

We believe providing schools with a comprehensive wellbeing solution is critical in building *high performance.*

Our curriculum has been designed using the Learn, Live, Lead principle:

- **Learn** the key concepts through education.
- **Live** the concepts by putting them into practice in everyday life.
- **Lead** by example and explain to others.



## Complete Wellbeing Curriculum

Based on the PERMAH wellbeing frameworks and incorporates CASEL principles of social and emotional learning.

## Lesson plans & resources

Detailed learning pathways for all primary levels.  
Aligned to Australian Curriculum and IB program.



## Communication guides

Comprehensive resources for students, teachers & parents.

## Teacher wellbeing tracking

Teachers have access to a complete wellbeing solution.



## What's Included?

- Topic overview and research background.
- Purpose & 'Did you know' section.
- Teaching tips & differentiation ideas
- Engaging lessons based on the *Learn, Live, Lead* model
- Coaching questions, reflection & further action tips.
- Teacher resources
- Parent update and home tips and Email Templates

## Learning Pathway Modules



<b>P</b>	<b>E</b>	<b>R</b>	<b>M</b>	<b>A</b>	<b>H</b>
<b>Positive Emotions</b>	<b>Engagement</b>	<b>Relationships</b>	<b>Meaning</b>	<b>Accomplishment</b>	<b>Health</b>
<ul style="list-style-type: none"> <li>● Gratitude</li> <li>● Wellbeing</li> <li>● Connection</li> <li>● Stress</li> <li>● Emotional Intelligence</li> <li>● Generosity</li> <li>● Happiness</li> <li>● Mindfulness</li> <li>● Anxiety</li> <li>● Critical Thinking</li> </ul>	<ul style="list-style-type: none"> <li>● Character Strengths</li> <li>● Curiosity</li> <li>● Mindset</li> <li>● Self Talk</li> <li>● Responsibility</li> <li>● Community Impact</li> </ul>	<ul style="list-style-type: none"> <li>● Communication</li> <li>● Healthy Relationships</li> <li>● Empathy</li> <li>● Respect</li> <li>● Conflict</li> <li>● DEI</li> <li>● Boundaries</li> <li>● Social intelligence</li> <li>● Honesty</li> <li>● Caring</li> <li>● Trust</li> <li>● Forgiveness</li> <li>● Team Building</li> <li>● Problem Solving</li> </ul>	<ul style="list-style-type: none"> <li>● Courage</li> <li>● Self Image</li> <li>● Self Worth</li> <li>● Social Issues</li> <li>● Contribution</li> <li>● Self Control</li> <li>● Social Media</li> <li>● Values</li> <li>● Mission Statement</li> </ul>	<ul style="list-style-type: none"> <li>● Goals</li> <li>● Grit</li> <li>● Fantastic Failures</li> <li>● Leadership</li> <li>● Passion</li> <li>● Resilience</li> <li>● Dream</li> </ul>	<ul style="list-style-type: none"> <li>● Sleep</li> <li>● Mental Health</li> <li>● Hydration</li> <li>● Exercise</li> <li>● Nutrition</li> </ul>

