

WELCOME TO WELL-BEING INFORMATION FOR PARENTS/GUARDIANS/CARERS



Dear Parents/Guardians/Carers

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

Welcome to Well-Being is a 3-level Irish designed SPHE programme which teaches children evidence-based skills and strategies to develop positive mental health, resilience and well-being. It is based on Positive Psychology, which is the science of well-being. The programme has 3 levels – Junior Infants, Senior Infants and 1st Class and is designed to link in with the Weaving Well-Being Programme, which is for 2nd to 6th Class children.

The theme of the programme is that 2 little aliens, Mo and Ko, have come from Planet Zo to help children to feel happy, brave, kind, strong, loving and well. Each week, they set a well-being challenge for the children to try out for the week. In this way, the children build up their own toolbox of skills and strategies to use in their daily lives to strengthen their resilience and well-being. A key element of the programme is the introduction to a number of Character Strengths from Positive Psychology, including bravery, kindness, gratitude, perseverance, fairness and teamwork. The programme aims to develop children's emotional regulation by giving them opportunities to boost positive emotions such as pride, joy, serenity and happiness as well as giving them coping strategies to deal with strong emotions such as anger, worry, fear and sadness. Learning that all feelings are OK is also one of the key messages of the programme.

The aim of the programme is to support children as they become active participants in understanding, creating and maintaining their well-being and mental health throughout their lives.

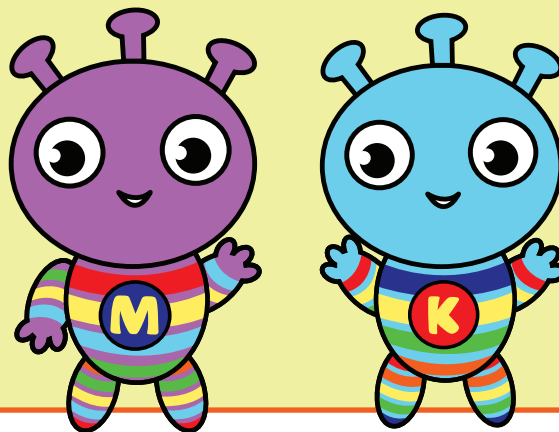
KEY FEATURES

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

- Each level has 10 lessons
- There is a pull-out Parent Guide at the centre of each Pupil Book, to advise parents on how to best support their children to get the most out of the skills and embed them into their daily lives.
- Each lesson has a homework activity in which the children, with their parents, read an accompanying poem that reinforces the message of the lesson. Children are also asked to draw a picture of themselves doing that week's challenge.
- After the 10 lessons have been completed, parents should continue to remind children of the skills and strategies whenever possible.
- The programme is ideally designed to build skills over a 3-year period by providing children with the opportunity to revise and deepen their understanding, year-on-year.

YEAR LEVEL TITLES

- **Junior Infants** - *Welcome to Well-Being: Meet Mo and Ko!*
- **Senior Infants** - *Welcome to Well-Being: Good to be me with Mo and Ko!*
- **First Class** - *Welcome to Well-Being: Feeling Good with Mo and Ko!*



 **OUTSIDE
the BOX**
LEARNING RESOURCES

Additional information on the programme can be found on the publisher's website: www.otb.ie/W2W