

The logo for ThoughtBox, featuring the word "ThoughtBox" in a white, sans-serif font. The "T" is slightly larger and more prominent. The background of the entire page is a vibrant, abstract illustration with warm orange and yellow tones, overlaid with faint, stylized patterns of leaves and human faces. In the lower half, the silhouettes of five diverse people are shown in profile, appearing to be in conversation. The bottom of the page features a dark blue gradient overlay containing the main title and subtitle.

ThoughtBox

# TRIPLE WELLBEING® CURRICULUM

Creating meaningful lessons  
from the world's stories



# TRIPLE WELLBEING® CURRICULUM

The Triple WellBeing® Curriculum helps spark the desire to make a difference in the world, guiding young people towards shaping their futures with a sense of purpose, compassion and connection to the world around them. Through discussion-based lessons for 5-18 years, young people learn to nurture their inner world (self-care), build caring communities (people-care) and revitalise the planet (earth-care).

The curriculum covers 18 inter-connected topics exploring the big issues affecting the current and future lives of children and young people:



## SELF-CARE

1. Awe & Wonder
2. Identity
3. Social Media
4. Happiness
5. Global Cultures
6. Faith & Spirituality



## PEOPLE-CARE

1. Equality & Justice
2. Refugee Journeys
3. Home(lessness)
4. Groups & Gangs
5. Love & Relationships
6. Kindness & Ethics



## EARTH-CARE

1. Changing Climates
2. Clothes
3. Food
4. Habitats
5. Waste
6. Water

## PRACTICALS

- **Audience:** Ages 5-18+ | Key Stages 1-5
- **Format:** Editable PowerPoints, multi-media content
- **Structure:** 4 x 1 hour lessons per topic
- **Style:** Discussion, reflection & inquiry-based learning
- **Skills:** Head (Critical thinking), Heart (Empathy), Hands (Relationships)
- **Curriculum links:** PSHE | SMSC | Sustainability | Global Citizenship | Wellbeing
- **Cost:** £50 individual access | £500 School access

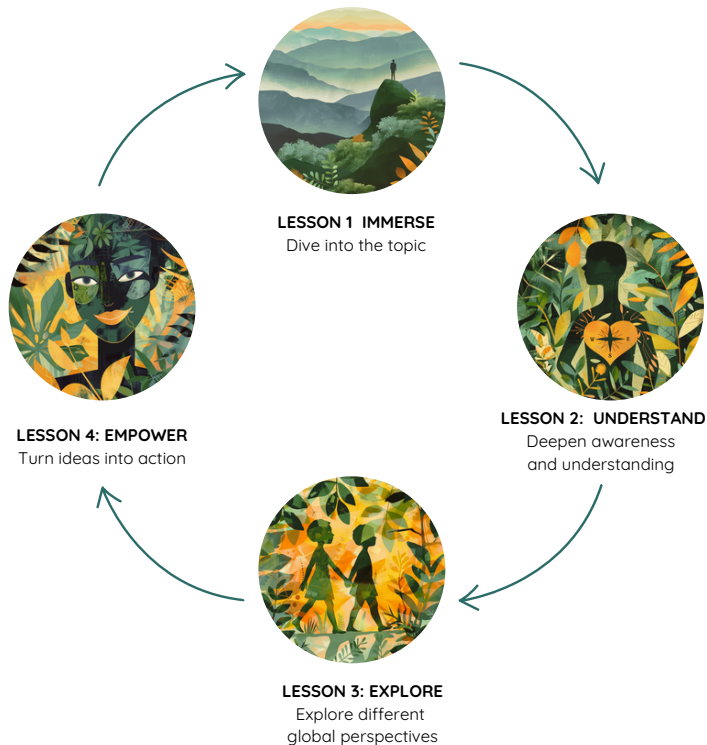
**The lessons have left such a positive feeling in our class, with pupils recognising that by working together we can help care for ourselves, each other and the planet.**

Sarah Bowley | Y5 teacher | Manor Park School



# Triple WellBeing® Curriculum DESIGN PRINCIPLES

The Triple WellBeing® curriculum has been designed to take young people on a progressive learning journey from curiosity to empowerment to find their place within the world and feel connected. Each topic in the curriculum contains four interconnected lessons shaping a simple learning process.



The curriculum has been designed using a spiral model of progression, with students returning to the same topic every few years to deepen their levels of engagement and awareness. As they progress through the curriculum, they will explore different concepts at each learning level, allowing them to keep reflecting on their own awareness and development as they grow.

