

# Weaving Well-Being Character Strengths Pupil Book



Name: \_\_\_\_\_



**Weaving Well-Being**  
by Fiona Forman & Mick Rock  
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## Weaving Well-Being

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



### Lesson 1

## WHAT IS WELL-BEING? (PART 1)

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!

### Activity 1

## My Well-Being Activities

Think of all the things you enjoy doing and which help you to feel happy.

Then draw two pictures in the frames below:

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

This is me having fun!

This is me helping someone!



## The Weaving Well-Being Rap

Here is the Weaving Well-Being rap which might help you to remember what well-being is all about!  
Decorate the frame around it.



### Weaving Well-Being Rap - Fiona Forman & Emmet Murphy, 2017

Healthy body  
Strong mind  
Loving heart  
Being kind

Healthy body  
Strong mind  
Loving heart  
Being kind

Weaving Well-Being, each and every day  
Don't have to be perfect to know that I'm okay!  
Don't have to be perfect to know I'm okay!

Ups and downs  
They're coming this way  
But I'm gonna learn to cope  
Cause they're coming anyway

Ups and downs  
They're coming this way  
But I'm gonna learn to cope  
Cause they're coming anyway

Weaving Well-Being, each and every day  
Don't have to be perfect to know that I'm okay!  
Don't have to be perfect to know I'm okay!

You know being thankful?  
That'll play a part  
Like being grateful - take it to heart!

You know being thankful?  
That'll play a part  
Like being grateful - take it to heart!

Weaving Well-Being, each and every day  
Don't have to be perfect to know that I'm okay!  
Don't have to be perfect to know I'm okay!

Helping others  
That'll be the key  
I'll learn to use my strengths  
and be proud to be me!

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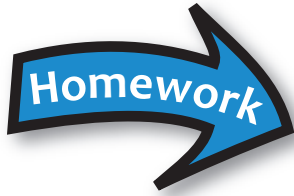
Weaving Well-Being, each and every day  
Don't have to be perfect to know that I'm okay!  
Don't have to be perfect to know I'm okay!

I'll make a difference  
And I'll have fun!  
I'll believe in myself  
It's my time in the sun!

I'll make a difference  
And I'll have fun!  
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It's my time in the sun!

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### Lesson 1 Homework: My Happiness List

Make a list of some of the things which make you feel happy. Think about your family, friends, pets, hobbies, songs, movies - anything which puts a smile on your face! Try to do some of the things on your list this week!



Did you know that learning how to relax our minds and bodies can help to keep us strong and healthy?

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.

You can listen to some relaxation tracks in school or at home on the website [www.otb.ie/WWB](http://www.otb.ie/WWB)





# Weaving Well-Being

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



## Lesson 2

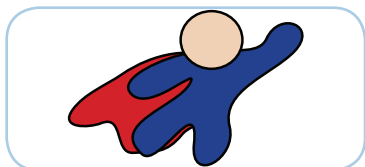
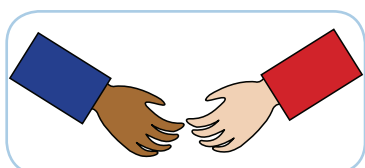
## What is Well-Being? (Part 2)

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!

## Activity 1

Do you remember the **Weaving Well-Being Rap**? In pairs, or on your own, link the well-being images with any verses in the rap which you think they match.

The first one is done for you.



### Weaving Well-Being Rap - Fiona Forman & Emmet Murphy, 2017

Healthy body  
Strong mind  
Loving heart  
Being kind

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Strong mind  
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## Well-Being Self-Assessment

Our **Well-Being Self-Assessment Checklist** can help you keep track of your well-being and ways to improve it.

Now complete the checklist by drawing a face beside each sentence depending on how you feel about that part of your well-being. Next week we will do it again and see if anything has changed.



Draw this **happy face** if you feel you are **doing well** with this part of your well-being.



Draw this **neutral face** if you feel you are **doing OK** with this part of your well-being but you know you could do even better.



Draw this **sad face** if you feel you are **not doing well** in this area and you may need some help from your teacher, family or friends.

	Today	Next Week
I feel like I have plenty of <b>energy</b> to do the things I want or need to do.		
I feel like I get along with <b>others</b> most of the time.		
I regularly feel <b>grateful</b> for many things in my life.		
I feel that I have ways to <b>cope</b> with disappointments and problems.		
I often feel <b>proud</b> of myself for doing my best.		
I often <b>help</b> others.		
I can <b>accept</b> that I am OK just as I am.		



## Homework

### Lesson 2 Homework: My Well-Being Goal

Choose one part of your **Well-Being Self-Assessment** to try to improve this week. This should be something you have put a 😞 sad or 😐 neutral face for on your checklist.

In the blue circle below, write your goal. In the red boxes, write two different things you can do to help you to improve in this area. Discuss this with your family too!

I want to  
improve on this part  
of my well-being:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This week you should use some of these ways to try to improve your well-being. Then complete your Self-Assessment again next week and see if anything has changed.

Parental Signature/Comment:



