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:

<table>
<thead>
<tr>
<th>SELF-CARE</th>
<th>INNER COMPASS</th>
<th>SELF AWARENESS</th>
<th>SELF COMPASSION</th>
<th>AUTONOMY</th>
<th>EMOTIONAL INTELLIGENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Finding our sense of direction and purpose by seeing the bigger picture and being stretched in what we think and feel motivated to do.</td>
<td>Strengthening our ability to tune into thoughts and feelings, search for blind spots and to see ourselves clearly and authentically.</td>
<td>Nurturing a healthy relationship with ourselves through a willingness to be actively kind as we navigate our diverse human experiences.</td>
<td>Feeling valued as a person, embracing our strengths and weaknesses and having the confidence to make good choices.</td>
<td>Understanding and engaging with our emotions to navigate overwhelm and develop empathy and connection with others.</td>
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<tr>
<th>PEOPLE-CARE</th>
<th>SYSTEMS THINKING</th>
<th>EMPATHY &amp; COMPASSION</th>
<th>COLLABORATIVE PROBLEM SOLVING</th>
<th>ACTIVE LISTENING</th>
</tr>
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<tbody>
<tr>
<td>Developing social wellbeing and global citizenship through the ability to practice empathy, bridge divides, be active in and feel valued by our communities.</td>
<td>Making sense of the complexities of our world by exploring the big picture as the starting point for problem solving.</td>
<td>Developing empathy and compassionate leadership skills to enable meaningful and collaborative relationships with others.</td>
<td>Embracing the value of diverse stakeholders, facilitating genuine dialogue and meeting with a shared purpose to co-create confident</td>
<td>Engaging with diverse perspectives and making sense of wider ideas to enable more reflective and objective views and actions.</td>
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</tbody>
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<tr>
<th>EARTH-CARE</th>
<th>APPRECIATING INTERDEPENDENCE</th>
<th>CLIMATE CHANGE AWARENESS</th>
<th>RECONNECTING WITH NATURE</th>
<th>RESILIENCE &amp; AGENCY</th>
<th>REGENERATIVE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Learning how different systems connect and how we rely on and contribute to the health and wellbeing of all natural ecosystems.</td>
<td>Understanding the causes and effects of the climate crisis with the capacity to move towards positive climate actions.</td>
<td>Learning to put aside the idea that humans are separate from nature, and see ourselves as part of our planet’s living systems.</td>
<td>Moving from anxiety to action with the knowledge, skills, and positive growth mindsets to be a part of shaping a regenerative future.</td>
<td>Contributing to planetary health by developing the capacity to consciously care for the ecosystems we depend on.</td>
</tr>
</tbody>
</table>
**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 3 | Y7&8**

At KS3, students engage with a range of current global issues, helping them to find their voice, share their opinions and listen to a diverse range of ideas within the classroom and curriculum content. Lessons introduce critical thinking as a foundation for learning, with the core practice of empathy weaved throughout the programmes and developing key skills of discussion, active listening, inquiry, reflection and global citizenship.

**Key Stage 4 | Y9&10**

Our curriculum for KS4 spans the upper age range of KS3, connecting to a deeper level of inquiry present at this age group. Lessons encourage students to strengthen their own ideas and opinions about a range of core global issues, introducing the practice of systems thinking to help make sense of how different issues relate and interconnect. All lesson activities encourage the foundational practices of critical thinking and empathy whilst developing key skills of debate and discussion, active listening, inquiry, reflection and global citizenship.

**Key Stage 5 | Y11-13**

Our curriculum for KS5 spans the upper age range of KS4, connecting to a deeper level of inquiry and reflection present at this age group. Lessons encourage students to connect more fully with the wider world and their place within it, using the core practices of critical thinking, systems thinking and empathy building to help young people make sense of the world and their place within it. As well as these three core practices, all lessons develop key skills of debate and discussion, active listening, compassion, inquiry, 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 relationship between who we are and who we are told to be by the voices around us – from our cultural heritage to family, from friends to popular culture and everything in between.

Lessons will discuss and explore the different influences upon our identities and the various labels that we are given, thinking about cultural stereotypes and the social moulding of popular culture. Discussions will explore our online identities and the ways that we connect with people and present ourselves to the world both online and offline, exploring ways to feel well and empowered in our own skin.

