



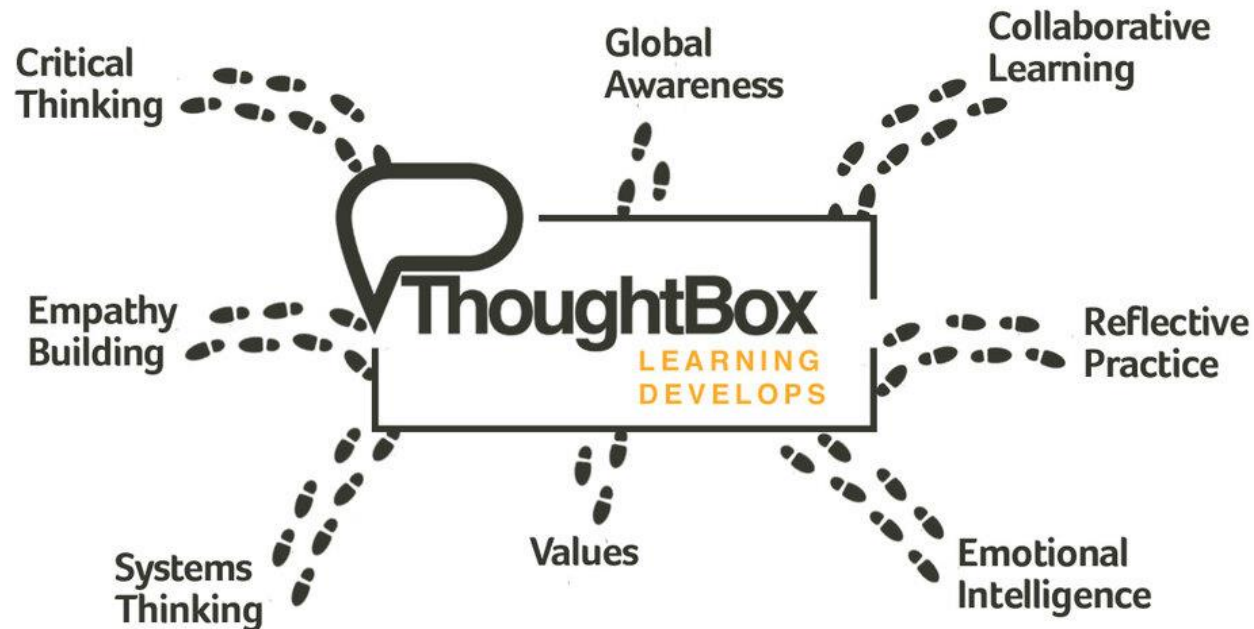
HEALTHY RELATIONSHIPS

THE THOUGHTBOX APPROACH

THE THOUGHTBOX LEARNING JOURNEY

We believe that *Relationships Education* and *Health Education* are not stand-alone topics, but are essential learning practices embedded within all aspects of our lives.

Our curricula support and extend beyond the aims of the new PSHE requirements for schools, helping you to match key Ofsted requirements for PSHE education, whilst deepening the skills and opportunities young people need to thrive in a changing world.



A THINK & THRIVE CURRICULUM FOR HEALTHY RELATIONSHIPS

WITH OURSELVES

Develop a reflective self awareness, strengthen emotional intelligence and self resilience and explore the meaning and practice of self-care and wellbeing.



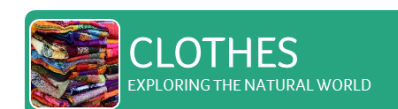
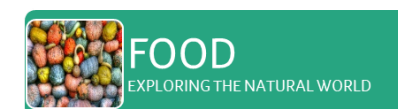
WITH SOCIETY

Explore diverse social issues, develop empathy and broaden perspectives to understand and appreciate the links between our lives and those of others.



WITH THE NATURAL WORLD

Encourage an appreciation of our intrinsic relationship to nature, develop linking thinking skills to engage with and relate to the natural world and our place within it.

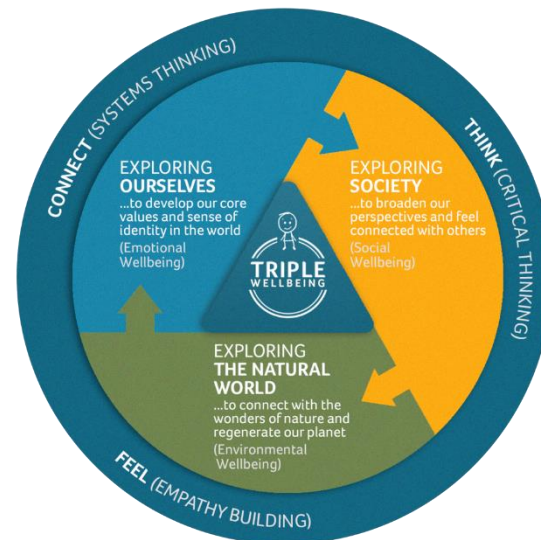


WHAT IS TRIPLE WELLBEING AND HOW IS IT NURTURED?

Our work is designed around a *triple wellbeing* framework, developed in response to what many leading thinkers call the *three disconnects* in our societies: disconnected from ourselves, from society and from the natural world.

We offer young people the chance to deepen these core relationships with themselves, others and nature to strengthen and nurture whole-child health and wellbeing.

We call this **triple wellbeing**.




At the heart of ThoughtBox stands the knowledge that education needs to nurture the whole child.

When young people are given the space to think deeply about - and connect to - the things that really matter, they develop a broader sense of knowledge, compassion, values, confidence and resilience, giving them the opportunity to flourish.

Using a triple wellbeing approach, we support young people in developing social, emotional and environmental wellbeing through nurturing healthy relationships in these three essential areas.

THE THOUGHTBOX THINK & THRIVE CURRICULUM...

- ❑ **Maps to core Ofsted requirements**
for Relationships and Health Education. A full breakdown and overview of the objectives and where they are explored in our curriculum can be found [here](#).
- ❑ **Nurtures triple wellbeing**
by developing social, emotional and environmental wellbeing.
- ❑ **Offers engaging learning stimulus**
through discussion-based inquiries and activities exploring global issues.
- ❑ **Encourages essential life skills**
of critical thinking, empathy and systems thinking to support resilient and empowered futures
- ❑ **Is ready to teach**
slotting straight into timetabled lessons requiring no pre-planning or preparation
- ❑ **Fosters a safe, guided space**
where students can explore their emotions and practice developing healthy relationships



Join our growing community of teachers, supporting over one million young people to develop healthy relationships in their communities.