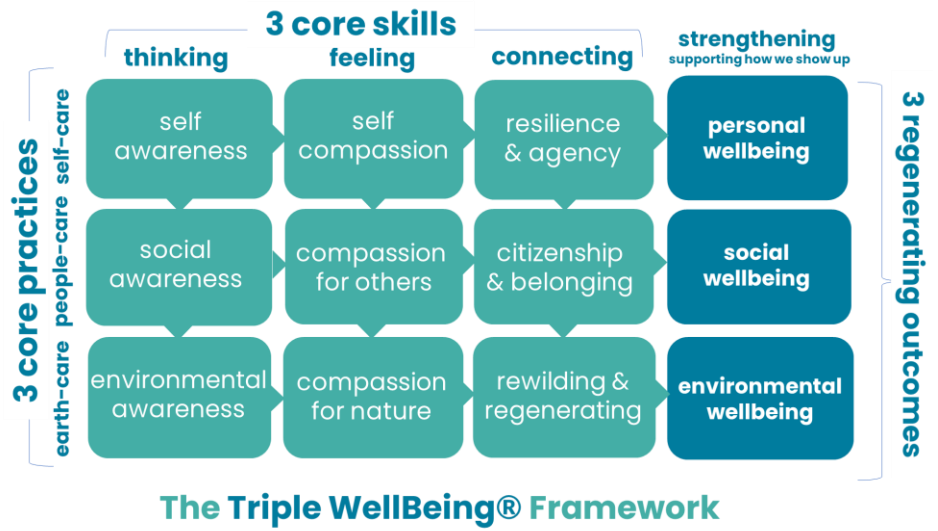


# Triple WellBeing in the classroom

ThoughtBox supports a mindset where personal, social and environmental wellbeing connect, and where the value and importance of each level of wellbeing is celebrated and nurtured. Using the Triple WellBeing® framework as a guide, we invite you to join the learning journey and explore how to deepen and strengthen these competences in your life and learning community.

Bringing together three core skills with three core practices, we focus on strengthening **nine key competencies** to nurture healthy relationships with people and planet. The Triple WellBeing® curriculum has been designed to help integrate these competencies into the classroom and wider learning community



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:

## Self-Care strengthening personal wellbeing

Developing self-awareness, compassion, resilience and agency.



## People-Care strengthening social wellbeing:

Cultivating social awareness, empathy, citizenship and a sense of belonging.



## Earth-Care strengthening environmental wellbeing:

Fostering environmental awareness, compassion and regenerating actions.



# Core Design Principles

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

## 1. IMMERSE

Dive into a topic or issue affecting people and planet to begin exploring our changing world together



## 2. UNDERSTAND

Deepen learning, awareness and engagement with some of the causes and effects of the issues we are facing

## 3. EXPLORE

Explore different stories, mindsets and beliefs from right across the world

## 4. EMPOWER

Turn global learning into local action in our own lives and communities

**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.

