

## Aims & Objectives

Lessons will inspire discussions to help young people engage with their sense of curiosity, inviting and exploring the feeling of awe and wonder in their everyday lives.

Students will reflect on the sensations of awe whilst exploring some of the ways this feeling is activated, focusing in particular on deepening our emotional responses to the world around us. Discussions will help to learn how to ask bigger, deeper 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

## The Learning Journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | Feeling Inspired**

**LESSON 2 (UNDERSTAND) | Wonder Why**

**LESSON 3 (EXPLORE) | What makes a wonder?**

**LESSON 4 (EMPOWER) | Be Amazed**

# Awe & Wonder



# Global Cultures

Self-care topic

## 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, history and storytelling.

Discussions and activities will help to explore some of the cultural diversity across the world, helping young people to appreciate and engage with difference whilst reflecting on how cultural traditions and practices can make us feel.

Lessons will share stories from across different traditions and help to feel a sense of empowerment within our own cultural stories whilst also connecting with and celebrating the rich and diverse cultures right across the world.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | What is Culture?**

**LESSON 2 (UNDERSTAND) Being Human**

**LESSON 3 (EXPLORE) | Diversity & Difference**

**LESSON 4 (EMPOWER) | A Cultural Celebration**



Self-care topic

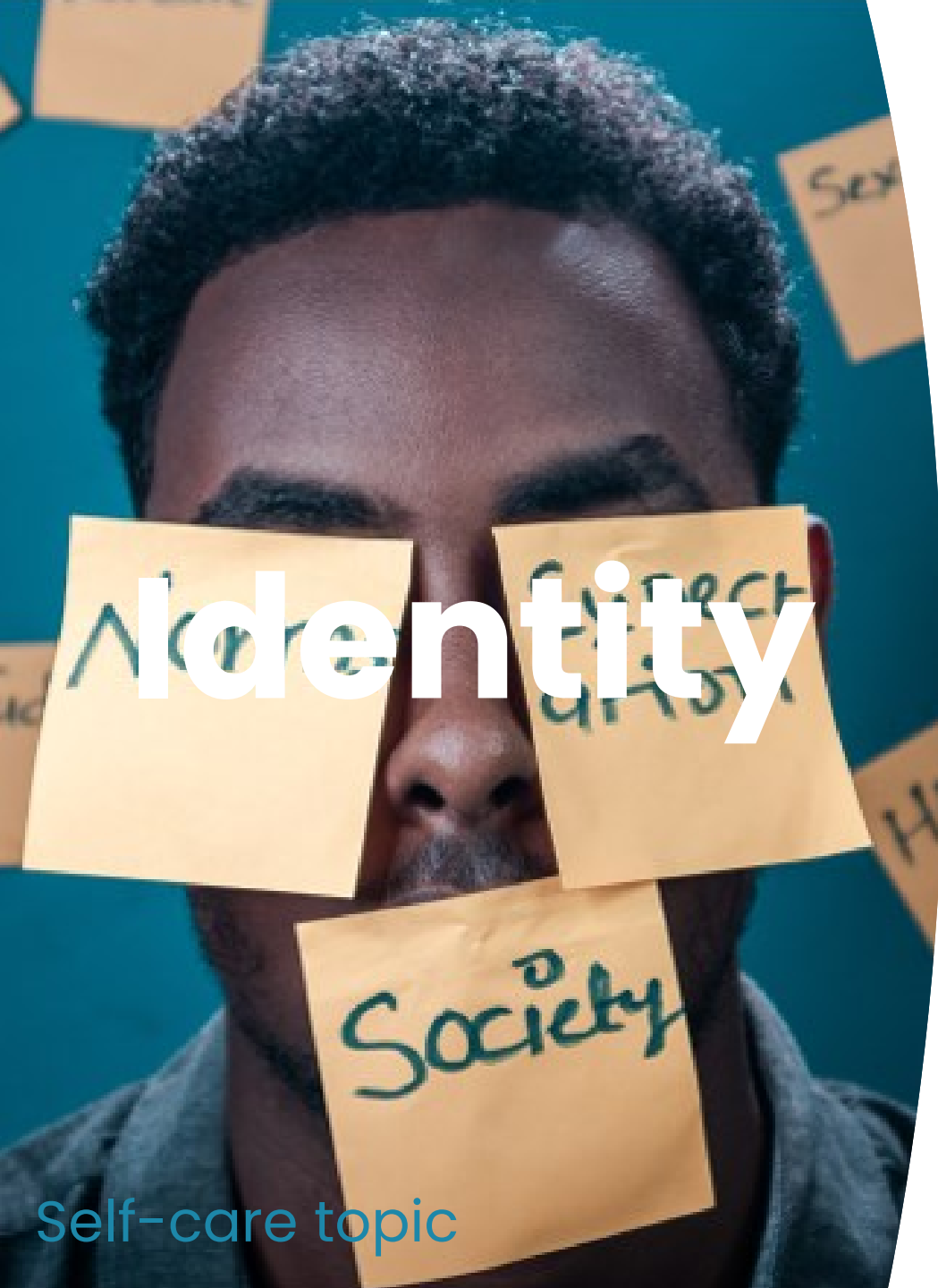
## Aims and Objectives

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. Discussions will engage with a cultural story of success and how this narrative can oftentimes hinder our capacity to find true happiness in our lives.

Activities will help open up discussions about different ways to approach happiness, looking at different countries and cultures as well as our overall human needs. Students will explore the spectrum of emotions that we 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 being well in themselves.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:  
**LESSON 1 (IMMERSE) | What is Happiness?**  
**LESSON 2 (UNDERSTAND) Mind your Head**  
**LESSON 3 (EXPLORE) | The Bare Essentials**  
**LESSON 4 (EMPOWER) | Positive Thinking**



Self-care topic

## Aims and Objectives

Lessons will examine our identity in the world, thinking about the relationships between who we are and who we are told to be. Students 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.

Activities and discussions will encourage a deeper reflection about students' identities; the roots of their own cultural identity and how to make their own choices about the things they like. Lessons will enable students to engage in cross-cultural learning, exploring differences across traditions whilst promoting inclusion and celebration of cultural diversity.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

- 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



# Social Media

Self-care topic

