

Dear Parents/Guardians/Carers,

As your child will be using the Weaving Well-Being Programme in school this year, you may find the following information useful.

Weaving Well-Being is an Irish-designed SPHE programme which teaches children evidence-based skills and strategies to develop positive mental health and well-being. It is based on Positive Psychology, which is the science of well-being.

The aim of the programme is to empower children to become active participants in creating, maintaining and boosting positive mental health throughout their lives.

Key Features

The programme is multi-level, with a specific age-appropriate Pupil Book for children from Second to Sixth Class.

- Each level has 10 lessons.
- There is a pull-out Parent Guide at the centre of each Pupil Book.
- Each lesson has a homework activity designed to encourage parental involvement and help to embed the concepts in the children's daily lives.
- After the 10 lessons have been completed, parents should encourage their children to use the skills and strategies wherever possible.
- Each level explores a particular concept from Positive Psychology.
- The programme is ideally designed to build skills and strategies incrementally over a five-year period by providing children with the opportunity to revise and deepen their understanding of concepts year-on-year.

Year Level Themes

Each year level explores a specific concept and a child-centred theme is used to engage and interest the children.

- **Second Class: Concept: Character Strengths**

Theme: Treasure

Each of the 24 Character Strengths of Positive Psychology (such as Teamwork, Bravery, Kindness, Love of Learning, Creativity, Humour) are presented as Treasure Coins which they can use and develop within themselves.

- **Third Class: Concept: Positive Emotions**

Theme: Positive Emotion Potion

Children are introduced to the concept of Positive Emotions such as love, joy, hope, pride, gratitude and peace. They learn about 5 evidence-based interventions designed to cultivate positive emotions, for example, Attitude of Gratitude, Random Acts of Kindness and Healthy Body, Happy Mind.

- **Fourth Class: Concept: Resilience**

Theme: Tools of Resilience

Children are introduced to 6 strategies to promote resilience, including mindfulness and thought-disputation.

- **Fifth Class: Concept: Positive Relationships**

Theme: Steps to Positive Relationships

Children are introduced to 8 steps to develop Positive Relationships, including respect and empathy.

- **Sixth Class: Concept: Empowering Beliefs**

Theme: Batteries

Children are introduced to 8 strategies to promote self-belief and well-being, including helpful self-talk and self-acceptance.

Additional information on the programme can be found on the publisher's website **Outside the Box Learning Resources**

www.otb.ie/WWB