



REGENERATING EDUCATION

A ROADMAP FOR EDUCATION WORLDWIDE

THEORY OF CHANGE | 2022
thoughtboxeducation.com



WHAT IS THE PURPOSE OF THIS GUIDE?

This report is a result of research and practice from leading educators around the world who believe it is no longer sustainable to focus on fixing a broken system. Instead, we must breathe new life into education with a regenerative approach that gives all stakeholders the knowledge, skills and practices to engage and thrive in a new paradigm.

REGENERATE (v.) to be formed again | to restore to a healthier state
| to improve a system by enabling it to flourish.

LEADERSHIP TEAM

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COMMUNITY INTEREST COMPANY

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Registered Number: 11820024

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REGENERATING EDUCATION

WHY? ▶

There is a rapidly widening gap between our current education systems and the education needed to support educators and students with the resilience and resourcefulness to thrive in our fast-changing world.

REGENERATING EDUCATION

HOW? ▶

As we face the global challenges of mental health, social inequity and climate change, we need to support all stakeholders in education with regenerative education frameworks that connect teaching and learning with personal, community and planetary wellbeing.

It's time to regenerate.

REGENERATING EDUCATION

WHAT? ▶

We are a community interest company focused on cultivating the knowledge, skills, and practices needed to meet the challenges and opportunities of the world we live in. We help schools to:



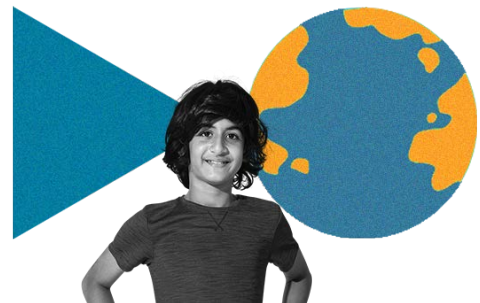
1. GROW EMOTIONAL RESILIENCE

Cultivate self-awareness
& emotional intelligence.



2. ADVANCE SOCIAL EQUITY

Build on our innate human
relationships & community.



3. REVITALISE PLANETARY HEALTH

Respect and regenerate living
species and ecosystems.

THE BIG PICTURE ▶

WHY DO WE NEED THINGS TO CHANGE?

When looking around the world today, we might be forgiven for feeling a bit overwhelmed. The world is changing dramatically and we're starting to see the cracks in the system.

We are seeing issues in mental health rising dramatically, inequity and fragmentation across our social-systems and an ever-increasing climate emergency that many of our current systems are helping to perpetuate.

When you take a step back and look at the bigger picture, you begin to see why things have got out of kilter. We've moved beyond the boundaries of what keeps us healthy and are living in a state of imbalance – emotionally, socially and ecologically.

Many of us are seeing and feeling this imbalance in our education systems and recognising that something has to change. The energising part is that we already have the solutions to not only 'treat' the symptoms but revitalise ourselves in the process! It starts by thinking in systems...

WHY DO WE NEED TO THINK IN SYSTEMS?

Well, because everything in life is connected! Everything around us is designed this way – our bodies, minds, emotions, communities, habits and our unquestionable dependence on the rest of the natural world.

Connections are inbuilt into our DNA, and nothing in life works if we're not celebrating and supporting these relationships. Connection is what makes us so human!

Thinking in systems allows us to start to understand the root causes of the challenges we face. Many of our current systems, including how we teach, learn and work, often function in silos, rather than embracing the bigger picture – which is why so many of these systems no longer make sense.

Through this growing sense of disconnection, our focus needs to be on renewing and regenerating the relationships around us which help us to live in healthy balance with each other and this shared planet.



A CONVERSATION WITH OUR
**ECOSYSTEM
LEADER** ▶
- RACHEL MUSSON

HOW DO WE REGENERATE EDUCATION?

This is a question I've carried with me for the last ten years of this learning journey. As a teacher and systems-thinker, I am endlessly inspired by the diverse learning environments I've seen or been part of in countries and cultures across the world.

Through my own experience working with education systems across the global north and south, I've connected with thousands of children, educators and practices, all working towards creating healthy learning environments for people and planet.

The one thing they have in common? They put relationships at the heart of teaching and learning.

Regenerating education is a process of allowing and enabling all aspects of education to be restored and rebalanced to a healthier state. It's a bit like gardening, if you like, as it's a process of cultivating the conditions for healthy growth. Which, in this case, is by nurturing our relationships. It's that simple.

WHAT INFLUENCES YOUR WORK?

