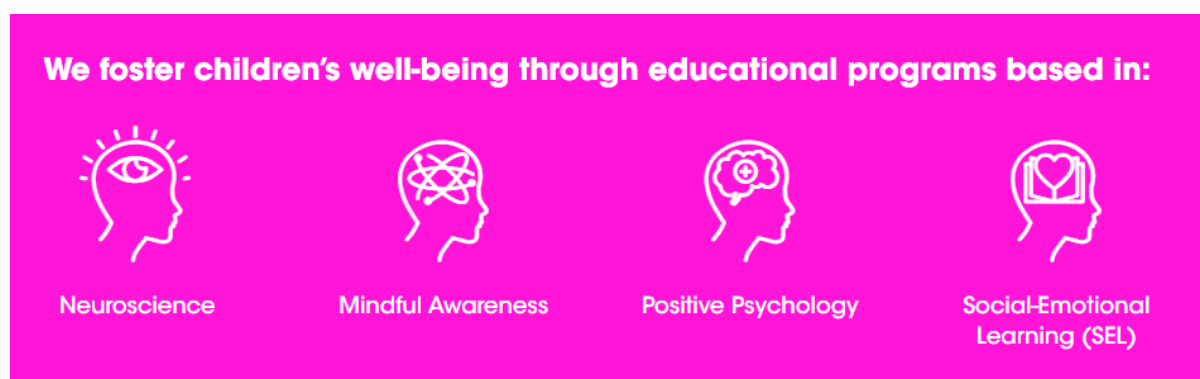


Thrive Overview



Thrive teaches social and emotional learning skills that link cognitive neuroscience, positive psychology and mindful awareness training in a brain centric approach. Thrive is research based training programme for educators and children.

Students learn to self-regulate behaviour and mindfully engage in focused concentration required for academic success. Thrive lessons align with all national standards including National Curriculum and support improved academic performance, while enhancing perspective taking, empathy and kindness, optimism and gratitude, as well as fostering complex problem solving skills.

The curriculum consists of a series of lessons that work together to build a scaffolding of awareness and skills necessary to increase prosocial behaviour, executive functioning, and social and emotional competence. Thrive teaches children how to focus their attention, use brain breaks as a means to manage stress, act with empathy, and build resilience in the face of challenge.

The Thrive programme has already had significant impact on children's social and emotional competence and self confidence as well as enabling increased focus and attention to learning.

This programme is composed of 15 lessons based in neuroscience.

This programme is composed of 4 Units:

Unit 1 – Getting Focussed

Unit 2 – Sharpening your senses

Unit 3 – It's all about attitude

Unit 4 – Taking action mindfully

Unit 1 – Getting Focussed:

This unit is broken down into 3 lessons:

Lesson 1 – How Our Brains Work

Lesson 2 – Mindful Awareness

Lesson 3 – Focussed Awareness: The Core Practice

Unit 2 – Sharpening your senses:

This unit is broken down into 6 lessons:

Lesson 4 – Mindful Listening

Lesson 5 – Mindful Seeing

Lesson 6 – Mindful Smelling

Lesson 7 – Mindful Tasting

Lesson 8 – Mindful Movement 1

Lesson 9 - Mindful Movement 2

Unit 3- It's all about attitude:

This unit is broken down into 3 lessons:

Lesson 10 – Perspective Taking

Lesson 11 – Choosing Optimism

Lesson 12 – Appreciating Happy Experiences

Unit 4- Taking action mindfully:

This unit is broken down into 3 lessons:

Lesson 13 – Expressing Gratitude

Lesson 14 – Performing Acts of Kindness

Lesson 15 – Taking Mindful Action in the World