## Aims and Objectives

Lessons will explore how and why we communicate with each other, thinking about some of the ways that we have communicated across history, as well as the role that social media plays in supporting communication across the world. Students 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. Students will learn tools and positive practices for healthy communications in their own lives and communities.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | Communicating Together**

**LESSON 2 (UNDERSTAND) What is Social Media?**

**LESSON 3 (EXPLORE) | Connection Issues**

**LESSON 4 (EMPOWER) | Healthy Communication**



# Faith & Spirituality

Self-care topic

## Aims and Objectives

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

Discussions will help to 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. Students 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 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.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons: :

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

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

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

**LESSON 4 (EMPOWER) | Meeting Together**

A close-up photograph of a person's hand gently holding a small green lizard on a textured tree branch. The background is a soft-focus natural setting with green leaves.

# Equality & Justice

People-Care topic

## Aims and Objectives

Lessons will examine the meaning of equality, justice and 'fairness', helping students 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 personal and local communities, learning the skills and practices to support these ideas moving forward and out into the wider world.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1** (*IMMERSE*) | What is Equality?

**LESSON 2** (*UNDERSTAND*) | It's Not Fair!

**LESSON 3** (*EXPLORE*) | Natural Justice

**LESSON 4** (*EMPOWER*) | A Fairer World



# Refugee Journeys

People-Care topic

## Aims and Objectives

Lessons will explore some of the stories of people who have been forced to leave their homes across the world in order to find safety.

Students will explore and connect with stories of those who have been displaced, looking at the language and emotions that are used when talking about refugees and immigrants, and the impact of words on our perceptions. Lessons will help to 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

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**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

Students 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.

Discussions and activities will help to reflect upon some of the challenges that come with living without a home, and explore feelings of homesickness and the different responses we may have. Lessons will consider what the feeling of a home might be and understand ways to make a place into a home, helping to explore and create ways to make people feel welcome in our communities.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

- 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



# Kindness & Ethics

People-Care topic

## Aims and Objectives

Lessons will examine and explore the ideas and impact of kindness on our lives, communities and wider world, thinking about the ethics of altruism – especially when volunteering our time in different cultures.