Each lesson is one hour in length (broken down into shorter 15-20 minute sections). Every topic contains four lessons for the following age cluster: Year 1& 2 - Years 3&4 - Years 5&6 - Years 7&8 - Years 9&10 - Years 11-13



# Triple WellBeing® Curriculum

## FULLY EDITABLE LESSONS

### SHARING STORIES AND CURRENT AFFAIRS

The Triple WellBeing® curriculum has been designed by teachers for teachers - with a global team curating our content and sharing stories from current affairs and diverse perspectives. The curriculum supports young minds to be learning not just about the world, but how to be in it - discovering their true selves, connecting deeply with others and making a real impact in the wider world.

One of the USPs of the Triple WellBeing® curriculum is the focus on current affairs, helping young people engage with different stories happening across the world. Lessons discussions and activities draw content materials from different countries and cultures, time-frames and contexts. Connecting learning to life sits at the heart of the curriculum and we wish to enable you to tailor the lessons to meet the context of your community:



**Every PowerPoint lesson is fully editable, allowing you to amend the lessons to fit your needs.**

- **Adapt and create:** Lessons are designed to enable you to change content as needed - we provide the scaffolding material and activities to explore the topic, you can adapt the content as you choose!
- **Keep it current:** Keep on top of current affairs and add in what is happening in your area, in this moment in time, what young people are talking about. News develops quickly, so feel free to update regularly.
- **Share your stories:** We recognise the importance of context and welcome you to add and change the stories we use to bring in any which feel more relevant or relatable to your particular global context.
- **Differentiate learning:** Feel free to adapt the age-group banding to meet the learning needs in your context

We don't provide teacher-notes with the lessons, as all of the material you need is written directly into the lessons themselves. Lessons are designed to allow anyone to facilitate the learning and discussions - you may even wish to welcome students to step into the role of facilitator to guide some of the learning and reflections with the rest of the group.



Triple WellBeing® Curriculum  
**CURRICULUM OVERVIEWS**



## **AWE & WONDER**

Lessons inspire young people to engage with their sense of curiosity, inviting and exploring the feeling of awe and wonder in their everyday lives. Activities help to appreciate wonder in the everyday as well across the wider world, encouraging learners to ask bigger, deeper questions and feel engaged and confident with embracing the 'unknown'. Discussions help young people to connect with the mystery and magic of life.

LESSON 1 (IMMERSE) | Feeling Inspired  
LESSON 2 (UNDERSTAND) | Wonder Why  
LESSON 3 (EXPLORE) | What makes a wonder?  
LESSON 4 (EMPOWER) | Be Amazed



## **HAPPINESS**

Lessons explore what the sensation of happiness feels like, reflecting on the meaning of happiness in our lives and the different ways we all find happiness. Discussions reflect on the relationship between success and happiness in our cultures and how to generate joy in our lives. Activities help explore our whole emotional landscape, exploring emotions and reflecting on ways to strengthen emotional health in ourselves and others.

LESSON 1 (IMMERSE) | What is Happiness?  
LESSON 2 (UNDERSTAND) | Mind your Head  
LESSON 3 (EXPLORE) | The Bare Essentials  
LESSON 4 (EMPOWER) | Positive Thinking



## **SOCIAL MEDIA**

Lessons explore the different ways we communicate, journeying across history to look at our evolved forms of communication. Discussions invite reflection on the role social media plays in supporting communication, examining the benefits and challenges of our online world. Lessons explore practices to develop healthy relationships with social media, sharing tools and positive practices for online communication.

LESSON 1 (IMMERSE) | Communicating Together  
LESSON 2 (UNDERSTAND) | What is Social Media?  
LESSON 3 (EXPLORE) | Connection Issues  
LESSON 4 (EMPOWER) | Healthy Communication



# Triple WellBeing® Curriculum

## CURRICULUM OVERVIEWS



### IDENTITY

Lessons explore our identity in the world, thinking about the relationship between who we are and who we are told to be by the world around us. Activities explore how we relate with ourselves and others on and offline, and the different influences on our identities. Discussions encourage introspection, exploring cultural influences and understanding how to tap into our

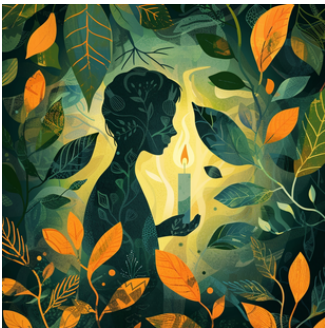
authenticity to help form our true identity.