Fortunately, we're not starting from scratch. Instead, we're building on work already begun and being lived out across the world. First and foremost, the ThoughtBox team are educators who have experienced first-hand the challenges and opportunities in education.

We bring our own pedagogical experience together with ancient, indigenous wisdom, applying the learning of modern neuroscience with the work of systems-

thinkers, psychologists, environmentalists and pioneering educators. And, of course, the innate wisdom of children!

Most significantly, we're building on the wisdom of life's natural systems – the logic of life if you will – to truly understand what we need to move from just surviving to actively thriving together in this world.

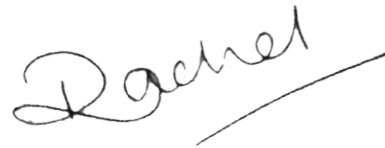
WHAT IS YOUR INVITATION TO OTHERS?

It requires great courage to relinquish the familiar in a world of uncertainty. For many of us, the instinct is to cling on even tighter to what we're used to.

Yet this moment in history welcomes us to let go of all things getting in the way of life's flourishing and start living out some of these different stories.

Now is the time for regeneration – for becoming more creative, more purposeful, more compassionate, more in balance with life within us and all around us. Quite simply, it is a time for becoming more human!

Amid the world's upheavals, if you're looking for a healthier way forward for yourself, your students and the world, then we invite you to join us in regenerating education and journeying into the more beautiful world our hearts know is possible.



EVERYTHING IS CONNECTED

RECONNECT TO
REGENERATE ▶

WHAT IS OUR APPROACH?

THE REGENERATING EDUCATION FRAMEWORK

Bringing together our extensive research and insights into education systems worldwide, we have developed a teaching and learning framework to breathe new life into schools.

The Regenerating Education Framework fosters the knowledge, skills and practices we all need to engage and thrive in a new paradigm

LEARNING FOR LIFE. CULTIVATING CONNECTION.



SELF-CARE

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.

INNER COMPASS

Finding our sense of direction and purpose by seeing the bigger picture and being stretched in what we think and feel motivated to do.

SELF AWARENESS

Strengthening our ability to tune into thoughts and feelings, search for blind spots and to see ourselves clearly and authentically.

SELF COMPASSION

Nurturing a healthy relationship with ourselves through a willingness to be actively kind as we navigate our diverse human experiences.

AUTONOMY

Feeling valued as a person, embracing our strengths and weaknesses and having the confidence to make good choices.

EMOTIONAL INTELLIGENCE

Understanding and engaging with our emotions to navigate overwhelm and develop empathy and connection with others.



PEOPLE-CARE

Developing social wellbeing and global citizenship through the ability to practice empathy, bridge divides, be active in and feel valued by our communities.

SYSTEMS THINKING

Making sense of the complexities and interconnectedness of our world by exploring the big picture as the starting point for problem solving.

GLOBAL & CULTURAL AWARENESS

Forming deeper relationships with the wider world leading to a sense of belonging to our common humanity and global ecosystems.

EMPATHY & COMPASSION

Developing empathy and compassionate leadership skills to enable meaningful and collaborative relationships with others.

COLLABORATIVE PROBLEM SOLVING

Embracing the value of diverse stakeholders, facilitating genuine dialogue and meeting with a shared purpose to co-create confidently.

ACTIVE LISTENING

Engaging with diverse perspectives and making sense of wider ideas to enable more reflective and objective views and actions.



EARTH-CARE

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.

APPRECIATING INTERDEPENDENCE

Learning how different systems connect and how we rely on and contribute to the health and wellbeing of all natural ecosystems.

CLIMATE CHANGE AWARENESS

Understanding the causes and effects of the climate crisis with the capacity to move towards positive climate actions.

RECONNECTING WITH NATURE

Learning to put aside the idea that humans are separate from nature, and see ourselves as part of our planet's living systems.

RESILIENCE & AGENCY

Moving from anxiety to action with the knowledge, skills and positive growth mindsets to be a part of shaping a regenerative future.

REGENERATIVE PRACTICE

Contributing to planetary health by developing the capacity to consciously care for the ecosystems we depend on.

IMAGINE WHAT CAN BE...

WHAT DOES CHANGE LOOK LIKE? ▶

“

We are entering the most critical decade of human existence. By the end of the '20s we will have largely decided the quality of life on this planet for centuries to come.

– CHRISTINA FIGUERES

ThoughtBox is a framework for seeing things differently and shifting from 'reactive' to 'regenerative' education. A regenerative approach seeks to build healthy relationships with ourselves, others and the natural systems within which we live. The first step is to imagine...

IMAGINE FOR LEADERS....