Students will explore some of the feelings of kindness – both giving and receiving – and understand what kindness and care 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 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.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | The Kindness Infection**

**LESSON 2 (UNDERSTAND) | A Kinder World**

**LESSON 3 (EXPLORE) | Helping Hands**

**LESSON 4 (EMPOWER) | Conscious Care**



# Groups & Gangs

People-Care topic

## Aims and Objectives

Lessons will explore the inherent need we all have to belong, looking at how we evolved to be part of groups, gangs and communities. By exploring the behaviour of animals as well as humans, discussions encourage reflection about pack mentality and herd behaviour to identify 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.

Activities help to explore and discuss some of the stereotypes and stigmas associated with gangs, thinking about why people may join gangs and some of the wider issues surrounding gang culture. Students will explore how to build healthy connections and feel strengthened and empowered by the communities we are part of.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | Pack Behaviour**

**LESSON 2 (UNDERSTAND) | A Social Species**

**LESSON 3 (EXPLORE) | Part of the Gang**

**LESSON 4 (EMPOWER) | Needing to Belong**



# Love & Relationships

People-Care topic

## 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 healthy, honest communications – including thinking about how to nurture our relationship and care for ourselves – understanding how relationships shape our behaviours and can help us to feel well and feel more deeply connected to the world around us.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | Building Relationships**

**LESSON 2 (UNDERSTAND) | What is Love?**

**LESSON 3 (EXPLORE) | Conflict and Care**

**LESSON 4 (EMPOWER) | Feeling Connected**



# Changing Climates

Earth-Care topic

## Aims and Objectives

Lessons help young people to make sense of climate change, exploring the root causes of our crises and engaging with the science and emotions of our rapidly changing world.

Lessons will use stories, metaphor and creative activities to introduce learning about the cause & effect of climate change, helping to understand fossil fuels and human-actions and explore the impact of climate change on human and non-human communities. Discussions will explore a wide range of global perspectives and inspiring changemakers to help inspire young people with the tools for resilience, emotional wellbeing, agency and empowerment in their own lives and communities.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | Our Changing Climate**

**LESSON 2 (UNDERSTAND) | Cause and Effect**

**LESSON 3 (EXPLORE) | The Ripple Effects**

**LESSON 4 (EMPOWER) | Be the Change**



# Habitats

Earth-Care topic

## Aims and Objectives

Lessons in this topic will examine some of the issues surrounding habitat loss because of human behaviour, as well as reflecting on the way we share space with others, and how to live well together.

Students 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.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

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

A young boy is sitting amidst a vast, towering mountain of discarded plastic waste. He is wearing a blue t-shirt and orange shorts, and he has a thoughtful expression on his face. The waste is a chaotic mix of colors, including white, blue, yellow, and black plastic bags and pieces. The word "Waste" is overlaid in large, white, bold letters across the middle of the image.

# Waste

Earth-Care topic

## 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. We will focus on where “away” is for our rubbish.

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. Students will work on a range of creative projects to explore, engage, inspire and empower others to reflect more on the options we have to respond to the waste we are producing in our daily lives.

