



Weaving Well-Being

THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Weaving Well-Being gives children the opportunity to weave positivity into their daily lives through a range of activities in a variety of areas. These areas include identifying and using their authentic character strengths, boosting positive emotions, developing and nurturing positive relationships and connections, building practical resilience skills (including mindfulness) and developing self-efficacy through empowering beliefs.

The lessons are designed to be implemented within the framework of the S.P.H.E curriculum. Each lesson plan includes the relevant strands and strand units for ease of planning. The framework map below illustrates the main concepts covered at each class level.

