

## Introduction to Weaving Well-Being

Welcome to the

### Weaving Well-Being Empowering Beliefs Program.

Soon we will be learning about how our **beliefs about ourselves** affect our well-being. Let's review what well-being means. 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 beliefs about ourselves can really make a difference to so many aspects of our well-being. These beliefs can help us to feel good and strong in our **minds and bodies**, to cope with the **little problems and disappointments in life**, enjoy life by **focusing on the positive** and to **accept that we are okay** just as we are. So let's get started and discover how our empowering beliefs can help us to weave our well-being!

**Each week, we will learn about an empowering belief. Try out each belief for yourself and see what effect it has on your feelings and actions.**



*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.*



## What are Empowering Beliefs?

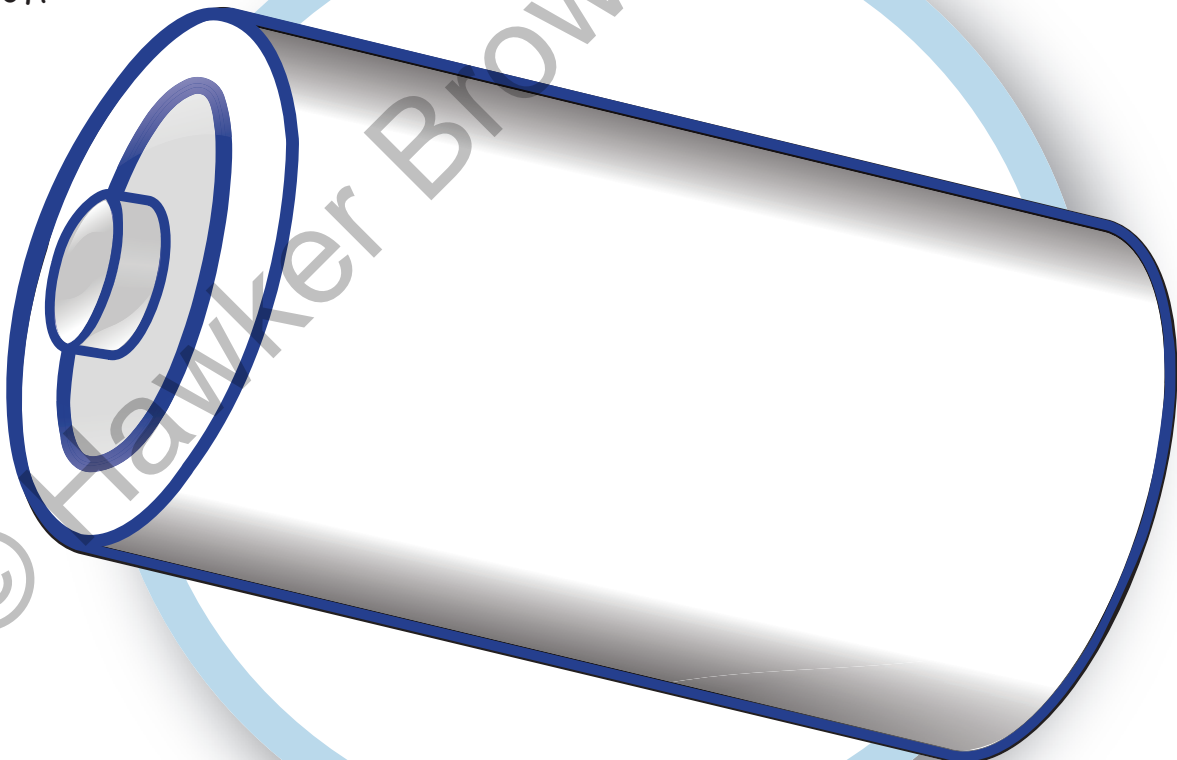


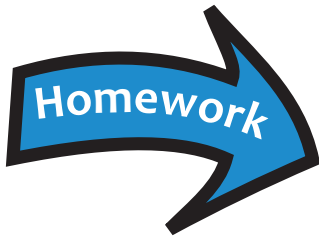
Empowering Beliefs are beliefs we have about ourselves which are **helpful, positive and accurate**. Empowering Beliefs give us **power** because they affect our thoughts, feelings and actions. They help us to take **positive action** and **feel good about ourselves**.



## How are Empowering Beliefs like batteries?

We learned that **Empowering Beliefs** are like batteries in many ways. Write down some of those ways in the battery, along with any more you can think of!