A leadership fostering learning focused on the head, the hands and the heart. An educational ethos that cultivates conscious care across the school, allowing and enabling all stakeholders to grow, evolve, and thrive together.

As educators ourselves, we know what works and what doesn't, and our well established frameworks are designed to help you:

- Address the root causes of the biggest challenges in education.

IMAGINE FOR TEACHERS....

A vibrant and empowered community of educators working collaboratively to support each other and the young people in their care. A staff committed to the core values of their school and motivated by nurturing healthy relationships with themselves, others and the wider community.

- Reflect on the barriers and opportunities in your school system.

- Learn how to 'allow' and 'enable' the conditions for regenerating education.

- Feel supported and empowered with transformational tools and resources.

- Deliver new energy, life and wellbeing for your entire school eco-system.

IMAGINE FOR STUDENTS....

A learning environment that invites young people to understand the world by thinking, feeling and connecting more with life around them as much as possible. A next-generation exploring together their thoughts and feelings, values and capacities, empowered and activated to be the change they wish to see in the world.

Our aim is to help education systems to empower people with the knowledge, skills and practices needed to create and sustain a thriving world.

To meet our vision of a transition towards a more ecologically balanced, emotionally resilient and socially-just society, we are committed to three core missions:

WHAT DOES CHANGE LOOK LIKE?

THE THREE MISSIONS

These three missions are a response to addressing our interconnected global and systemic challenges.

MISSION 1
**GROW
EMOTIONAL
RESILIENCE**

MISSION 2
**RESTORE
SOCIAL
EQUITY**

MISSION 3
**REVITALISE
PLANETARY
HEALTH**



THE CHALLENGE

Mental health issues are on the rise as a result of poor emotional resilience.

THE FOCUS

We help you to develop a full understanding of what it means to be human and create the foundations for emotional resilience and self-realisation with the knowledge, skills and practices for personal wellbeing.

WE CALL IT SELF CARE.

THE CHALLENGE

Social divides span across our systems as a result of poor social equity.

THE FOCUS

We help you cultivate an awareness of the interconnectedness of people, societies and cultures around the world, with an emphasis on empathy, collective responsibility, and social wellbeing.

WE CALL IT PEOPLE CARE.

THE CHALLENGE

Climate change is affecting all living systems as a result of poor planetary care.

THE FOCUS

We help you reconnect with the rest of the natural world, understanding why and how to care for natural ecosystems and be empowered to respond to the climate crisis with the capacities to nurture ecological wellbeing.

WE CALL IT EARTH CARE.

INTRODUCTION

HOW DO YOU MAKE THOSE CHANGES? ▶



“

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

– CHIEF SEATTLE

EMBRACING THE SYSTEM

Schools are wonderfully dynamic places that can respond and adapt to what is happening around them – just like any natural ecosystem.

Healthy learning environments recognise the value of each part: from individual teachers, students, administration staff and cleaners, to parents, governors, the local community as well as the wider natural environment.

Our aim is to help you connect the visionary to the practical, identifying what the world really needs and helping to enable what schools can do when adopting a regenerative mindset.

To move towards a regenerative future, education must take a more systemic perspective that recognises the true complexity of the interactions between the challenges our world faces.

It means taking a step back to think about the real purpose of education.

This mindset shift is the core focus of The Regenerating Education Framework.

WHERE DO YOU COME IN?

At the heart of ThoughtBox is a progressive, whole-school curriculum for regenerative education.

Surrounding this, we focus on empowering system leaders and educators to allow and enable the knowledge, skills and practices for regenerating education on a daily basis.

As 'system shapers', we form long-term partnerships with system leaders, schools, teachers, students, policy makers and education partners as well as with the wider ecosystem of new generation thinkers showing us the way towards a healthier future for people and planet.

This supportive network allows us to grow and strengthen awareness, frameworks, skills, experiences and – most importantly – community.

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

IT'S AS EASY AS ONE, TWO, THREE

HOW DO YOU MAKE THOSE CHANGES? ▶

Get started with our whole school programmes for regenerating education.

1. **HEADTEACHERS** REGENERATING **LEADERSHIP** PROGRAMME

This one-year empowerment programme supports an intervention to help leaders have more agency: learning how to move beyond the usual normative behaviours within educational leadership and, in doing so, become a catalyst for system change.

Regenerative leadership offers a framework for building life-affirming schools focused on flourishing natural systems.

We ask three core questions:

- How can we move from just surviving to actively thriving?
- How can we make education more human?
- How are relationships key to unlocking a thriving ecosystem?

