



OVERVIEW OF UPP'S THRIVE CURRICULUM FOR SECONDARY SCHOOLS

Thrive Online Lessons for Pastoral Care and Wellbeing

Includes 38 online lesson plans targeting growth mindset, grit, wellbeing and leadership, student workbooks, UPPMGW survey, follow up survey, research reports and student certificates.

Sneak Preview of Samples

[Growth Mindsets- Growing My Mind](#)

[Wellbeing- Gratitude](#)

[Leadership- Different Leadership Strengths](#)

Bringing you 11 extra video lessons



Icebreakers, Energisers and Brain Stretchers

Includes 50+ activities to help build a positive classroom environment and healthy relationships between teachers and all students through interaction, laughter, learning, discussion, physical movement and fun.

Sneak Preview of Samples

[Clap, Snap, Stamp](#)

[Consequences](#)

[Three Big Toes](#)

Personal Wellbeing Practices

Includes 40 PWP's related to PERMAH- one for each week of the school year. Each PWP includes a rationale and an activity for teachers to implement with groups of students in less than 10 minutes each week.

Sneak Preview of Samples

[Password Goals](#)

[Attitude of Gratitude](#)

[Let's Get Physical](#)