## The Learning journey

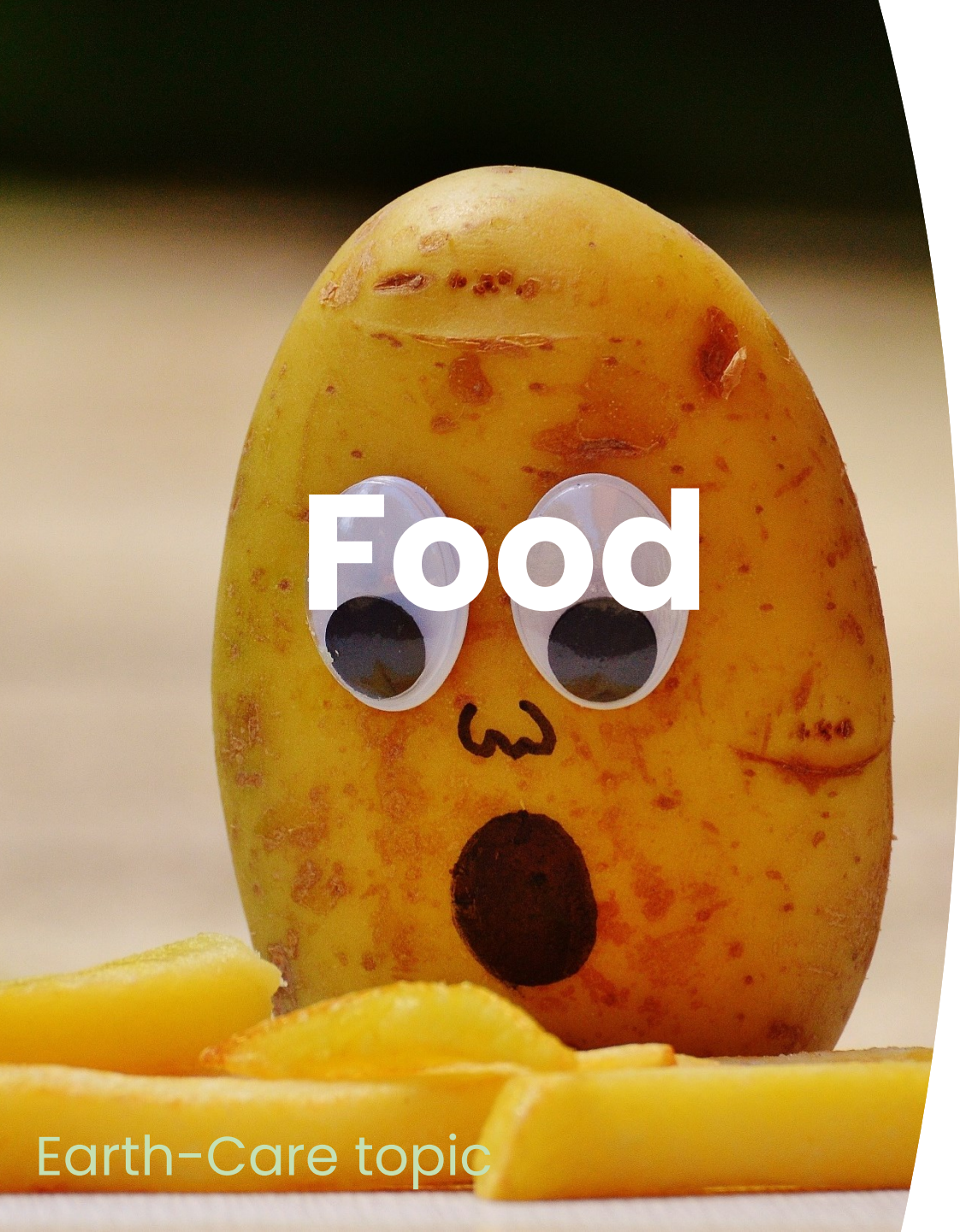
Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**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



Food

Earth-Care topic

## Aims and Objectives

Students will be invited to explore the food choices around them, understanding some of the links between land, culture and food. Discussions will engage with our food habits and food systems, zooming out to look at some of the social stories that influence what we eat, as well as exploring the food habits that have evolved over time and some of the shifts we need to make to sustain our food supplies.

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 and healthily feed the world.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | You Are What You Eat**

**LESSON 2 (UNDERSTAND) | Food Culture**

**LESSON 3 (EXPLORE) | Eating Ethics**

**LESSON 4 (EMPOWER) | Our Food Future**



A close-up photograph of a blue pigeon with a red eye drinking water from a tap. The water is flowing out of the tap and into the pigeon's beak. The word "Water" is overlaid in large white letters across the middle of the image.

# Water

Earth-Care topic

## Aims and Objectives

Lessons will explore the value and resonance of water in our lives, examining the essential role that water plays in our bodies and across all of our natural systems, whilst exploring some of the threats that pollution, waste and changing climates 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 and insuring a more careful response. 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.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**LESSON 1 (IMMERSE) | The Value of Water**

**LESSON 2 (UNDERSTAND) | Too Much, Too Little**

**LESSON 3 (EXPLORE) | Dirty Waters**

**LESSON 4 (EMPOWER) | Watery Futures**



# Clothes

Earth-Care topic

## 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 help explore and better understand the production line for the world's clothes, exploring stories and engaging in empathic and creative exercises to think more critically about our choices surrounding the clothes that we wear. Students 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 and empowered with where we find our clothes.

## The Learning journey

Differentiated and editable PowerPoints for all age groups from 5-18, with each topic containing four discussion-based lessons:

**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**