## Lesson 3

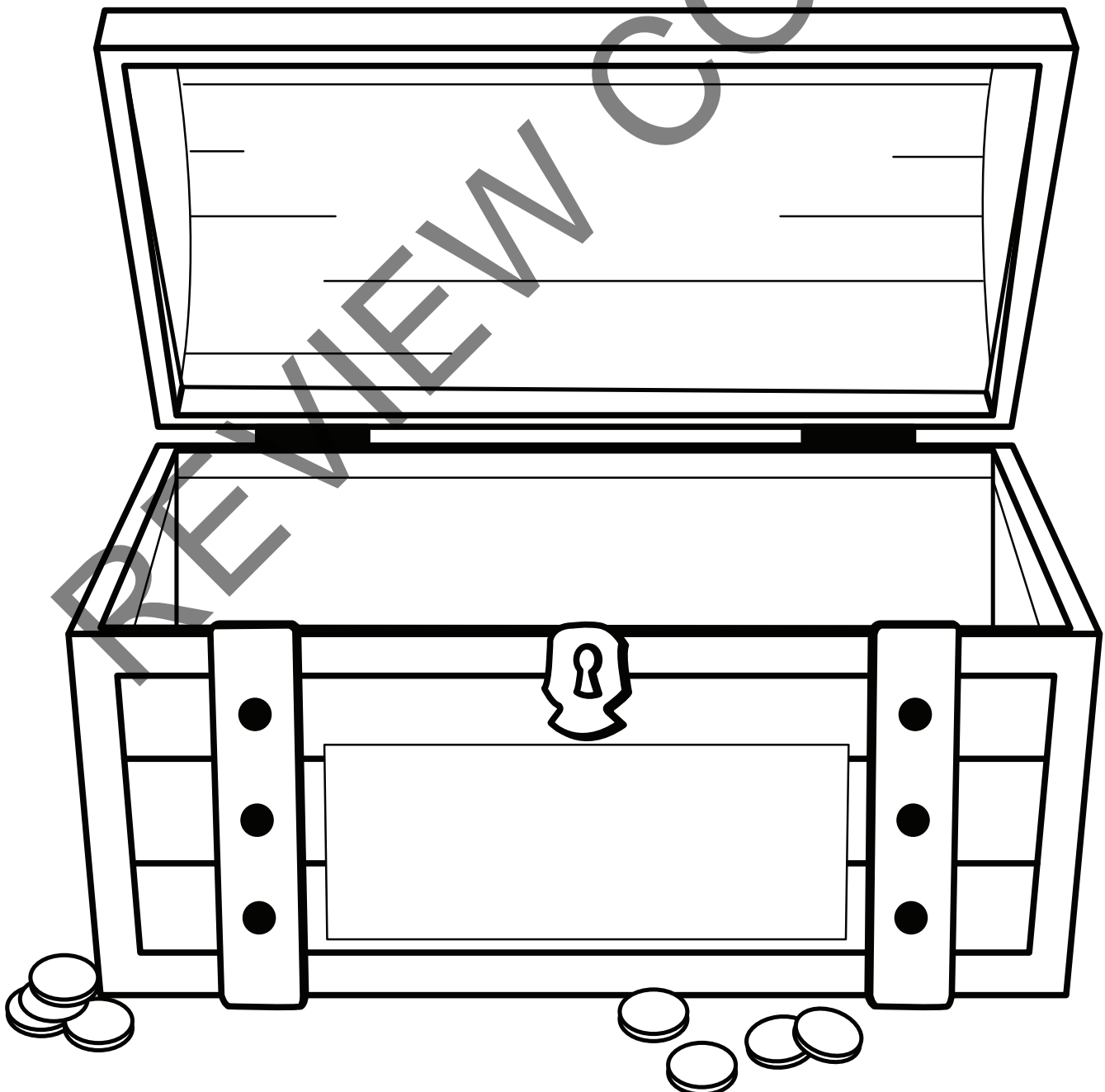
## Introduction to Character Strengths

**Character Strengths** are the parts of your personality which **help** you to live a **happy** and **helpful** life.

## Activity 7

### **Strengths are like treasure!**

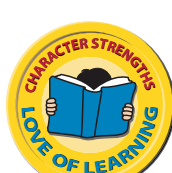
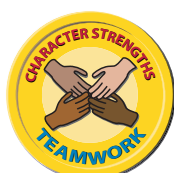
How are Character Strengths like treasure? Write one way on the label of the treasure chest below. Then fill the box with treasure!





### Character Strength match

We will be learning all about these 24 Character Strengths over the next few weeks. Now match the Character Strengths to their treasure coins. The first one is done for you!



- Self-Control
- Optimism
- Perspective
- Emotional Intelligence
- Open-Mindedness
- Curiosity
- Love of Learning
- Teamwork
- Bravery
- Kindness
- Gratitude
- Perseverance

- Humour
- Forgiveness
- Creativity
- Honesty
- Zest
- Caution
- Meaning
- Love
- Leadership
- Humility
- Appreciation of Beauty
- Fairness







## Homework

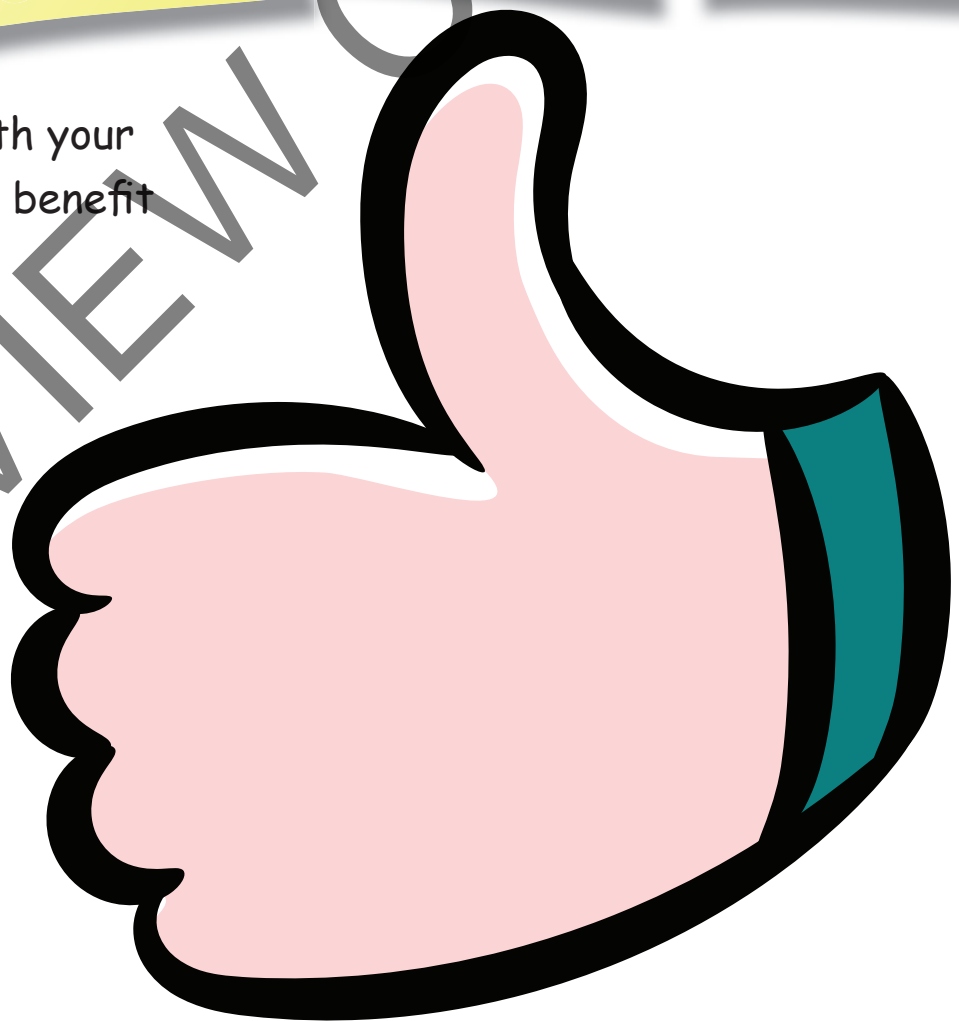
### Lesson 3 Homework: Benefits of Character Strengths

There are many benefits of knowing about and using our Character Strengths. Here are 4:

- 1 We can feel better about ourselves!
- 2 We can get along better with others!
- 3 We can help to make the world a better place!
- 4 We can reach our potential (be the best we can be)!

Have a discussion with your family and see which benefit people like best.

Write the one you like best in the picture here and think about why you like it best.



