

PARENTS & GUARDIANS



TRIPLE WELLBEING FOR A THRIVING WORLD



The world is changing rapidly. We are facing global challenges of mental ill-health, social inequity and a growing climate emergency.

Whilst it may feel overwhelming to know how to start talking about some of the complex - and in some cases existential- crises we are facing, research shows us time and again the importance of talking- in particular with children and young people.

ThoughtBox is much more than simply a product. Blending nature's wisdom and neuroscience, we support schools with core principles, skills and practices to help enable and allow personal, social and environmental wellbeing for all stakeholders in schools.

We call it **Triple WellBeing**.

Our trainings and discussion-based programmes use a relational approach to encourage students and teachers to engage with the world in an empowering way, helping inspire curiosity, compassion and connection. Our online community - The Triple Wellbeing Hub - is how we're bringing a global community of educators together on this journey towards a healthier future for people and planet.

We're on this together. Together is how we change the world.

A very warm welcome to the ThoughtBox community 😊

WHY DO WE EXIST?



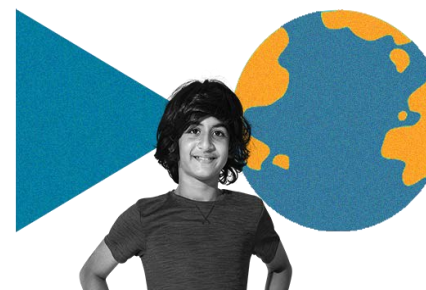
GROW **EMOTIONAL** **RESILIENCE**

Cultivate self-awareness & emotional intelligence.



ADVANCE **SOCIAL** **EQUITY**

Strengthen our empathic human relationships and community



REVITALISE **PLANETARY** **HEALTH**

Respect and regenerate living species and ecosystems

ThoughtBox is supporting an education regeneration through the core principles of **Triple WellBeing**.

Our holistic approach helps address the root causes of our global crises by supporting personal, social and environmental wellbeing. We do this by working with schools to help enable and allow a culture of care for people and planet, with our programmes developing knowledge, skills, practices and perspectives to support personal, social and environmental wellbeing.

PERSONAL WELLBEING

self-care

Explore what it means to be human and strengthen how we think and feel about ourselves.

SOCIAL WELLBEING

people-care

Nurture relationships with the wider world and feel valued in and by our communities.

