THINK & THRIVE
A TRIPLE WELLBEING CURRICULUM

THoughtBox
Our ‘triple wellbeing’ approach
The Regenerating Framework
How does it work?
Self-Care topics
People-Care topics
Earth-Care topics
Wider support
Our programmes explore the methods and develop the mindsets needed to become more resilient, adaptable and innovative as we prepare for a new future of learning and reimagine education together.

Our *triple wellbeing* framework has been developed in response to what leading thinkers call the three disconnects in our societies: disconnection from ourselves, from others and from the rest of the natural world.

Using a holistic approach, we actively support young people in developing social, emotional and environmental wellbeing through nurturing healthy relationships in these core areas.

We offer school communities:

- Evidenced based research into holistic wellbeing
- Cutting edge neuroscience in teaching & learning
- Practical classroom strategies
- Globally-focused whole-school curriculum
- Interactive talks and workshops
- Opportunities for community & collaboration
All of the ThoughtBox programmes focus on nurturing three principles to develop the knowledge, skills, and practices to support the wellbeing of people and planet:

**THE FRAMEWORK**

**SELF-CARE**
Cultivating personal wellbeing by making sense of what it means to be human and developing how we think and therefore feel about ourselves and the world around us.

**PEOPLE-CARE**
Developing social wellbeing and global citizenship through the ability to practice empathy, bridge divides, be active in and feel valued by our communities.

**EARTH-CARE**
Revitalising environmental wellbeing by seeing ourselves as part of nature and learning how to bring our lives back into balance with our natural living ecosystems.
Think & Thrive is a discussion-based curriculum which slots straight into timetabled lessons. Each lesson is linked to PSHE& SMSC, Global Citizenship and National Curriculum subject areas and can work as a compliment to topics studied within wider lessons.

Think & Thrive offers discussion-based lessons, exploring some of the big issues happening across the world through a reflective and exploratory inquiry-based process of learning.

Each topic contains four 60 minute lessons built around the following learning framework:

**LESSON 1 | IMMERSE (1 hour)**  
Immerse into the topic

**LESSON 2 | UNDERSTAND (1 hour)**  
Understand why this topic is important

**LESSON 3 | EXPLORE (1 hour)**  
Explore a range of global perspectives

**LESSON 4 | EMPOWER (1 hour)**  
Feel empowered taking positive actions

Each 60 minute lesson is broken down into smaller sections, allowing flexibility to be used across the school timetable and within a range of timings e.g.:

*PSHE lessons / Daily tutor periods / Life Skills lessons / Off-timetable days / Debate clubs / Theory of Change lessons / National Curriculum lessons*
Revisit each topic every two years, with each learning level exploring the topic from a different angle, perspective and skill-set.

**Key Stage 1 | Y1&2**

Our KS1 curriculum is all based around animal stories. Each of our topics is explored through a bespoke picture-book story at the beginning of the lesson, engaging children with some of the key themes and ideas of the topic in simple, accessible and exciting ways. Lessons focus on the core practice of empathy building, developing other key skills of discussion, active listening, curiosity and global citizenship.

**Key Stage 2 | Y3&4**

Our lower KS2 curriculum follows a similar structure to KS1, with videos often used as an introduction to the lesson, followed by a range of discussion-based and practical activities. Lessons build on the practice of empathy building and introduce critical thinking, developing other key skills of discussion, active listening, curiosity, reflection and global citizenship.

**Key Stage 2 | Y5&6**

Our upper KS2 curriculum follows a similar structure to lower KS2, with videos often used as an introduction to the lesson, followed by a range of discussion-based and practical activities. Lessons build on the practice of empathy building and introduce core practices of critical thinking and linking thinking, whilst continuing to develop key skills of discussion, active listening, curiosity, reflection and global citizenship.
Think & Thrive is a progressive discussion-based curriculum in which every student’s voice is heard and every voice matters.
SELF-CARE TOPICS
Aims and Objectives

Lessons will examine our identity in the world, looking at the relationships between who we are and who we are told to be. Pupils will discuss and explore the different influences upon our identities, exploring in depth our online selves and the ways that we connect with people and present ourselves to the world.