Parental Signature/Comment:



### Lesson 4

## Strengths 1 to 4: Love / Curiosity / Gratitude / Self-Control

Now we are going to learn about our first 4 Character Strengths.

### Activity 7

## Read about these Character Strengths

			
<b>Love:</b> Being loving, caring, kind and thoughtful and trying your best to help others to feel better.	<b>Curiosity:</b> Wanting to find out more about things, enjoying doing new things, asking lots of questions and exploring new ideas.	<b>Gratitude:</b> Thinking about and feeling thankful for all you have instead of thinking about the things you don't have.	<b>Self-Control:</b> Being able to control your actions and trying hard to do the right thing even if you don't really want to!

Think about how using these Character Strengths could help you in school. Which one do you think you may have a lot of?

Now draw a picture showing a time when you used this Character Strength!



Be a Strengths Spotter and see if you can spot anyone in your class using any of these strengths this week!



# Weaving Well-Being

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

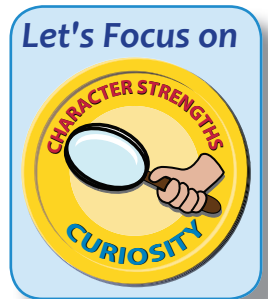


## Being more curious!

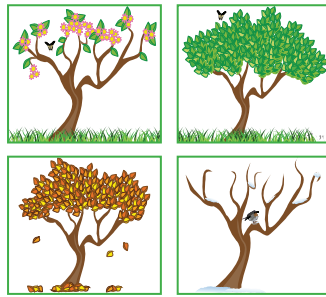
Let's take a closer look at **Curiosity**.

Think of a topic you are really

curious about. Here are some ideas.



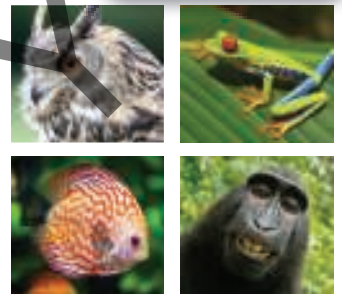
**Our Solar System**



**Different Seasons**



**Music**



**Animals! Animals!**

Your chosen topic: \_\_\_\_\_

Write down 3 questions you have about this topic. This week you could try to find the answers to these questions.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Use your curiosity to solve these riddles!

**1.**

What has a face and 2 hands but no arms or legs?

**2.**

What belongs to you but is used more by others?

**3.**

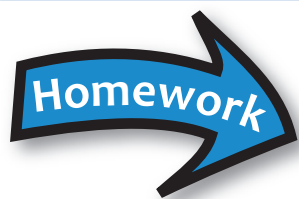
What has to be broken before you can use it?

**4.**

What goes up but doesn't come back down?

You can write your own favourite riddle in the box below.

Answers to riddles are: 1. A clock 2. Your name 3. An egg 4. Your age



### Lesson 4 Homework: Exploring this week's strengths

Think about the 4 strengths we learned about this week. They were:



Try to name some people or characters (famous or not!) who have any of these strengths.

Person / Character:	Strength:

Pick one of these people or characters and think about why you feel that they have this strength.

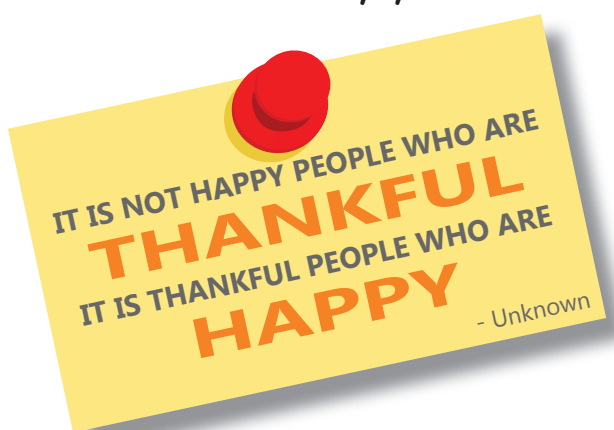
Can you name any movie, song or story which features any of these strengths?

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Parental Signature/Comment:



Choose one of these strengths and try to use it this week to help yourself and others. Think about how this makes you feel!







### Lesson 5

## Strengths 5 to 8: Leadership / Honesty / Creativity / Emotional Intelligence

Now we are going to learn about our next 4 Character Strengths.

### Activity 7

## Read about these Character Strengths

			
<b>Leadership:</b> Being good at organising things for groups of people, working well with everyone and bringing out the best in others.	<b>Honesty:</b> Always prepared to tell the truth and not trying to fool other people or yourself, even when it is hard to do so!	<b>Creativity:</b> Thinking about and doing things in unusual ways and using your imagination to create and make things and to solve problems.	<b>Emotional Intelligence:</b> Being able to understand yourself and other people, and get on well with others.

Here you are going to write a short note to yourself. This is to remind you of a time when you used one of the above strengths. It will also remind you to feel proud!



Be a Strengths Spotter and see if you can spot anyone in your class using any of these strengths this week!



☐ Dear Me,

☐ Remember when you used your strength of \_\_\_\_\_

☐ You used this strength when \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ I'm so proud of you!

☐ Signed \_\_\_\_\_





## Crazy-Combo-Creatures!

Let's take a closer look at **Creativity**.

Use your creativity to design a new animal based on combining two or three other animals. Now you decide which animals you are going to combine and draw a picture below.

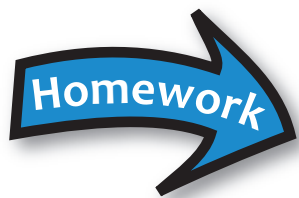


REVIEW COPY

The animals I have combined are:

The name of my new animal is:





### Lesson 5 Homework: Exploring this week's strengths

Think about the 4 strengths we learned about this week. They were:



Try to name some people or characters (famous or not!) who have any of these strengths.

Person / Character:	Strength:

Pick one of these people or characters and think about why you feel that they have this strength.

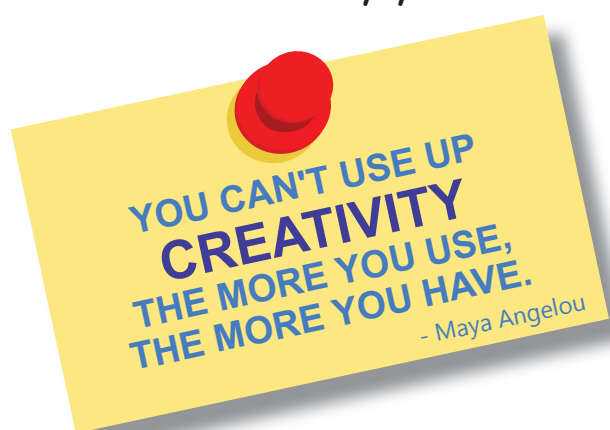
Can you name any movie, song or story which features any of these strengths?