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

### GLOBAL CULTURES

Lessons 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 explore cultural diversity across the world, helping young people to appreciate and engage with our similarities and differences whilst celebrating the rich and diverse cultures right across the world.

LESSON 1 (IMMERSE) | What is Culture?  
LESSON 2 (UNDERSTAND) Being Human  
LESSON 3 (EXPLORE) | Diversity & Difference  
LESSON 4 (EMPOWER) | A Cultural Celebration



### FAITH & SPIRITUALITY

Lessons explore the meaning of faith, exploring why many people shape their lives through belief systems or spirituality. Discussions explore common feelings shared in our different beliefs, exploring different faiths and how faith is often linked to land and tradition, and appreciating cultural diversity. Discussions explore what it means to be in awe of life and how our belief in something greater than us helps navigate our lives in an infinite universe.

LESSON 1 (IMMERSE) | Finding Meaning  
LESSON 2 (UNDERSTAND) The Feeling of Awe  
LESSON 3 (EXPLORE) | Stories of Belief  
LESSON 4 (EMPOWER) | Meeting Together



# Triple WellBeing® Curriculum

## CURRICULUM OVERVIEWS



### EQUALITY & JUSTICE

Lessons examine the meaning of equality, justice and 'fairness', exploring examples of inequality in our communities and societies and how these affect our world. Discussions explore equality for marginalised peoples and those often not given a voice - including the natural world. Lessons help strengthen empathy and awareness of historical and current inequity in our society, inviting young people to consider ways to practice fairness in their own lives and communities.

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

Lessons explore stories of people who have been forced to leave their homes and countries in order to find safety, exploring why this might happen and what challenges people face when trying to find safety in a new community. Discussions explore the impact of labels on our perceptions, examining some of the language and emotions often used when talking about displaced people. Activities explore how passports dictate our freedom to move freely around the world and how cultural diversity enriches all of our lives.

LESSON 1 (IMMERSE) | Seeking Safety

LESSON 2 (UNDERSTAND) | The Power of Words

LESSON 3 (EXPLORE) | Freedom to Move

LESSON 4 (EMPOWER) | New Beginnings



### KINDNESS & ETHICS

Lessons engage with acts of kindness and the good feelings generated in the giving, receiving and witnessing of kindness. Discussions examine our natural tendencies to help others, thinking about charity and ethics and the impacts - good and bad - of volunteering our time or expertise to help others at home and in other countries. Lessons inspire practices to foster a culture of care for ourselves, others and the rest of the natural world.

LESSON 1 (IMMERSE) | The Kindness Infection

LESSON 2 (UNDERSTAND) | A Kinder World

LESSON 3 (EXPLORE) | Helping Hands

LESSON 4 (EMPOWER) | Conscious Care



# Triple WellBeing® Curriculum

## CURRICULUM OVERVIEWS



### LOVE & RELATIONSHIPS

Lessons explore the different relationships in our lives, examining how they shape us and make us feel. Discussions explore practices for building healthier relationships with ourselves and others, discussing ways to respond to conflict or friction in our relationships. Lessons explore the different qualities of relating to ourselves and others, understanding how relationships shape our behaviours and can help us to feel more deeply connected to the world around us.

LESSON 1 (IMMERSE) | Building Relationships

LESSON 2 (UNDERSTAND) | What is Love?

LESSON 3 (EXPLORE) | Conflict and Care

LESSON 4 (EMPOWER) | Feeling Connected



### HOMELESSNESS

Lessons encourage 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 help to reflect on feelings of homesickness, what the feeling of a home might be and how to make somewhere into a home, helping explore ways to help people feel 'at home' in our communities.

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



### GROUPS & GANGS

Lessons explore our inherent need to belong, journeying through our evolution in 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 explore the feeling of belonging, looking in particular at social dynamics and behaviour patterns and the different groups that make up our communities.

LESSON 1 (IMMERSE) | Pack Behaviour

LESSON 2 (UNDERSTAND) | A Social Species

LESSON 3 (EXPLORE) | Part of the Gang

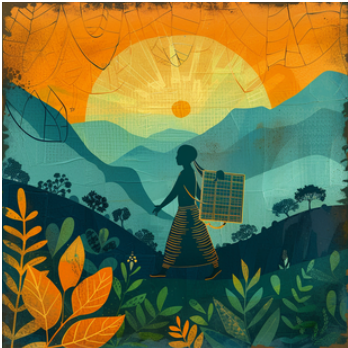
LESSON 4 (EMPOWER) | Needing to Belong





# Triple WellBeing® Curriculum

## CURRICULUM OVERVIEWS



### CHANGING CLIMATES

Using stories from across the global landscape, lessons explore the root causes & effects of climate change, helping to understand more about the impact of fossil fuels and extractive human-actions and explore the impact of climate change on human and non-human communities. Discussions explore a wide range of global perspectives and active changemakers to help inspire young people with the tools for resilience, agency and empowerment.