Pupils will learn more about themselves, the roots of their own cultural identity and how to make their own choices about the things they like. Lessons will encourage students to engage in cross-cultural learning, exploring differences across traditions whilst promoting inclusion and celebration of cultural diversity.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | The Story of Me
LESSON 2 (UNDERSTAND) My Best Self
LESSON 3 (EXPLORE) | Making Choices
LESSON 4 (EMPOWER) | Love the Skin I’m In
Aims and Objectives

Lessons will encourage pupils to think about the meaning of happiness and explore what the sensation of happiness feels like, as well as discuss what we all need to feel happy.

Pupils will explore a range of emotions that humans experience as well as some of the different ways to support emotional health. They will think about and discuss how to talk about difficult feelings and explore a range of thinking, doing and sharing activities to encourage emotional well-being. Lessons will open up discussions about different ways to approach happiness, looking at different countries and cultures as well as our overall human needs.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | What is Happiness?
LESSON 2 (UNDERSTAND) Mind your Head
LESSON 3 (EXPLORE) | The Bare Essentials
LESSON 4 (EMPOWER) | Positive Thinking
Aims and Objectives
Lessons will examine some of the ways in which our identities are shaped by our cultures, thinking about where culture comes from and how it is linked to land, tradition and storytelling.

Pupils will explore some of the cultural diversity across the world, learning to appreciate and engage with difference and reflecting on how cultural traditions and practices can make us feel.

Lessons will share stories from across different traditions and help young people to feel empowered within their own cultural stories whilst also connecting with and celebrating our rich and diverse global cultures.

Curriculum Content
Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | What is Culture?
LESSON 2 (UNDERSTAND) Being Human
LESSON 3 (EXPLORE) | Diversity & Difference
LESSON 4 (EMPOWER) | A Cultural Celebration
Aims and Objectives

Lessons will explore how and why we communicate with each other, thinking about some of the ways that we have developed communications over human history, and the role that social media plays in supporting communication across the world. Pupils will learn about and explore some of the different ways that social media impacts our lives, thinking about the benefits as well as some of the challenges, such as addiction to the screen and anti-social behaviour.

Lessons will explore practices to develop healthy relationships with social media, helping to explore the need for human contact and understanding some of the problems and pressures that social media can introduce. Pupils will learn tools and positive practices for healthy communications in their own lives and communities.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Communicating Together
LESSON 2 (UNDERSTAND) What is Social Media?
LESSON 3 (EXPLORE) | Connection Issues
LESSON 4 (EMPOWER) | Healthy Communication
Aims and Objectives

Lessons will explore the concept of faith and belief, helping young people to understand what faith means to different people and why many of us shape our lives around belief systems.

Pupils will think about some of the different faith stories, exploring and appreciating cultural diversity and how faith can be linked to land and tradition. They will explore the idea of spirituality and spiritual belief - of being in awe of something bigger than ourselves and the feelings that we share in our different beliefs and faiths. They will embrace the differences in our belief systems and explore why and how our faith and belief - whatever it may be - can help us to navigate our lives as humans in an infinite universe.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

**LESSON 1 (IMMERSE) | Finding Meaning**

**LESSON 2 (UNDERSTAND) The Feeling of Awe**

**LESSON 3 (EXPLORE) | Stories of Belief**

**LESSON 4 (EMPOWER) | Meeting Together**
Aims and Objectives

Lessons will encourage pupils to engage with their sense of curiosity, inviting and exploring the feeling of awe and wonder in our everyday lives.

Pupils will reflect on the sensations of awe whilst exploring some of the triggers for this feeling, focusing in particular on our emotional responses to the world around us. They will learn to ask big questions and feel engaged and confident with the idea of the ‘unknown’, learning to embrace the mystery and magic of life as something to cherish and treasure.

Lessons will invite practices for recognising and appreciating wonder in the everyday as well as the wider world.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Feeling Inspired
LESSON 2 (UNDERSTAND) | I Wonder Why
LESSON 3 (EXPLORE) | What makes a wonder?
LESSON 4 (EMPOWER) | Be Amazed
PEOPLE-CARE TOPICS
Aims and Objectives
Lessons will encourage students to engage in a series of reflective, discursive and creative exercises, exploring the stories of people who have been forced to leave their homes across the world in order to find safety.

Pupils will explore and connect with stories of migrants, looking at the language and emotions that are used when talking about refugees and immigrants, and the impact of words on our perceptions. They will learn about some of the differences between people’s privileges and opportunities to move freely around the world depending upon their passport, as well as learning about why some people have to leave their homes and countries, and what some of the challenges in their lives might be when trying to find safety in a new place.