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Parental Signature/Comment:



Choose one of these strengths and try to use it this week to help yourself and others. Think about how this makes you feel!



### Lesson 6

## Strengths 9 to 12: Kindness / Forgiveness / Fairness / Optimism

Now we are going to learn about our next 4 Character Strengths.

### Activity 7

## Read about these Character Strengths

			
<b>Kindness:</b> Thinking of other people and how you can help them.	<b>Forgiveness:</b> Being able to forgive others and also forgive yourself and being able to accept that others are sorry.	<b>Fairness:</b> Being fair to other people and not just thinking of yourself.	<b>Optimism:</b> Feeling hopeful and seeing the bright side of things. Looking to figure out ways to solve problems.

Think about how using these Character Strengths could help you in school. Which one do you think you may have a lot of?

Now draw a picture showing a time when you used this Character Strength!



Be a Strengths Spotter and see if you can spot anyone in your class using any of these strengths this week!



# Weaving Well-Being

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



## PARENTAL PULL-OUT

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

## Character Strengths SPHE Programme - Parent Guide

This short booklet is designed to give parents a brief introduction to the “**Weaving Well-Being**” programme and to help them support their children as they complete the **Character Strengths** (2<sup>nd</sup> Class) section of the programme. The **Weaving Well-Being** programme is a well-being programme 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. Activities have been designed in accordance with the SPHE curriculum, and the Guidelines on Well-Being issued by the Department of Education and Skills (2015).

**Character Strengths** has been identified as one of the key pillars in the field of Positive Psychology. The **Character Strengths** programme consists of ten lessons which are designed to help children become aware of the different character strengths that we all possess to some degree and the benefits of using each one. They will also identify their own top strengths, which they can use in different ways to enhance their happiness and well-being. Each child has a Pupil Book which gradually builds into a highly personal portfolio reflecting their use and understanding of each strength.

### Why are Character Strengths important and how can we cultivate them in our children?

**Character Strengths** are part of who we are. They are the elements of our personality which can help us to live a happy and helpful life. The classification of our strengths that is used in this programme (Values in Action or VIA) suggests that there are 24 different **Character Strengths** and that we all have different levels of each strength. This programme enables the children to identify their own key strengths and encourages them to use them as much as possible to enhance their well-being.

Research has shown that identifying your key **Character Strengths** and using them in different ways on a regular basis can lead to a wide range of benefits. These benefits, which can vary depending on the strengths used, include increased happiness, higher levels of life satisfaction, increased self-esteem, enhanced academic achievements and better relationships with peers.

In this programme the children are introduced to the concept of well-being in weeks 1 and 2 and the concept of **Character Strengths** in week 3. The children learn about four **Character Strengths** each week from week 4 to week 9 of the programme. The lesson names on the following pages shows the different strengths covered each week. In the final week they identify their own top five strengths.

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





# Weaving Well-Being

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



## Lesson 1: What is Well-Being? (Part 1)

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. For homework, children are asked to make a list of things that make them happy. These can be activities, people, pets, favourite books, songs or movies and so on.

**How to support your child:** Talk to your child about the importance of taking care of their well-being. Discuss your child's **Happiness List** and what it means to them. Encourage them to do some of the things on their list this week where possible. Give examples of some of the things that make you happy. Discuss how you can care for or enhance your well-being as a family.

## Lesson 2: What is Well-Being? (Part 2)

In this lesson children continue to explore and learn about what well-being means. They have an opportunity to assess how they are doing in relation to each element of their well-being by completing a simple **Self-Assessment Well-Being Checklist**. For homework they get to set a goal and decide on two actions they can take in order to improve that part of their well-being.

**How to support your child:** Review your child's well-being checklist. Discuss with them the reasons for the answers they gave. Ask them what support you could give them to change a neutral or sad face to a happy face. Help them decide what actions they could take to achieve their homework goal and encourage them to take these actions.

## Lesson 3: Introduction to Character Strengths

In this lesson children are introduced to the concept of **Character Strengths**. They discover that there are 24 different **Character Strengths** and how we have different amounts of each strength. They learn about the benefits of using our **Character Strengths** and are asked to think about which of the strengths they have the most. They learn that they will be finding out more about each strength over the coming weeks and discovering what are their own top five strengths.

**How to support your child:** Discuss the list of 24 **Character Strengths** with your child. Ask your child if there are any particular strengths that they like or, that they feel they may have a lot of at this stage. Choose your own favourite strengths from the list and give your child some examples of how you may have used any of these strengths to help yourself or others in the past. Take the opportunity to notice and discuss the **Character Strengths** of others this week, perhaps other family members and of course, the strengths of your child.

## Lesson 4: Strengths 1 to 4 (Love / Curiosity / Gratitude / Self-Control)

In this lesson, children are introduced to the first four **Character Strengths**. A brief explanation of each of these strengths is shown in the first activity for this lesson. Your child is encouraged to think about how using each of these strengths could help them in school and which of the strengths they may have the most. There is an opportunity to focus on the strength of **Curiosity**. Children are encouraged to pick and try to use one of these strengths this week.

**How to support your child:** Talk to your child about the four strengths covered this week. Discuss times when they may have displayed any of this week's strengths. Do they have a favourite and why? For the homework activity help your child to think of people or characters who may have one or more of these strengths. Share your thoughts on which of these four strengths you possess the most.







# Weaving Well-Being

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## Lesson 5: Strengths 5 to 8

(Leadership / Honesty / Creativity / Emotional Intelligence)

In this lesson, children are introduced to the next four **Character Strengths**. A brief explanation of each of these strengths is shown in the first activity for this lesson. Your child is encouraged to think about how using each of these strengths could help them in school and which of the strengths they may have the most. There is an opportunity to focus on the strength of **Creativity**. Children are encouraged to pick and try to use one of these strengths this week.



**How to support your child:** Talk to your child about the four strengths covered this week.

Discuss times when they may have displayed any of this week's strengths. Do they have a favourite and why? For the homework activity help your child to think of people or characters who may have one or more of these strengths. Share your thoughts on which of these four strengths you possess the most.

## Lesson 6: Strengths 9 to 12

(Kindness / Forgiveness / Fairness / Optimism)

In this lesson, children are introduced to the next four **Character Strengths**. A brief explanation of each of these strengths is shown in the first activity for this lesson. Your child is encouraged to think about how using each of these strengths could help them in school and which of the strengths they may have the most. There is an opportunity to focus on the strength of **Optimism**. Children are encouraged to pick and try to use one of these strengths this week.



**How to support your child:** Talk to your child about the four strengths covered this week.

Discuss times when they may have displayed any of this week's strengths. Do they have a favourite and why? For the homework activity help your child to think of people or characters who may have one or more of these strengths. Share your thoughts on which of these four strengths you possess the most.

