

Rise Weaving Wellbeing Curriculum 2021/22

Books: Weaving Wellbeing Books

Websites: www.vimeo.com/channels/wwb

	Year 5/6 Character Strengths
Aut 1	WW Return to school lesson L1 Language of Wellbeing L2 Language of Wellbeing
Aut 2	L3 Introduction to 24 Character Strengths L4 Understanding strengths 1 to 4 L5 Understanding strengths 5 to 8
Spr 1	L6 Understanding strengths 9 to 12 L7 Understanding strengths 13 to 16
Spr 2	L8 Understanding strengths 17 to 20 L9 Understanding strengths 21 to 24
Sum 1	L10 Identifying and using my top 5 strengths. L 1 What are empowering beliefs? L2 Belief 1- I can choose helpful self- talk. Text
Sum 2	Text

*The text highlight **in blue** are lessons from the Empowering Beliefs book.

Text= Reading a suggested book/books from the Suggested Literature of that topic. You will find it in your Teacher Resource Book.

Standard practice in every lesson:

- **Mini mindfulness session.**
- **Self-check - Where are you on the Wellbeing scale for this week?**
- **Visiting the 4 rooms of Wellbeing- Anything planned for this week? Encouraging.**
- **Sharing the 30-day weekly positivity challenge and checking in on any completed activity.**