Curriculum Content
Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Seeking Safety
LESSON 2 (UNDERSTAND) The Power of Words
LESSON 3 (EXPLORE) | Freedom to Move
LESSON 4 (EMPOWER) | New Beginnings
Aims and Objectives

Pupils will practise skills of critical thinking & questioning, deep listening and empathy building. Lessons will encourage students to engage in empathic engagement with people experiencing homelessness, understanding some of the root causes of homelessness as well as how it might feel to be living without a home.

Lessons will explore and create ways to make people feel welcome, consider what the feeling of a home might be and understand ways to make a places into a home. They will consider some of the challenges that come with living without a home, and explore feelings of homesickness.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | The Culture of Home
LESSON 2 (UNDERSTAND) | Feeling at Home
LESSON 3 (EXPLORE) | Living without a Home
LESSON 4 (EMPOWER) | Needing to Belong
Aims and Objectives

Lessons will examine and explore the ideas and impact of kindness on our lives, communities and wider world.

Pupils will explore some of the feelings of kindness – both giving and receiving – and understand what kindness can offer to our own lives and those of others around us.

Lessons will look at the concept of charity, introducing altruism and compassion as values and actions to understand and engage with, whilst helping pupils to appreciate and value the impact of kindness to themselves and to others in their own lives. Lessons will engage with positive practices and behaviours to foster a culture of care with themselves, with others and with the rest of the natural world.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | The Kindness Infection
LESSON 2 (UNDERSTAND) | A Kinder World
LESSON 3 (EXPLORE) | Helping Hands
LESSON 4 (EMPOWER) | Conscious Care
Aims and Objectives

Lessons will explore the inherent need we all have to belong, looking at how we evolve to be part of groups and gangs. By exploring the behaviour of animals as well as humans, pupils will think about pack mentality and herd behaviour to see where we share similar patterns of behaviour. Lessons will explore the feeling of belonging, looking in particular at social dynamics and behaviour patterns and the different groups that make up our communities.

The topic explores and discusses some of the stereotypes and stigmas associated with gang culture, thinking about why people may join gangs and some of the wider issues surrounding gang culture. Pupils will explore how to build healthy connections and feel strengthened and empowered by the groups and communities within which we live.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

- LESSON 1 *(IMMERSE)* | Pack Behaviour
- LESSON 2 *(UNDERSTAND)* | A Social Species
- LESSON 3 *(EXPLORE)* | Part of the Gang
- LESSON 4 *(EMPOWER)* | Needing to Belong
Aims and Objectives

Lessons will engage with some of the different relationships in our lives, reflecting on how they impact us and how they make us feel. Discussions will explore practices for building healthy relationships as well as ways to respond to conflict and friction in the relationships we are part of as we grow and develop in the world.

Pupils will explore ideas surrounding love and friendship, looking at the importance of healthy relationships and communication – including our relationship and respect for ourselves – understanding how relationships shape our behaviours and can help us to feel well and feel deeply connected to the world around us.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Building Relationships
LESSON 2 (UNDERSTAND) | What is Love?
LESSON 3 (EXPLORE) | Conflict and Care
LESSON 4 (EMPOWER) | Feeling Connected
Aims and Objectives

Lessons will examine the meaning of equality, justice and ‘fairness’, helping pupils to understand these ideas in their own lives as well as in the wider world.

Discussions will explore examples of inequality in our communities and societies and understand how these can affect the wider communities, including exploring and discussing equality for the natural world.

Lessons will nurture and encourage the skills of empathy to engage with how it feels when things are not fair. Lessons invite students to consider ways to practice fairness in their own communities, learning the skills and practices to support these ideas moving forward.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | What is Equality?
LESSON 2 (UNDERSTAND) | It’s Not Fair!
LESSON 3 (EXPLORE) | Natural Justice
LESSON 4 (EMPOWER) | A Fairer World
EARTH-CARE TOPICS
Aims and Objectives

Lessons in this topic will examine some of the issues surrounding habitat loss because of human behaviour.

Pupils will explore and connect with some of the creatures and people living in the rainforest, exploring creative and empathic engagement to feel connected. They will learn about some of the threats to the natural world and think about how this might impact both living and non-living beings.