[Find out more >](#)

2. **TEACHERS** REGENERATING **EDUCATORS** TRAINING

Applying a regenerative philosophy to education is asking: How can we put health and wellbeing at the centre of everything we do?

Using a systems-thinking approach, this training course weaves the neuroscience of wellbeing together with practices for social justice, climate action and compassionate leadership into a seamless tapestry of leadership, learning and transformation.

This three-part CPD programme supports teachers to elevate their practice to create genuinely impactful change for people and the planet in their school.

[Find out more >](#)

3. **STUDENTS** REGENERATING **STUDENT** LEARNING

Our global thinking school curriculum is underpinned by a holistic, skills-based framework designed to build social, emotional and environmental wellbeing. We call it Triple Wellbeing.

Our whole-school curriculum explores the methods and develops the mindsets needed to become more resilient, adaptable and innovative as we prepare for the challenges and opportunities of a changing world.

Our purpose is to regenerate education, with lessons in which every student's voice is heard and every voice matters.

[Find out more >](#)



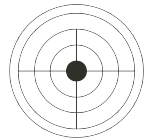
THEORY OF CHANGE

THE PROBLEM

There is a rapidly widening gap between our current education systems and the education needed to support educators and students with the resilience and resourcefulness to thrive in our fast-changing world.

THE GOAL

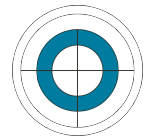
To regenerate education for every generation in every nation.