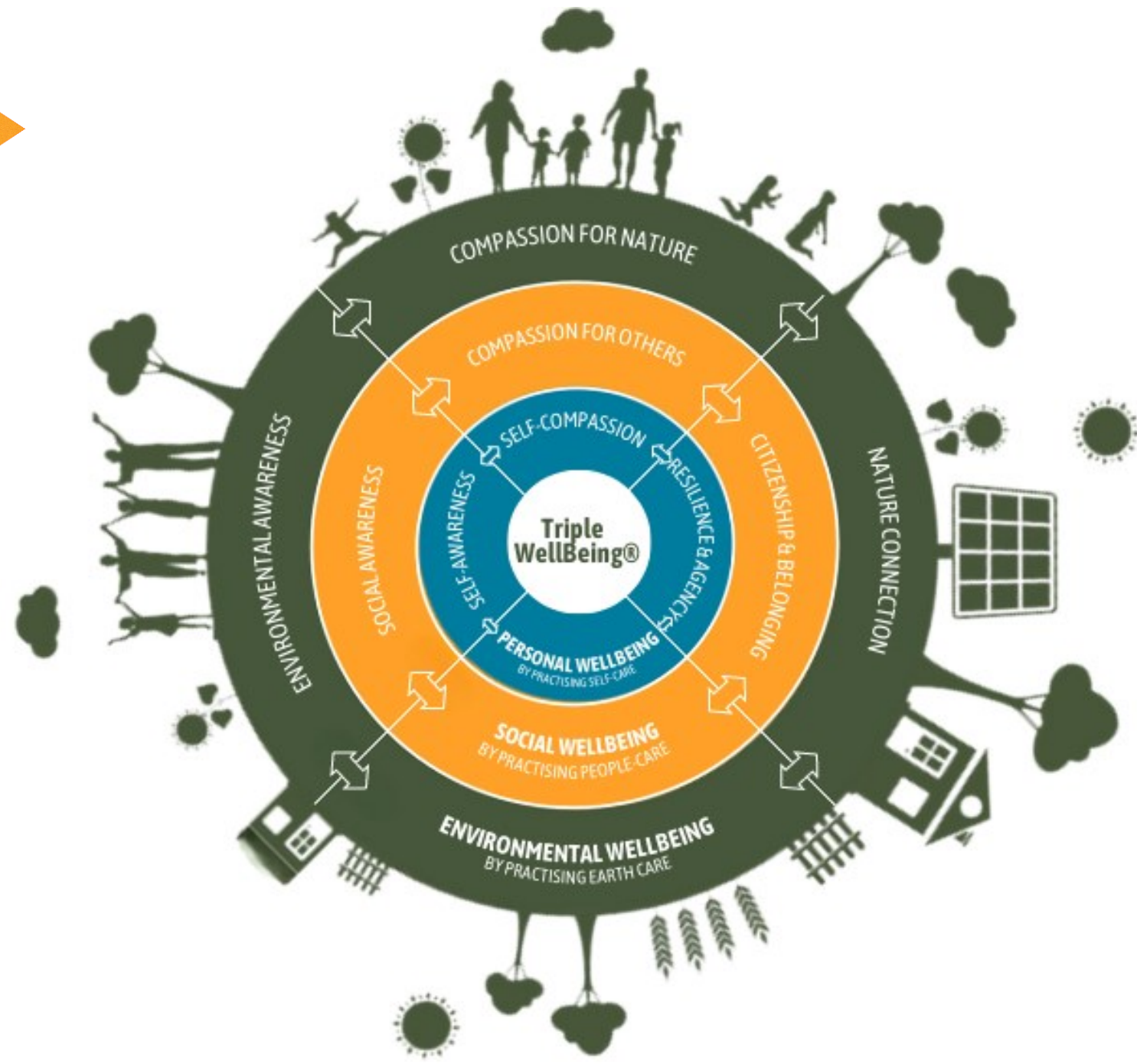
ENVIRONMENTAL WELLBEING

earth-care

Learn how to bring our lives back into balance with all natural living ecosystems.



The Triple WellBeing® Framework



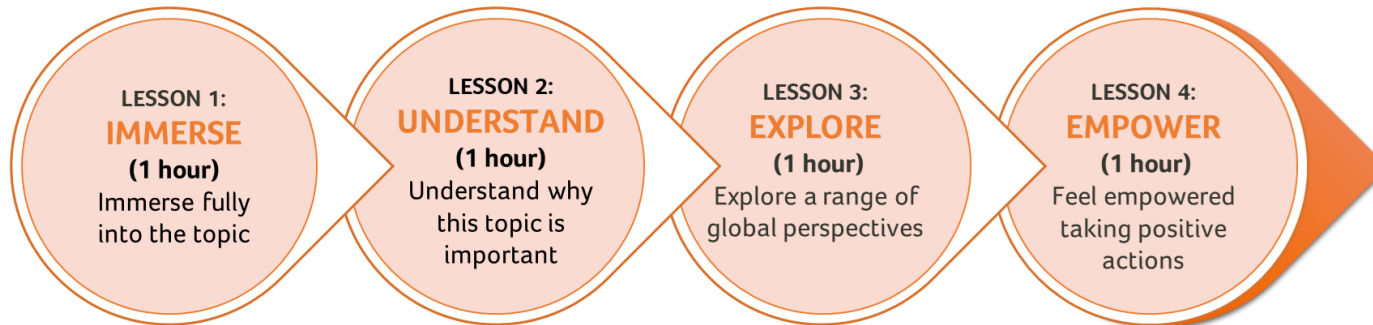
TRIPLE WELLBEING FRAMEWORK

All of our programme are designed around a triple wellbeing framework, supporting a culture of care for people and planet.



