more intense moments every so often.

In line with this research, this **Positive Emotions** program introduces children to five evidence-based strategies through the lesson plans to boost positive emotion on a daily basis. Each of these strategies uses ingredients which make up a **Positive Emotion Potion**. The children are given an opportunity to observe and record the effects of each strategy on their sense of well-being. After trying out all of the strategies on an individual basis, the children are then encouraged to put all of their “ingredients” together and use their **Positive Emotion Potion** on a daily basis.

To gain maximum benefit from the tools, your child should be encouraged to use them as much as possible. There is a homework task each week which encourages practical use of the strategies and tools. In order to help and encourage your child, you may find the following information useful.



Lesson 1: What is Well-Being?

In this lesson, children discuss and learn what well-being means and the implications of taking care of our well-being in our daily lives. Children learn that well-being is linked with feeling good in both our body and mind and it allows us to cope with little problems, enjoy life and accept ourselves just as we are. Other benefits of caring for our well-being are discussed in terms of friendships and feeling connected with others, having energy and being proud of our efforts. Children are encouraged to try to remember a time when they felt any of these signs of taking care of their well-being and reconnect with that feeling.

How to support your child: Talk to your child about the importance of taking care of their well-being. Discuss why your child selected particular well-being words in their Student Book and what it means to them. Give examples of your own understanding of well-being words and link situations in your life to times when you took care of your own well-being. Discuss how you can care for or enhance your well-being as a family.

Lesson 2: Positive Emotions

In this lesson children discuss that all emotions or feelings are normal, natural and important. A special group of emotions called **Positive Emotions** are discussed. Understanding that it is not possible to have positive emotions all the time is examined, but children learn that having plenty of positive emotions every day can help our well-being. Scientific research showing that we should have three positive emotions to balance one negative emotion is explored.

How to support your child: Encourage your child to explain when they have felt any of the positive emotions outlined in their **Positive Emotions Student Book**. Give examples of times when you recall feeling any, or all of these positive emotions too. Reinforce that it is not possible to have positive emotions all the time and that all feelings, positive and negative, are normal and natural. Discuss the **Positive Emotion Tracker** in their Student Book each night with your child, encouraging them to link the positive emotion to the activity that caused that emotion.

Lesson 3: Positive Emotion Potion

In this lesson, children are introduced to the idea that there are five special activities which can boost our positive emotions. These five activities are the ingredients in a **Positive Emotion Potion**. The meaning of a potion is discussed and children are encouraged to represent how they visualise their own **Positive Emotion Potion** in art form. The positive emotions experienced in the previous week's tracker are explored and children link their favourite positive emotion to the activity completed that week.

How to support your child: Discuss the meaning of each of the positive emotions in this week's homework (**Pride, Interest, Belonging, Excitement, Amusement, Awe, Zest, Peace, Love and Gratitude**). Give examples of what might give rise to this emotion for you. Encourage your child to choose one positive emotion which is meaningful to them and discuss activities that will help your child feel this emotion. Discuss the benefits for your child of feeling that emotion.