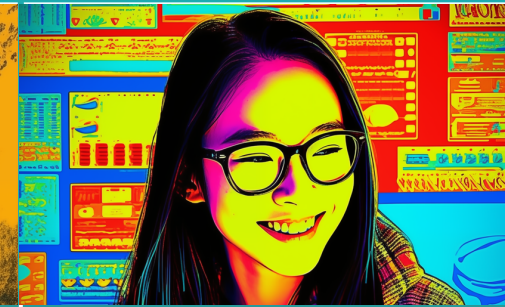


The BrainWaves Wellbeing Curriculum



*Awaiting funding



11-14 years

14-16 years

16-18 years

	11-14 years			14-16 years		16-18 years
Understanding wellbeing	The science behind wellbeing	Understanding your strengths	Agency and wellbeing*	The science of happiness	Developing your strengths	The neuroscience of wellbeing*
Wellbeing in a digital world	Protecting your wellbeing in a world of screens (NEW)	Social media and the dangers of perfection	Staying safe from harm online (NEW)	Taking control of smartphones (NEW)	Navigating mental health online (NEW)	Loneliness in a digital world*
Brain and body	My changing brain	Sleep, screens and mood	Finding flow (NEW)	My teenage brain: Risk taking and addiction (NEW)	Building good sleep habits (NEW)	From bed rot to happiness: Finding flow*
Thinking positively	Managing worry	Understanding and boosting mood (NEW)	Challenging negative thoughts	Managing stress (NEW)	Learning to be optimistic*	Putting your superpowers to work*
Supportive relationships	Conflict and repair	Talking about mental health	Building connections and friendships (NEW)	Talking with friends about mental health (NEW)	Connecting with and serving others*	Building empathy and talking about mental health*
Resilience and purpose	Helping others for better wellbeing	Turning failure into success	Making change happen	Building your confidence	Coping with change	Preparing for work: Resilience in new environments*