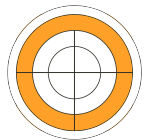
THE MISSION



THE STAKEHOLDERS



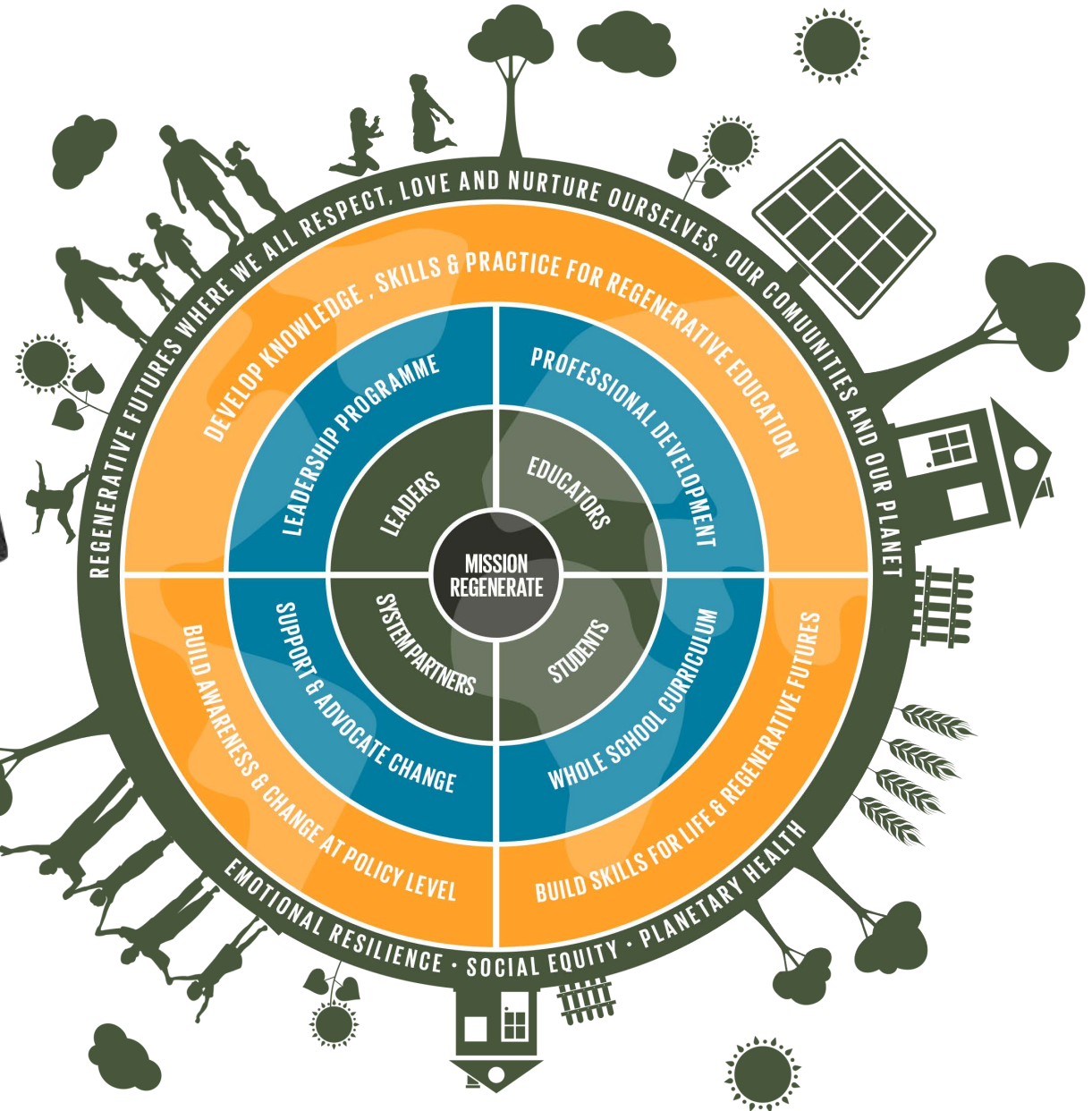
THOUGHTBOX CATALYSTS



EDUCATION OUTCOMES



GLOBAL IMPACT



LETTERS FROM OUR COMMUNITY

We love to learn with our community. Our school partnerships allow us to work deeply within our schools - regenerating education together.

Dear Rachel,

It seems to me that you have encompassed what education is truly about learning to live, to be, to think and to respond in a way that teaches us to be fully human, rather than amassing facts on a particular subject. Thank you sincerely!

Anita, Director of Education, Stroud, UK

Our schools operate along the Thailand/Myanmar border where most students are refugees or displaced themselves. We are LOVING the resources over here. We love the materials, the reflective approach and the global lens.

Thanks for all your amazing work, we appreciate you very much.

Andrew Swindells | Education Team, Thailand

Dear Rachel,
I am absolutely loving the ThoughtBox curriculum. It provokes brilliant conversation and philosophical thinking. Thank you for putting this fabulous curriculum together.

Warmest wishes,
Mary (Deputy Head, Hampshire UK)

To my teaching colleagues,
I thought that this awesome initiative would interest you. A learning programme from the ThoughtBox team.
Brilliant and passionate people who are set to change education.
Matthew, Headteacher, Leeds

P.S. I also thought you should know that for many of our students, ThoughtBox is their favourite lesson of the week.

Thanks again for creating such wonderful resources.

Kindest Regards
Lucy (Headteacher, Kilifi, Kenya)



START LEARNING

FEEL INSPIRED

At its heart, regenerative education is about life flourishing. It's about allowing and enabling ourselves to be well, caring for and connecting with others, and living in balance with all living systems.

Regenerative practice is happening worldwide, and we'd like to appreciate some of those who have inspired us. Our wish is for you to be inspired too.

GET READING

[Sustainable Education – Stephen Sterling](#)

[Theory U – Otto Scharmer](#)

[Creative Schools – Ken Robinson](#)

[Small is Beautiful – E F Schumacher](#)

[Regenerative Leadership – Giles Hutchins | Laura Storm](#)

[Thinking in systems – Donella Meadows](#)

[People & Permaculture – Looby Macnamara](#)

[Earth in Mind – David Orr](#)

[Active Hope – Joanna Macy | Chris Johnstone](#)

[Mary Warnock – Schools of Thought](#)

[Think before it's too late – Edward de Bono](#)

[Braiding Sweetgrass – Robin Wall Kimmerer](#)

[Ancient Futures – Helena Norberg Hodge](#)

[Doughnut Economics – Kate Raworth](#)

[To have or to be? – Erich Fromm](#)

[Resurgence Magazine](#)

TUNE IN

[Schooling the World documentary](#)

[What it means to be human – Jane Goodall](#)

[The Biggest Little Farm documentary](#)

[Changing Education Paradigms – Ken Robinson](#)

[The Divided Brain – Ian McGilchrist](#)

[A Neuroscientist on Love & Learning – Richard Davidson](#)

[Imagination & Fortitude – Jason Reynolds](#)

[The Danger Of A Single Story – Chimamanda Adichie](#)

GET INVOLVED

[Schumacher College](#)

[Global Oneness Project](#)

[AimHi Earth](#)

[Roots & Shoots](#)

[Teach the Future](#)

[St Ethelburga's](#)

[The RSA](#)

[Global DEEP Network](#)

WHEN WE BELIEVE THAT
**EDUCATION
CAN CHANGE**
WE CAN MAKE IT A REALITY



THOUGHTBOX EDUCATOR MEMBERS

4,840

THOUGHTBOX COUNTRIES

74

STUDENT REACH

1MILLION+

Our hope is this guide will act as your starting point for thoughtful provocation about the role we each play in this evolving world.

JOIN US ▶
www.thoughtboxeducation.com