## Lesson 7: Strengths 13 to 16 (Bravery / Open-Mindedness / Love of Learning / Appreciation of Beauty)

In this lesson, children are introduced to the next four **Character Strengths**. A brief explanation of each of these strengths is shown in the first activity for this lesson. Your child is encouraged to think about how using each of these strengths could help them in school and which of the strengths they may have the most. There is an opportunity to focus on the strength of **Bravery**. Children are encouraged to pick and try to use one of these strengths this week.



**How to support your child:** Talk to your child about the four strengths covered this week.

Discuss times when they may have displayed any of this week's strengths. Do they have a favourite and why? For the homework activity help your child to think of people or characters who may have one or more of these strengths. Share your thoughts on which of these four strengths you possess the most.



# Weaving Well-Being

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## Lesson 8: Strengths 17 to 20 (Caution / Meaning / Zest / Perseverance)

In this lesson, children are introduced to the next four **Character Strengths**. A brief explanation of each of these strengths is shown in the first activity for this lesson. Your child is encouraged to think about how using each of these strengths could help them in school and which of the strengths they may have the most. There is an opportunity to focus on the strength of **Perseverance**. Children are encouraged to pick and try to use one of these strengths this week.



**How to support your child:** Talk to your child about the four strengths covered this week. Discuss times when they may have displayed any of this week's strengths. Do they have a favourite and why? For the homework activity help your child to think of people or characters who may have one or more of these strengths. Share your thoughts on which of these four strengths you possess the most.

## Lesson 9: Strengths 21 to 24 (Perspective / Humour / Humility / Teamwork)

In this lesson, children are introduced to the last of the 24 **Character Strengths**. A brief explanation of each of these strengths is shown in the first activity for this lesson. Your child is encouraged to think about how using each of these strengths could help them in school and which of the strengths they may have the most. There is an opportunity to focus on the strength of **Humour**. Children are encouraged to pick and try to use one of these strengths this week.



**How to support your child:** Talk to your child about the four strengths covered this week. Discuss times when they may have displayed any of this week's strengths. Do they have a favourite and why? For the homework activity help your child to think of people or characters who may have one or more of these strengths. Share your thoughts on which of these four strengths you possess the most.

## Lesson 10: Identifying and Using My Top 5 Strengths

In the previous six lessons the children have been introduced to each of the 24 **Character Strengths** and discovered the benefits of each of these strengths. This week they are reminded of each strength and the benefits of using our strengths to enhance our happiness and well-being. Their homework activity is to identify their own top five strengths. They are encouraged to use them every day to help both themselves and others.

**How to support your child:** Discuss the various strengths with your child. The full list of strengths is shown on the back page of your child's Pupil Book. Talk to your child about their favourite strengths and help them to choose their top five strengths. Encourage them to feel even better about their strengths by reminding them of times they may have displayed any of these strengths.

There are a number of relaxation and meditation tracks to support this programme available on the digital content section of our website [www.otb.ie/WWB](http://www.otb.ie/WWB).



### Half Empty or Half Full?



Look at this glass.  
Would you say that it is **half empty** or **half full**? Both are true, it just depends how we see it!

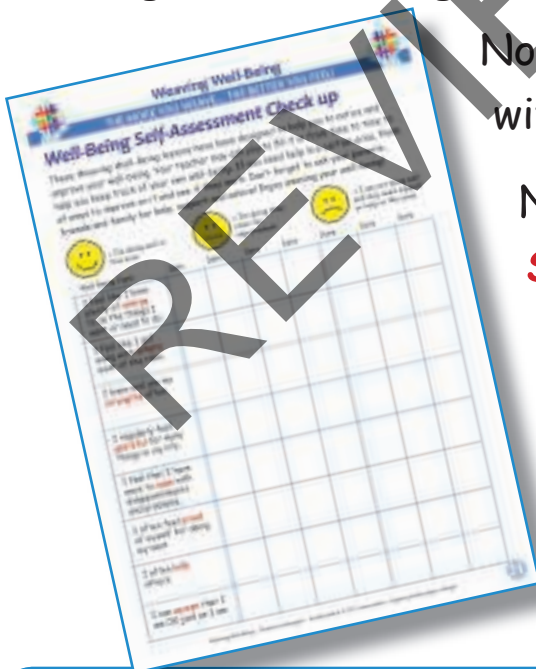


If you see it as **half full**, you could be an **optimist** because you are focusing on what is positive and hopeful.

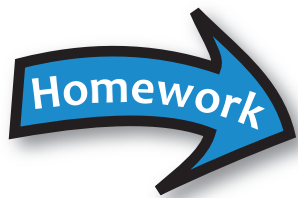
If you see it as **half empty**, you could be a **pessimist** because you are focusing on what is negative.

Now decorate the empty part of the glass with some colourful patterns.

Now it's time to do our **Well-Being Self-Assessment** again. Do you remember completing it a few weeks ago and then choosing **one** area of your well-being to improve on? Turn to page 31 and you will see the checklist there. This time, it also has a part about **using your strengths**.



Using optimism can help us when we are faced with a problem or disappointment. Can you tell of any times when using optimism helped you in the past?



### Lesson 6 Homework: Exploring this week's strengths

Think about the 4 strengths we learned about this week. They were:



Try to name some people or characters (famous or not!) who have any of these strengths.

Person / Character:	Strength:

Pick one of these people or characters and think about why you feel that they have this strength.

Can you name any movie, song or story which features any of these strengths?

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Parental Signature/Comment:

One of the most beautiful things  
we can do is to help one another.  
Kindness doesn't cost a thing.  
- Unknown

Choose one of these strengths  
and try to use it this week to help  
yourself and others. Think about  
how this makes you feel!





# Weaving Well-Being



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


## Lesson 7

### Strengths 13 to 16: Bravery / Open-Mindedness / Love of Learning / Appreciation of Beauty

Now we are going to learn about our next 4 Character Strengths.

## Activity 7

### Read about these Character Strengths

			
<b>Bravery:</b> Feeling afraid, but not letting your fears stop you from doing what you know is right.	<b>Open-Mindedness:</b> Being able to look at things from all sides before making a decision and being happy to take on new ideas.	<b>Love of Learning:</b> Enjoying learning new things and understanding new ideas.	<b>Appreciation of Beauty:</b> Noticing and enjoying the beauty that is all around us such as in music, nature, art and the actions of others.

Here you are going to write a short note to yourself. This is to remind you of a time when you used one of the above strengths. It will also remind you to feel proud!



Be a Strengths Spotter and see if you can spot anyone in your class using any of these strengths this week!