**Curriculum Content**

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

- **LESSON 1** (*IMMERSE*) | Who am I?
- **LESSON 2** (*UNDERSTAND*) | Peeling Off The Labels
- **LESSON 3** (*EXPLORE*) | My Best Self
- **LESSON 4** (*EMPOWER*) | Love The Skin I’m In
Aims and Objectives
Lessons will examine the concept of happiness and emotional wellbeing on an individual and collective basis, looking at the relationship between the body, the mind and the environment as influences on our emotions and discussing the spectrum of emotions that we all experience in our lives.

Students will discuss and explore the meaning of mental health and wellbeing in their own lives and cultures, exploring different approaches and cultural (as well as political) responses to feeling ‘well’ in the world whilst examining the role that relationships play in helping us to feel connected and finding meaning in our lives.

Curriculum Content
Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | What is Happiness?
LESSON 2 (UNDERSTAND) | Feeling Whole
LESSON 3 (EXPLORE) | Money Can’t Buy
LESSON 4 (EMPOWER) | Emotional Wellness
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 and indigenous roots, history and storytelling.

Students will examine the media influence on creating cultural stereotypes, learning to question assumptions by opening boxes on a variety of lifestyles, cultures and identities. Lessons will connect with stories from across traditions encouraging students to feel empowered within their own cultural traditions and heritage whilst connecting with - and celebrating - our diverse global cultures.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | What is Culture?
LESSON 2 (UNDERSTAND) | The Single Story
LESSON 3 (EXPLORE) | Beyond the Global Village
LESSON 4 (EMPOWER) | A Cultural Celebration
Aims and Objectives

Lessons will engage with the concept of social media, exploring some of the different ways that social media has impacted our lives for better and worse. Discussions will explore the benefits as well as some of the challenges, examining the human and environmental impact of this growing technology.

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. Students will explore positive practices for healthy communications in their own lives and relationships both online and offline.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Getting More Social
LESSON 2 (UNDERSTAND) | The Capital ‘I’ in Social
LESSON 3 (EXPLORE) | Bursting the Filter Bubble
LESSON 4 (EMPOWER) | To Infinity and Beyond
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. Students will explore the role of faith on a global scale, looking at different world religions as well as exploring extremism in religious behaviours. Discussions will encourage practices to embrace differences in our belief systems whilst exploring why and how faith and belief can help us to navigate our lives as humans in an unknown universe.

Curriculum Content
Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 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 engage with our sense of curiosity and connection, inviting and exploring the feeling of awe and wonder in our everyday lives. Discussions will introduce the concept of the sublime, examining our emotional responses to awe and exploring some of the triggers for this feeling on a micro and macro level.

Lessons will help students feel engaged and connected to the concept of the ‘unknown’, exploring some of the greater unknowns and mysteries in our lives whilst inviting practices for recognising and appreciating wonder in the everyday natural landscape as well as the wider universe.

Curriculum Content
Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 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
Aims and Objectives

Lessons will explore stories of people who have been forced to leave their homes across the world in search of safety, sharing stories of migrants and engaging with some of the thoughts and emotions connecting with refugees and immigrants. Lessons will encourage empathic engagement with individuals' stories, looking at the role of media bias in influencing and shaping our opinions and language.

Lessons will explore the notion of the privilege of birth, reflecting on some of the reasons for global migration and exploring how it might feel to have to leave home and search for safety in new, often hostile environments across the world.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 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

Lessons will encourage students to engage empathically with those experiencing homelessness, understanding some of the root causes of homelessness as well as how it might feel to be living without a home.

Students will consider some of the challenges that come with living without a home, exploring the feeling of being homeless as well as some of the causes and effects of homelessness. Lessons will explore and create ways to make people feel welcome in our communities, reflecting on the importance of acknowledging our shared humanity and engaging empathically with people in our communities.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 *(IMMERSE)* | What is Home?
LESSON 2 *(UNDERSTAND)* | Homeless and Human
LESSON 3 *(EXPLORE)* | Living on the Edge
LESSON 4 *(EMPOWER)* | A Hand Up
Aims and Objectives
Lessons will engage students in the positive impacts of charity work and volunteering on ourselves and communities around us, appreciating the value of altruism and how actions promoting the values of kindness and compassion can be embedded into our lives.

Students will be challenged to reflect on the wider ripple effects of charity and voluntourism, in particular in the global south, exploring the roles and responsibilities that come with ethical volunteering, learning about ripple effects of colonialism on charity and aid whilst working towards an appreciation of how to be a reflective and compassionate global citizen.

Curriculum Content
Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Lending a Hand
LESSON 2 (UNDERSTAND) | Is Help Always Helpful?
LESSON 3 (EXPLORE) | The Ripple Effects
LESSON 4 (EMPOWER) | Ethical Aid
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.

Students 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 Y7&8, Y9&10 and Y11-13 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) | Healthy Connections
Aims and Objectives

Lessons will explore and engage with the inherent need we all have to belong, looking at pack mentality and herd behaviour in animals as well as humans. Lessons will explore the feeling of belonging, looking in particular at social dynamics and behaviour patterns and the different subcultures and groups that make up our communities.

Students will examine individual practices within cultures and communities, exploring and discussing some of the stereotypes and stigmas associated with gang culture. They will explore how to build healthy connections and feel strengthened and empowered by the communities within which we live.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

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

Lessons in this topic will examine the concept of equality and justice, helping pupils to understand the nuances of equity, equality and justice and how these are social constructs. Students will think about the concept of justice and what it means to demand justice in our societies, speaking up for the marginalised and silenced.

Lessons will explore some of the embedded inequalities across human history, exploring the impact of empire and colonialism and discussing natural justice, ecocide and the rights of the marginalised. They will work together on strategies to explore just and fair practices within their own behaviours, engaging with the tools and networks to support more conscious practices for equality moving forward.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 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 habitats and habitat loss, exploring our relationships with the environments in which we live and the cause and effect of our choices as consumers on natural habitats across the world.

Students will explore the intrinsic threats to the natural world caused by habitat destruction, connecting with indigenous voices to explore practices for regeneration. They will examine the impact of environmental destruction on the human and non-human world, connecting with natural landscapes closer to home and thinking about ways to live more harmoniously with nature within our local and global communities and environments.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 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) | Regeneration
Aims and Objectives

Lessons in this topic will examine some of the issues surrounding our take-make-waste lifestyles, exploring and understanding both why we produce so much rubbish as well as the impact it has on our natural environments and ecosystems.

Discussions will invite systems-thinking approaches to examine collective behaviour change, exploring the impact of both individuals and governments in tackling waste, unpicking the notion of ethical consumption and understanding the impact of regenerative living for the wellbeing of people and planet.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | What Is All This Stuff?
LESSON 2 (UNDERSTAND) | Our Wasteful Habits
LESSON 3 (EXPLORE) | Looking the Other Way
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. Students will discuss the influences on their own food choices on their identities and on the natural world, exploring links between food, land, culture and wellbeing.

Discussions and activities will engage with stories from across the food production systems, exploring some of the ethics of food systems, standards and production by looking at GMO and industrial farming as well as looking ahead to explore healthy and regenerative food practices for a growing population on a finite planet.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | You Are What You Eat
LESSON 2 (UNDERSTAND) | Wonky Ethics
LESSON 3 (EXPLORE) | Food Culture
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 Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | The Value of Water
LESSON 2 (UNDERSTAND) | Dirty Waters
LESSON 3 (EXPLORA) | Too Much, Too Little
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.

Discussions will explore how clothes shape and support identities, looking at the role of our cultures (including popular culture) in influencing fashion choices. Lessons will examine the ethics of clothes production-lines, engaging empathically with stories from different parts of the supply chain. Students will be encouraged to think more critically about choices surrounding the clothes that we wear and how to be a more conscious consumer.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Fashion Culture
LESSON 2 (UNDERSTAND) | Slaves to Fashion
LESSON 3 (EXPLORE) | Unravelling Ethics
LESSON 4 (EMPOWER) | A Fashion Revolution
Aims and Objectives

Lessons will engage with the concept of climate change, taking students through a gentle journey to understand some of the causes and effects of changing climates both now and over the course of human history.

Students will explore some of the actions leading to the climate crisis, examining human history, political apathy and youth activism whilst understanding our own actions for empowerment moving forward. Discussions will enable a critical and empathic focus on the effects of climate change on human and non-human communities, using the practice of systems thinking to help understand some of the bigger pictures and support a move from climate anxiety to empowerment.

Curriculum Content

Four downloadable PowerPoints for Y7&8, Y9&10 and Y11-13 containing four 60 minute lesson plans:

LESSON 1 (IMMERSE) | Our Changing Climates
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