## Lesson 1 Homework: Empowering Beliefs about myself

You will be learning about many empowering beliefs over the coming weeks. Before that, **choose some empowering beliefs for yourself** by filling in the sentences below. Think about them and use them over the next week. See what effect they have.

I believe that I am a \_\_\_\_\_ person.

I believe that I can

\_\_\_\_\_

I believe that I don't always have to

\_\_\_\_\_

I believe that I can make a difference by

\_\_\_\_\_

I believe that I can be kinder to myself by

\_\_\_\_\_

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.

**PARENTAL PULL-OUT**

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

## Empowering Beliefs 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 **Empowering Beliefs** 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 **Empowering Beliefs** program consists of ten lessons which are designed to promote and cultivate positive beliefs about eight specific concepts. These are: **Developing a growth mindset, using helpful self-talk, avoiding thinking traps, acting “as if”, adopting a positive focus, making a difference, practising self-acceptance** and **taking action**. Each child has a Pupil Book which gradually builds into a highly personal portfolio reflecting their use and understanding of each concept.

### Why are Empowering Beliefs important and how can we cultivate them in our children?

Research suggests that an individual’s beliefs have a powerful effect on their thoughts and behaviours. Self-efficacy beliefs, which are the beliefs a person holds about their own ability to master particular tasks or challenges, are strong predictors of motivation, self-confidence and actions.

Research also shows that beliefs are formed early in life and can become a filter through which subsequent events and situations are interpreted. Therefore, it is important to help children to examine and evaluate their beliefs and to expose them to positive beliefs which can build self-confidence and enhance well-being. Empowering beliefs, as the name suggests, are those beliefs which empower individuals by motivating and encouraging them to take action, to persevere, to maintain a positive focus and to deal constructively with failure.

In line with this research, this **Empowering Beliefs** program introduces children to eight beliefs about specific concepts. They learn that empowering beliefs are like batteries because they provide us with power and energy. The children are encouraged to try out each belief for a week. They are given an opportunity to observe and record the effects of each belief on their feelings and behaviour. After trying out all of the beliefs on an individual basis, the children are then encouraged to continue to try all of their beliefs together.

To gain maximum benefit from the beliefs, 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 concepts. In order to help and encourage your child, you may find the following information useful.



### Lesson 1: What are Empowering Beliefs?

In this lesson, children discuss and learn what empowering beliefs are. They explore the comparison between empowering beliefs and batteries. They learn that empowering beliefs are beliefs we have about ourselves which are helpful, positive and accurate. Empowering beliefs give us power because they affect our thoughts, feelings and actions. They help us to take positive action and feel good about ourselves.

**How to support your child:** Talk to your child about the importance of empowering beliefs. For the homework activity, help your child to choose some empowering beliefs about himself or herself. Discuss why these beliefs are important and how they might affect feelings and actions. Remind your child of these beliefs in any situations this week when they may find them helpful.

### Lesson 2: I can choose helpful self-talk

In this lesson, children learn that self-talk is when we talk to ourselves, about ourselves, in our minds. They learn that self-talk can be helpful, when it is accurate and leads us to take positive action. It can also be negative and unhelpful, when we criticise ourselves and doubt our own abilities. "I Can Choose Helpful Self-Talk" is an empowering belief because it shows us that we can become aware of, question and replace negative self-talk with accurate and encouraging self-talk.

**How to support your child:** Discuss the meaning of self-talk with your child. Try to tune into your own self-talk and use it as an example to show how it affects your feelings and behaviour. Encourage your child to verbalise their self-talk in any challenging situations this week and see if they can identify if it is helpful or unhelpful. Encourage them to challenge unhelpful self-talk and to replace it with some of the helpful phrases from the homework activity. It is important not to simply replace negative phrases with positive ones however, as this may be unrealistic and inaccurate. The aim is to choose accurate and encouraging self-talk.



### Lesson 3: My effort is as important as my ability

In this lesson children discover that our talents, including our intelligence, are not fixed and can be developed and enhanced. They find out the difference between a fixed and growth mindset. They also discover that developing a growth mindset helps us understand the important role that effort and hard work play in achieving success. They learn that we can develop a growth mindset by the language we use in describing both success and setbacks in our life.

**How to support your child:** Ask your child to explain the difference between a fixed and growth mindset. Discuss examples of times when you used effort and hard work to improve an area in your life or to achieve a goal. Also think about and discuss examples of times when your child worked hard to improve a particular skill or talent in the past. This could be in school, sport and any other extra-curricular activity in which they participate.