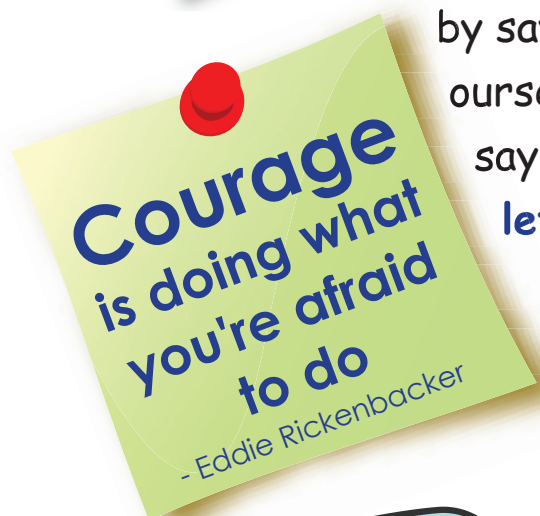
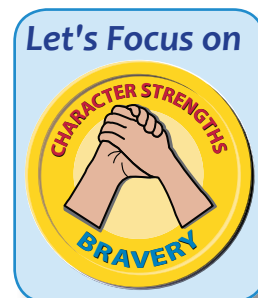


- ☐ Dear Me,
- ☐ Remember when you used your strength of
- ☐ \_\_\_\_\_
- ☐ You used this strength when
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ I'm so proud of you!
- ☐ Signed \_\_\_\_\_

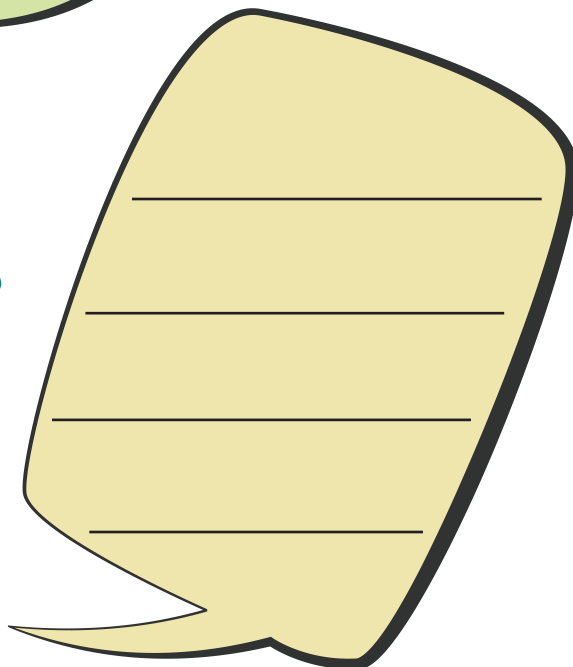
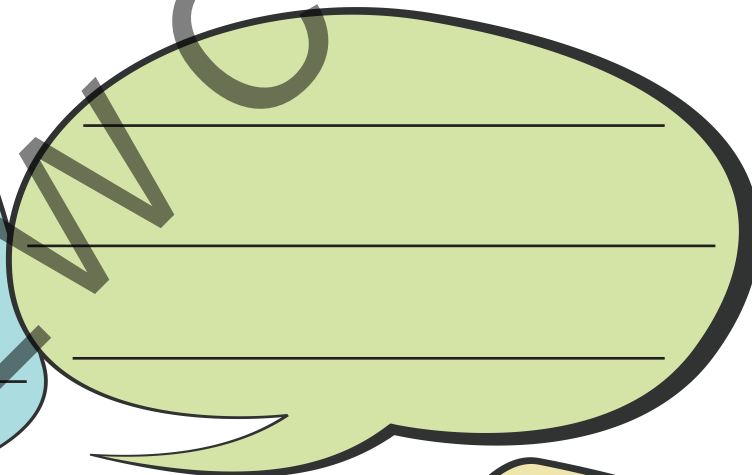




### Brave Self-Talk

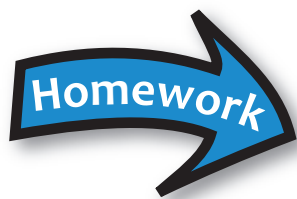


We can help ourselves to feel brave by saying certain things to ourselves. For example, we could say: 'It's okay to feel afraid, but I won't let that stop me!' 'I've done hard things before, I can do them again!' 'I'm going to feel so proud of myself after I do it!'



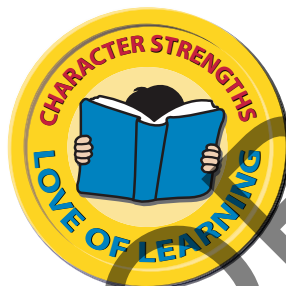
What else could you say to yourself?  
Write some of the phrases in the speech bubbles here.





### Lesson 7 Homework: Exploring this week's strengths

Think about the 4 strengths we learned about this week. They were:



Try to name some people or characters (famous or not!) who have any of these strengths.

Person / Character:	Strength:

Pick one of these people or characters and think about why you feel that they have this strength.

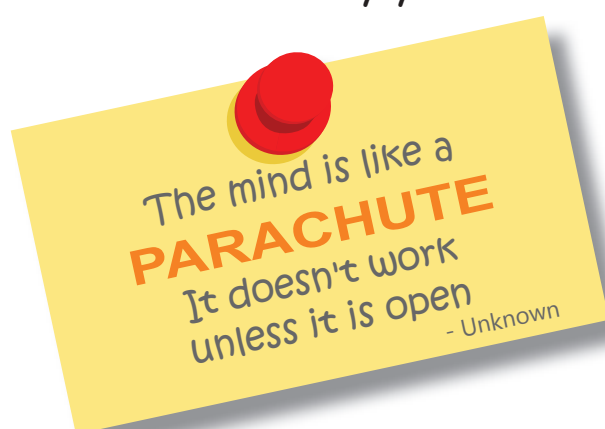
Can you name any movie, song or story which features any of these strengths?

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Parental Signature/Comment:



Choose one of these strengths and try to use it this week to help yourself and others. Think about how this makes you feel!



### Lesson 8


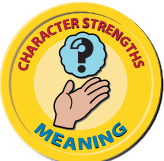


## Strengths 17 to 20:

## Caution / Meaning / Zest / Perseverance

Now we are going to learn about our next 4 Character Strengths.

### Activity 7

## Read about these Character Strengths

			
<b>Caution:</b> Being careful about things and thinking before you act.	<b>Meaning:</b> Thinking deeply and trying to connect things together to make sense. Looking for reasons to explain why things happened.	<b>Zest:</b> Having lots of energy and enthusiasm for things. Getting excited by things and looking to get the most out of life!	<b>Perseverance:</b> Not giving up easily. Keeps going with things, even when they get hard.

Think about how using these Character Strengths could help you in school. Which one do you think you may have a lot of?

Now draw a picture showing a time when you used this Character Strength!



Be a Strengths Spotter and see if you can spot anyone in your class using any of these strengths this week!