LESSON 1 (IMMERSE) | Our Changing Climate

LESSON 2 (UNDERSTAND) | Cause and Effect

LESSON 3 (EXPLORE) | The Ripple Effects

LESSON 4 (EMPOWER) | Be the Change



### WATER

Lessons explore the value of water in our lives - both in our bodies and across our ecosystems - whilst exploring some of the threats of pollution and waste in our waters. Discussions explore stories of communities experiencing water extremes through floods or droughts, welcoming reflection on better ways to consume water in our daily lives and be more mindful and appreciative of its essential value in our daily lives.

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

Lessons explore our relationship with clothes, thinking about where clothes come from, who makes them, who decides what looks good and what happens to clothes when we throw them away. Discussions explore our cultural relationship with clothes and how they can help create identities. Lessons share stories of people involved in global clothes productions, inviting more critical thinking and awareness about the choices we make surrounding the clothes that we buy and 'throw' or give away.

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



# Triple WellBeing® Curriculum

## CURRICULUM OVERVIEWS



### HABITATS

Lessons reflect on the causes of habitat loss around the world, inviting reflection on how to share space with other species. Lessons connect with some of the inhabitants of the rainforest, learning about some of the threats to indigenous communities and the wider natural world caused by human behaviour. Activities help engage with local wildlife, reflecting on how to live more harmoniously with the natural world around us.

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



### WASTE

Lessons invite a closer look at the rubbish that we make and why we produce so much waste. Discussions reflect on where rubbish goes when thrown 'away', exploring the different sorts of waste that humans produce and why there's no waste in nature. Activities welcome creative engagement with different ways we can be more conscious and cut down on our waste.

- 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

Lessons explore the links between land, culture and food and the different food choices we have. Discussions engage with our food habits and systems, looking at what influences our choices as well as the ethics of our food production and consumption. Activities explore different food futures, looking together at how our food choices can contribute to more healthy and sustainable ways to feed the world.

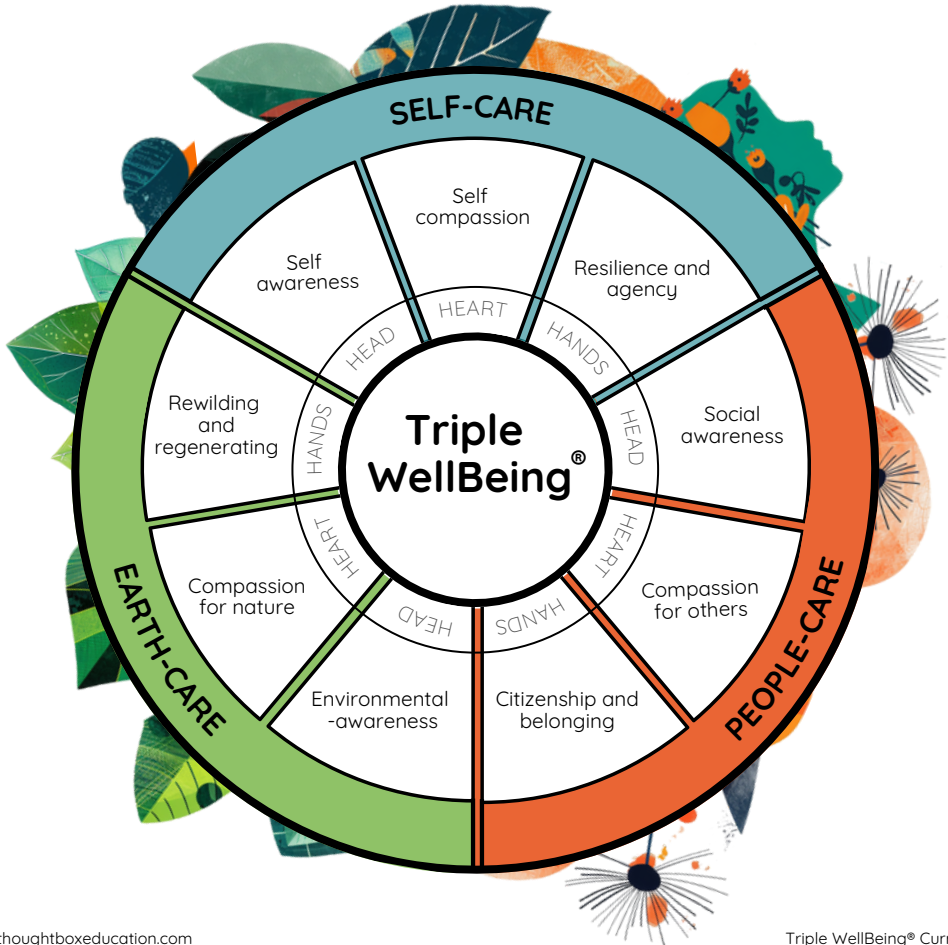
- LESSON 1 (IMMERSE) | You Are What You Eat
- LESSON 2 (UNDERSTAND) | Food Culture
- LESSON 3 (EXPLORE) | Eating Ethics
- LESSON 4 (EMPOWER) | Our Food Future