They will engage with some of the wildlife closer to home and think about ways to live more harmoniously with nature in our local area.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Who else lives here?
LESSON 2 (UNDERSTAND) | Changing lands
LESSON 3 (EXPLORE) | Sharing space
LESSON 4 (EMPOWER) | Sustainable Dwellings
Aims and Objectives

Lessons in this topic will examine some of the issues surrounding the rubbish that we make, helping pupils to understand why we produce so much rubbish as well as the impact of it on our natural landscape.

Discussions will explore the ways in which nature deals with waste, thinking about the different sorts of waste that humans produce and ways we can all cut down on our waste.

Pupils will work on a range of creative projects to explore, engage, inspire and empower others to cut down on the waste they are producing in their daily lives.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | What is all this Stuff?
LESSON 2 (UNDERSTAND) | Where is ‘Away’?
LESSON 3 (EXPLORE) | How Long Until It’s Gone?
LESSON 4 (EMPOWER) | Waste-free Living
Aims and Objectives

Lessons will engage with our food habits and food systems, zooming out to look at some of the social constructs around eating as well as exploring the food that we consume.

Pupils will be invited to explore the food choices around them, understanding some of the links between land, culture and food.

Discussions and activities will develop empathy to those involved in the food chain and production process, exploring some of the ‘ethics’ of our food production and consumption and looking ahead to ways to sustainably feed a growing population on

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | You Are What You Eat
LESSON 2 (UNDERSTAND) | Food Culture
LESSON 3 (EXPLORE) | Eating Ethics
LESSON 4 (EMPOWER) | Our Food Future
Aims and Objectives

Lessons will explore the value and resonance of water in our lives, examining the crucial role that water plays in our bodies and across our natural systems, whilst exploring some of the threats that pollution, and climate change are causing to our water systems.

Discussions will engage with stories from different cultures and contexts experiencing extremes of water (such as drought and floods), exploring our relationship with water in our local areas. Lessons will encourage reflective and empowered responses to how we use and consume water in our daily lives and how we can relate more consciously and sustainably both now and in the future.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | The Value of Water
LESSON 2 (UNDERSTAND) | Too Much, Too Little
LESSON 3 (EXPLORE) | Dirty Waters
LESSON 4 (EMPOWER) | Watery Futures
Aims and Objectives

Lessons will explore our relationship with clothes, thinking about where clothes come from, who makes them, who decides what looks good and what happens to our clothes when we throw them away.

Pupils will think about the production line for clothes, exploring stories and engaging in empathic and creative exercises to think more critically about our choices surrounding the clothes that we wear.

Pupils will be invited to think about how clothes shape and support our identities, the role of our cultures in our clothes choices and how to feel more conscious of our clothes shopping in the future.

Curriculum Content

Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | What Are You Wearing?
LESSON 2 (UNDERSTAND) | The True Cost of our Clothes
LESSON 3 (EXPLORE) | Wear and Tear
LESSON 4 (EMPOWER) | Changing Our Habits
Aims and Objectives
Pupils will practise skills of critical thinking, asking questions, practising empathy and thinking in systems (understanding how things connect) by engaging in a wide range of learning stimulus, stories, discussion ideas and creative exercises.

Lessons will use stories, metaphor and creative activities to introduce learning about the cause & effect of climate change. Pupils will begin to explore and understand the impact of climate change on human and non-human communities and engage with the thoughts and feelings that many are experiencing to inspire positive actions and responses moving forward.

Curriculum Content
Four downloadable PowerPoints for Y1&2, Y3&4 and Y5&6 containing four 60 minute lesson plans:

LESSON 1 *(IMMERSE)* | Our Changing Climate
LESSON 2 *(UNDERSTAND)* | Cause and Effect
LESSON 3 *(EXPLORE)* | The Ripple Effects
LESSON 4 *(EMPOWER)* | Be the Change
THINK & THRIVE CURRICULUM

We offer schools a skills-based curriculum for Primary & Secondary, supporting key requirements for PSHE, SMSC & Global Citizenship.

THRIVE CPD TEACHER TRAINING

We support teachers through online and in-house CPD programmes, exploring how & why to embed triple wellbeing and healthy relationships across the school.

GLOBAL THINKING TALKS & WORKSHOPS

We deliver a series of interactive talks and workshops to KS1-KS5, inspiring young people to become active socially, emotionally and globally.
This sort of learning can’t wait...

If you are ready to dive deeper into the ThoughtBox learning journey, we can help with training, curricular, workshops, talks and ideas. Reach out to our team:

hello@thoughtboxeducation.com | thoughtboxeducation.com