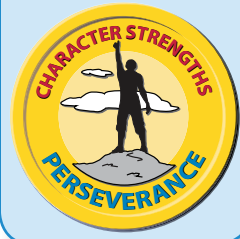


### Activity 2

## Crack the Code

Let's take a closer look at **Perseverance**. Use perseverance to crack the code and discover the message you can say when you want to keep going with things, even when they get hard.

Let's Focus on



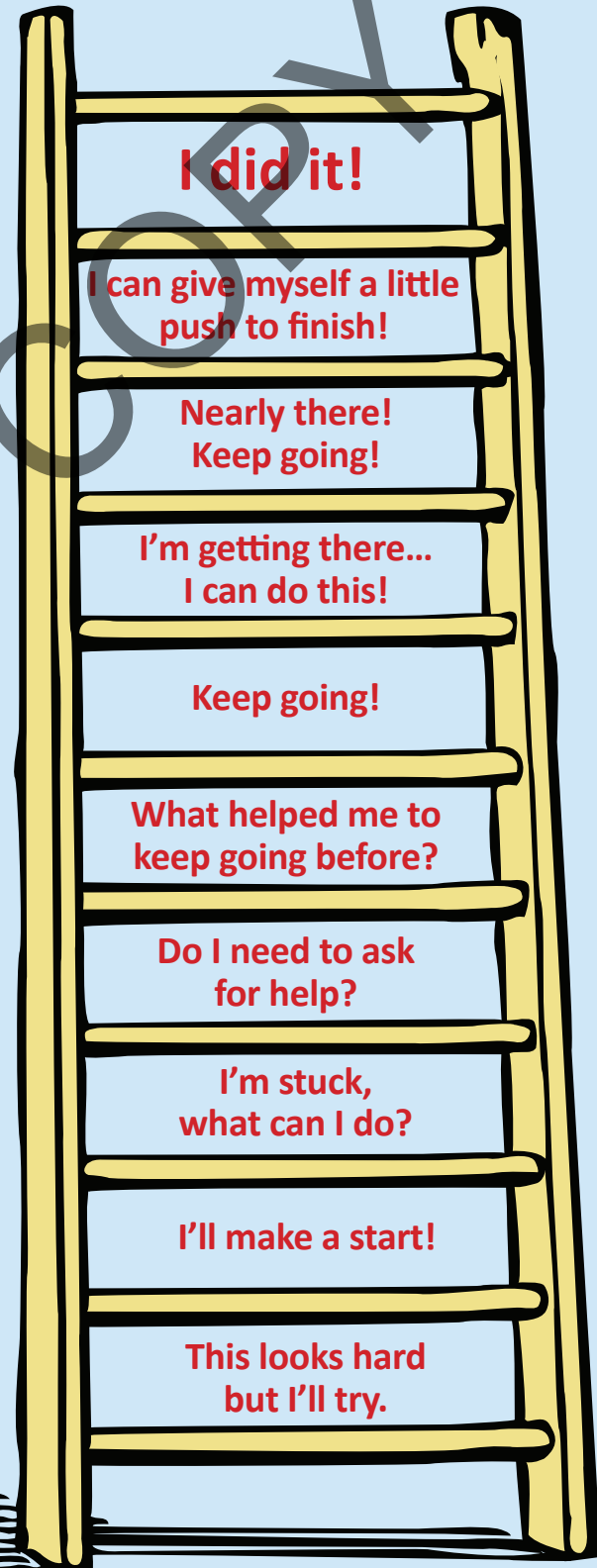
A = Z	J = Q	S = H
B = Y	K = P	T = G
C = X	L = O	U = F
D = W	M = N	V = E
E = V	N = M	W = D
F = U	O = L	X = C
G = T	P = K	Y = B
H = S	Q = J	Z = A
I = R	R = I	

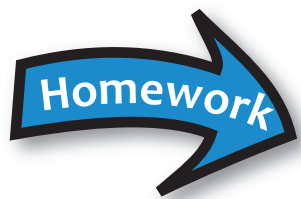
W L M G

T R E V

F K !

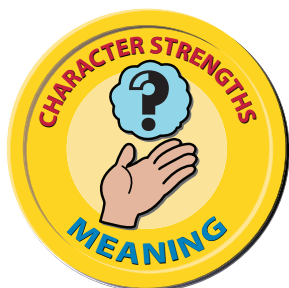
**Ladder of Perseverance:** What can you say to yourself when something is difficult? Use this **Ladder of Perseverance** to help you to keep going!





### Lesson 8 Homework: Exploring this week's strengths

Think about the 4 strengths we learned about this week. They were:



Try to name some people or characters (famous or not!) who have any of these strengths.

Person / Character:	Strength:

Pick one of these people or characters and think about why you feel that they have this strength.

Can you name any movie, song or story which features any of these strengths?

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Parental Signature/Comment:

It's not that I'm so smart,  
it's just that I stay  
with problems longer.  
- Albert Einstein

Choose one of these strengths  
and try to use it this week to help  
yourself and others. Think about  
how this makes you feel!





### Lesson 9

## Strengths 21 to 24: Perspective / Humour / Humility / Teamwork

Now we are going to learn about our next 4 Character Strengths.

### Activity 7

## Read about these Character Strengths

<b>Perspective:</b> Being able to see the big picture and to think about problems from all different sides.	<b>Humour:</b> Being able to see the funny side of things. Likes to laugh and make other people laugh.	<b>Humility:</b> Not boasting or showing off about your achievements. Life is not all about them. Like to share the credit with others.	<b>Teamwork:</b> Doing really well as a member of a group. Like to work hard for the group and always do their fair share.

Here you are going to write a short note to yourself. This is to remind you of a time when you used one of the above strengths. It will also remind you to feel proud!



Be a Strengths Spotter and see if you can spot anyone in your class using any of these strengths this week!

