

## Introduction to Weaving Well-Being

Welcome to the

Weaving Well-Being Positive Relationships Program.

Soon we will be learning about how our **relationships** affect our well-being. If you have completed the Weaving Well-Being Program before, you may remember this definition:

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!

Our **relationships** with other people can really make a difference to many aspects of our well-being. There are a number of steps we can take to improve our relationships. We will be learning about eight of them, which together spell out the word "RELATING"!

**Weaving Well-Being the more you weave, the better you feel!**



So let's get started and discover how our relationships can help us to weave our well-being!



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 1

# The Importance of Positive Relationships

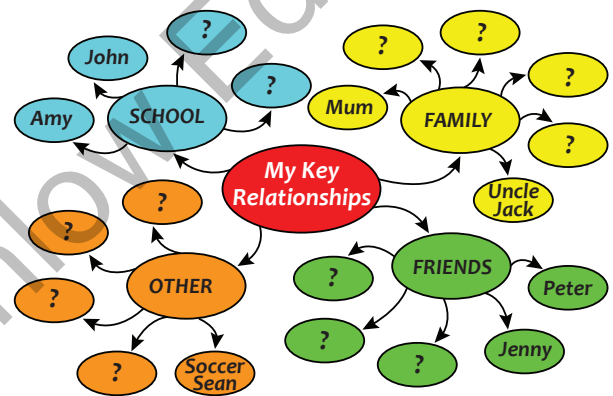


Our **relationships** are very **important**. The support we give each other can help us to become **happier**, **healthier** and more **successful**. We should aim to create positive relationships with others whenever possible. This program provides **eight steps** to do this. Of course, we need to remember that creating positive relationships **isn't always easy** and takes **time**, **effort** and **patience**. We may get frustrated and annoyed at times but, like anything, the more effort we put in, the more positive our relationships can become!

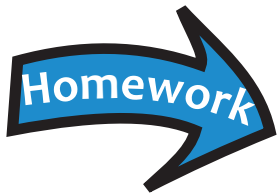
## Activity 1

Draw a map of the various relationships in your life in the box provided. Start with categories (e.g. family) and then write the names of the people in each category (see example).

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As you will see there are lots of people in our lives who support us and, of course, we can support them too!



## Lesson 1 Homework: The Importance of Relationships

Pick one of the people on your Relationship Map from Activity 1 and write down one way they have helped or supported you recently.

Name of Person \_\_\_\_\_

This person helped or supported me by:

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Pick a person on your Relationship Map (it can be the same person) and write down one way you have helped or supported that person recently.

Name of Person \_\_\_\_\_

I helped or supported this person by:

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Parental signature/comment:

Parents should sign this box to show that they have discussed each homework activity and to give any feedback if they wish.



## Self Forgiveness

We also have to learn to forgive ourselves when we feel that we have made a mistake or did something that was wrong. No one is perfect and everyone makes mistakes from time to time. In fact, mistakes can be a great opportunity to grow.

Think of a time that you feel you did something wrong and you felt bad about it and answer the following questions.

What did you learn from the mistake you made?

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Did anything else positive come out of this experience?

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What will you do differently in future?

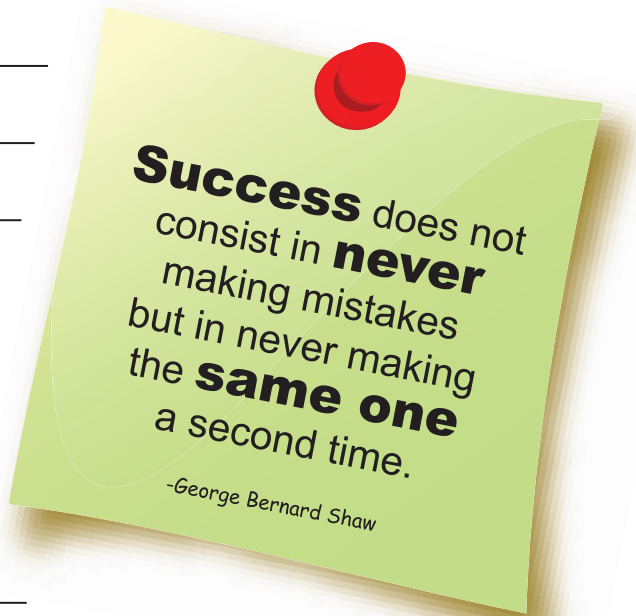
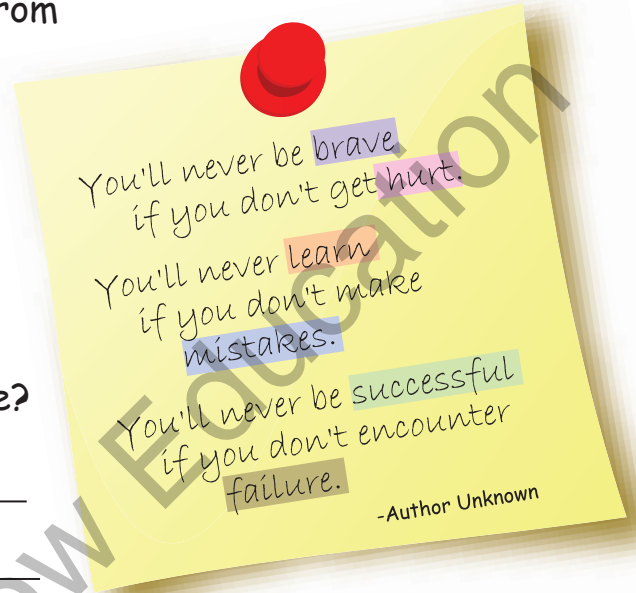
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Now forgive yourself for making this mistake and decide to move forward rather than looking back. You can't change the past!



## Lesson 6 Homework: Forgiveness Letter (Not to be sent)

**Think** about a time when you felt hurt about something that was done to you. Perhaps it was something that was said or a particular action that hurt you.

Now **write** a rough outline of a letter that you could have sent to that person saying why you were upset and how the event made you feel. Show forgiveness by **stating** in the letter that you now forgive them for what they did.

**When you are finished tear up the letter** and throw it in your bin along with any negative feelings you had. Then answer the following questions.



Write a very brief description of the negative event.

Can you think of any positive benefits that may have come out of that negative experience or that you might receive in the future?

How did forgiving the person in your letter make you feel?

Try to look for opportunities to forgive others this week. Notice how this makes you feel and if it has any impact on your relationships.

Parental signature/comment: