

# Triple WellBeing in the classroom

ThoughtBox supports an approach where personal, social and environmental wellbeing unite, and where the value and vitality of each level of wellbeing is celebrated and nurtured. Using the Triple WellBeing® approach as a guide, we invite you to explore, experiment and co-create ways to deepen and strengthen these care competencies in your own life and learning community.

Bringing together three core skills (critical thinking, empathy and relationship-building) with three core practices (self-care, people-care and earth-care), this approach helps focus on strengthening **nine care competencies** to help nurture healthy relationships with people and planet.



Our educator programmes, learning resources and practitioner network welcome teachers to learn, share and grow together, nurturing a culture of care right across the learning landscape.

By practising and strengthening these competencies in our own lives, as well as the learning environment, we are helping to shift cultures towards one which values the importance of caring for ourselves, each other and the rest of nature above all else.

## The 9 Care Competencies

In this ever-changing world, consider these 9 care competencies as your toolkit for life.

Practise them and you'll understand yourself better, develop healthier relationships with others and connect in meaningful ways to the world around you.

Our Triple WellBeing card deck and learning resources are designed to help strengthen and develop these practices on a personal, professional and organisational level.

It's a triple win - good for you, good for others and good for the planet we all call home.



Self Awareness



Self Compassion



Resilience & Agency



Social Awareness



Compassion for Others



Citizenship & Belonging



Environmental Awareness



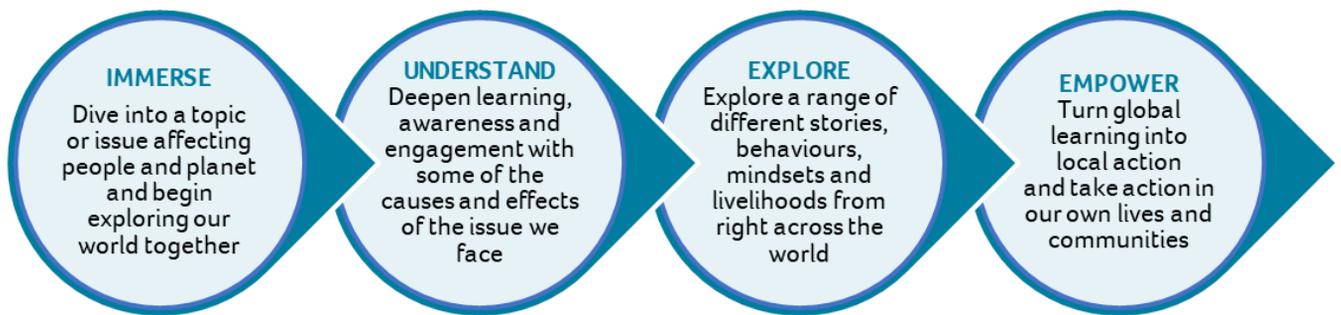
Compassion for Nature



Rewilding & Regenerating

# Curriculum Design Principles

The Triple WellBeing® curriculum has been designed to take young people on a progressive learning journey from curiosity to empowerment, in which the **exploration process *is* the learning**. Each curriculum topic contains four interconnected lessons to allow and enable learners to:



**SHARING THE PEDAGOGY:** The theory and practice underpinning our learning resources:

- 1. Whole-person learning**  
Encouraging spaces for whole-person learning through engagement with the mind, body, spirit and soul
- 2. Exploring global-perspectives**  
Helping explore diverse ideas, widen perspectives and mindsets, engage with alternative viewpoints, deepen empathy and engage with core values
- 3. Discussion-led learning – the process *is* the learning**  
Developing opinions, strengthening values, listening actively, thinking critically about ideas and deepening levels of awareness
- 4. Connecting global to local**  
Learning from and with others in our global communities to inspire student autonomy through local action and engagement
- 5. A spiral approach to learning**  
Allowing maturation at each learning level by returning to similar content at different age levels
- 6. Facilitated lessons – by students or teachers**  
Encourage exploratory learning, enabling student-voice and encouraging active participation for pupils by welcoming shared responsibility and co-creation of the learning space.