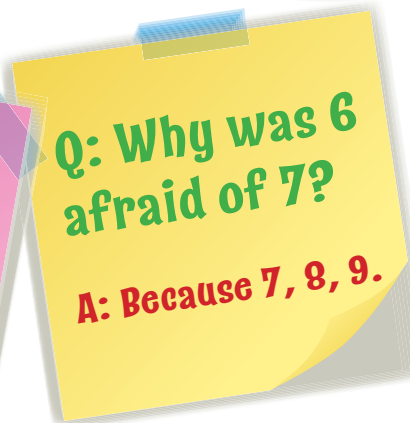
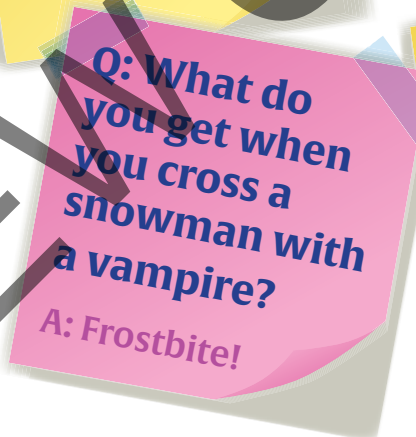
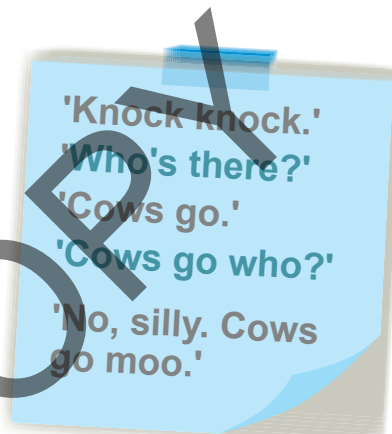
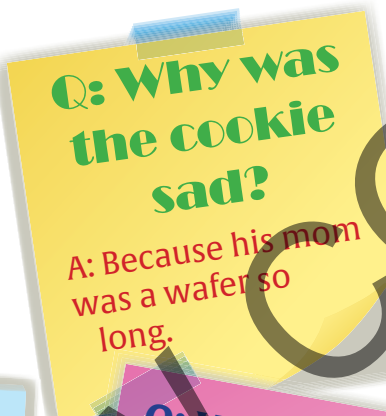
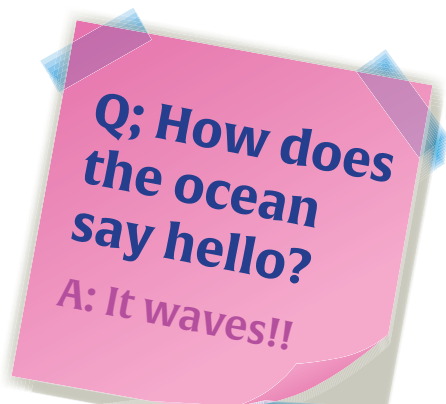


- ☐ Dear Me,
- ☐ Remember when you used your strength of \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ You used this strength when \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ I'm so proud of you!
- ☐ Signed \_\_\_\_\_



### Focus on Humour

Let's take a closer look at **Humour**.  
Here are some jokes that you might like.



In pairs, take turns to read them to your partner.

Write your own joke or one of your favourite jokes your friends may have told you, in the box below. Share it with your classmates.

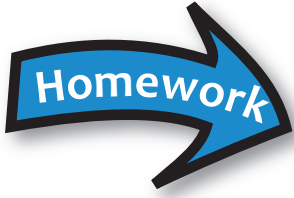


Q: \_\_\_\_\_

\_\_\_\_\_

A: \_\_\_\_\_

\_\_\_\_\_



### Lesson 9 Homework: Exploring this week's strengths

Think about the 4 strengths we learned about this week. They were:



Try to name some people or characters (famous or not!) who have any of these strengths.

Person / Character:	Strength:

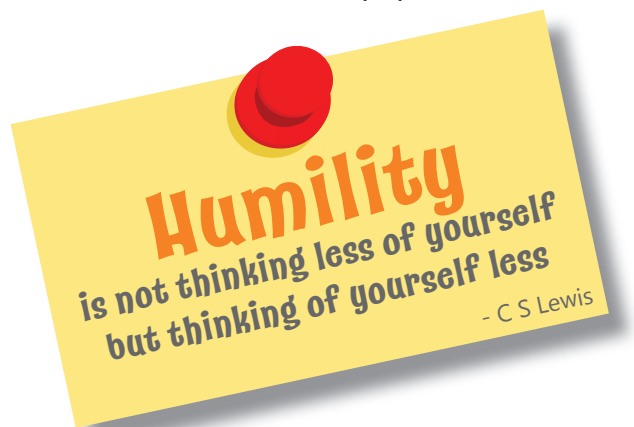
Pick one of these people or characters and think about why you feel that they have this strength.

Can you name any movie, song or story which features any of these strengths?

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Parental Signature/Comment:

Choose one of these strengths and try to use it this week to help yourself and others. Think about how this makes you feel!



### Lesson 10

## Identifying and Using My Top 5 Strengths

We have now learned about all **24 Character Strengths**. It is up to us to use them as much as we can to help ourselves and others.

### Activity 7

## 24 Character Strengths

Here are the 24 Character Strengths.



Decide which strength would be useful in the following situations.

1. You and your friends are playing a game in the yard and can't decide what the rules should be.

2. You have been asked to read a poem at the top of the class and you don't want to do it as you feel nervous.

3. You don't get picked to play on your team this week.



## Using Our Strengths

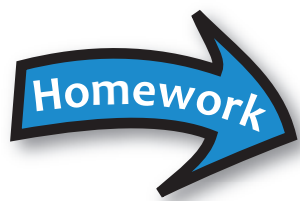
Try to imagine what the world would be like if we all used our top strengths every day. What would there be more of? What would there be less of? Use words or pictures or both to describe it.

**LESS**

**MORE**







## Lesson 10 Homework: Your Top 5 Strengths

Think about all of the 24 Character Strengths.  
Talk to your family, and pick your top 5 Character Strengths.  
Write them in the coins below; then decorate the page.



Now that you know about your strengths, it's up to you to use them every day to help your well-being and to make the world a better place!

Parental Signature/Comment:



### Well-Being Self-Assessment Check-Up

These Weaving Well-Being lessons have been designed to help you to notice and improve your well-being. Your teacher may ask you to fill it in from time to time to help you keep track of your own well-being. If you need help in a certain area, think of ways to improve on it and see if they work. Don't forget to ask your parents, friends and family for help, support and advice! Enjoy weaving your well-being!



= I'm doing well in this area



= I'm doing okay, room for improvement



= I am not doing well and may need support or help in this area

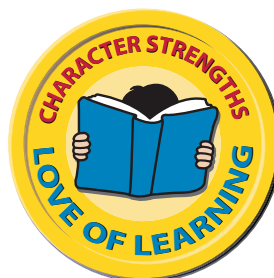
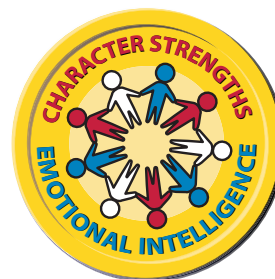
Well-Being Signs	Date	Date	Date	Date	Date	Date	Date
I feel like I have plenty of <b>energy</b> to do the things I want or need to do.							
I feel like I get along with <b>others</b> most of the time.							
I know and use my <b>strengths</b> often.							
I regularly feel <b>grateful</b> for many things in my life.							
I feel that I have ways to <b>cope</b> with disappointments and problems.							
I often feel <b>proud</b> of myself for doing my best.							
I often <b>help</b> others.							
I can <b>accept</b> that I am OK just as I am.							



# Weaving Well-Being



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





**[www.otb.ie/weaving-well-being](http://www.otb.ie/weaving-well-being)**

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