The curriculum has been designed to take young people on a conscious journey from curiosity to empowerment.

Lessons explore how key global issues interrelate, developing curiosity, compassion and connection through a systems-thinking approach. Each topic is split across four lessons, with 60 minutes+ of content designed with the learning framework below:



This 4-lesson journey ensures young people end each topic feeling empowered with the knowledge, skills and practices to take positive action in their lives.

Each interactive lesson uses a diverse range of stimuli including videos, literature, art and new media. The strength of this programme is grounded in its design to engage head, heart and hands of young people.

These carefully crafted lessons are designed to address arising uncertainty or anxiety relating to our changing world, developing core skills of critical thinking, empathy and systems thinking to explore emotional connections with each topic and inspire a deeper desire for action.



Made by teachers for teachers, this progressive curriculum for 5-18 years engages with the big issues young people want to talk about.

EXPLORING THE CURRICULUM

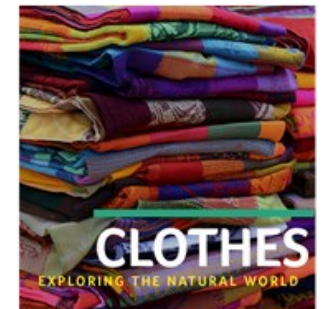
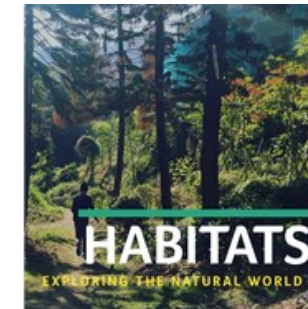
SELF-CARE



PEOPLE-CARE



EARTH-CARE



NB: We use slightly different topic titles for the Primary curriculum for three of our programmes: Immigration & Refugees = *Journeys* | Homelessness = *Home* | Charity & Ethics = *Kindness*

We revisit each topic every two years over the course of a young person's journey from KS1-KS5, with each learning level connecting with 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.

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.

Help connect learning to life – extending the conversations beyond the classroom.

LEARNING AT HOME

Because these discussions relate to things happening outside of the classroom, the conversations don't just stay at school. We invite you as parents and guardians to welcome these conversations at home too - and we've designed a free programme to help you do just that!

We've designed a free learning at home programme for all ages to help parents hold some of these discussions at home and feel more empowered when responding to the challenges and opportunities of life in the 21st century:

www.thoughtboxeducation.com/learning-at-home

It is understandable why many people feel unsure about how to talk about some of the issues we're facing. Climate change, systemic racism and issues of social justice are hugely complex and emotional topics with no 'quick fix' or easy answers.

However, *not* talking about them can be hugely detrimental to the mental and emotional wellbeing needs of young people, who are in most cases looking for a safe and supportive space to explore some of the big things happening around them.

Be Brave

Welcome the questions and the emotions

Be Safe

Create safe spaces to discuss thoughts and feelings

Be Connected

Recognise and explore the connections and take action

We advise all of our members schools to create a 'class charter' or agreement that everyone abides by when exploring ThoughtBox topics in the classroom, to set clear discussion guidelines and to create the Brave, Safe and Connected classrooms to support this sort of learning. Your child's school may already have guidance for holding discussions and debates in class and will also have a clear safeguarding policy to help support creating safe spaces.

All of our lesson plans are editable by teachers to adapt for a particular context or cohort. Feel free to download our [Courageous Conversations](#) toolkit to learn more.



This sort of learning can't wait...

Be a part of the learning journey and stay connected through social media and our online community hub. Feel free to reach out to our team at any time:

hello@thoughtboxeducation.com | thoughtboxeducation.com | thoughtboxhub.com



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