# Triple WellBeing® Curriculum THE FRAMEWORK

Developed through over a decade of active research into regenerative learning, the Triple WellBeing® framework offers a holistic approach to nurture our inner-world, build caring communities and revitalise our planet. The Framework underpins all of our curriculum design, with each topic helping to strengthen the core wellbeing competencies through discussion based lessons and activities.

In the Triple WellBeing® Framework, the three core practices (**self-care**, **people-care** and **earth-care**) combine with three core skills of thinking (**head**), feeling (**heart**) and relating (**hands**) to create nine core competencies:





## Triple WellBeing® Curriculum

# EMBEDDING INTO SCHOOLS

Lessons in **the Triple WellBeing® Curriculum** are designed by teachers for teachers and made as fully editable resources, in order to flex and fit into your learning context. Here's how teachers are using them:

<b>1. Weekly lessons</b>	Each of the 18 topics features 4 x 60 minute lessons, with age-differentiated variations for Years 1&2, 3&4, 5&6, 7&8, 9&10 and 11-13.
<b>2. Daily discussions</b>	Each 60 minute lesson is broken down into smaller sections (10, 15, and 20 minute chunks) which can be explored in tutor time or at the beginning or end of subject lessons.
<b>3. Drop-down days</b>	Each topic has content to last for the duration of an entire day with different material for every age group, allowing resources to be used as a drop-down day focused on one or more of the Triple WellBeing® themes e.g. Water, Happiness, Climate Change.
<b>4. Peer to peer learning</b>	The lessons are written to be facilitated by anyone - including the students themselves - and have all the instructions included within the lesson. This allows for older students in a school to facilitate discussion sessions or clubs with younger year groups.
<b>5. Homework projects</b>	All lessons have been written with full instructions included, meaning that they can be sent home for students to work through themselves or even with parents / family members at home.
<b>6. Assemblies</b>	Assemblies provide a great opportunity to introduce Triple WellBeing®. Our resources can be adapted into assemblies on any of the Triple WellBeing® topics.

**Lessons are mapped to PSHE, RSE and SMSC - download the [overview](#).**

**We absolutely LOVE ThoughtBox! Because the lessons are so interactive, students are very active and fully engaged during class discussions and paired activities. Guided questions really allow everyone to contribute meaningful ideas as well as learning to ask thought-provoking questions.**

Marloes Herber | Deputy Head - Kivukoni School



Triple WellBeing® Curriculum

# COME FOR THE RESOURCES, STAY FOR THE COMMUNITY

Access to the curriculum is via the **Triple WellBeing® Hub** - our online community platform where you can connect with a global network of educators to share ideas, questions, resources and stories.

Membership to the Hub is quick and easy and we offer three different ways to access the curriculum and resources:



**Explorer Member: The Triple WellBeing® Hub**

Join the community and access our three award-winning curriculum topics: Changing Climates, Equality & Justice, Awe & Wonder - plus additional learning resources

**COST:** Free



**Educator Member: The Triple WellBeing® Hub**

Join the community to access the full award-winning Triple WellBeing® curriculum and be part of the practitioner network.

**COST:** £50



**School Member: The Triple WellBeing® Hub**

Sign up your school to access the full award-winning Triple WellBeing® curriculum, learning resources and practitioner network.

**COST:** £500

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.

Anita Van Rossum | Director | Earth Protector Schools



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