

# The BrainWaves Wellbeing Curriculum



\*Awaiting funding



**11-14 years**

**14-16 years**

**16-18 years**

|                                     | 11-14 years                                           |                                            |                                            | 14-16 years                                    |                                               | 16-18 years                                         |
|-------------------------------------|-------------------------------------------------------|--------------------------------------------|--------------------------------------------|------------------------------------------------|-----------------------------------------------|-----------------------------------------------------|
| <b>Understanding wellbeing</b>      | The science behind wellbeing                          | Understanding your strengths               | Agency and wellbeing*                      | The science of happiness                       | Developing your strengths                     | The neuroscience of wellbeing*                      |
| <b>Wellbeing in a digital world</b> | 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 (COMING SOON) | Loneliness in a digital world*                      |
| <b>Brain and body</b>               | My changing brain                                     | Sleep, screens and mood                    | Finding flow (NEW)                         | My teenage brain                               | Building good sleep habits (NEW)              | From bed rot to happiness: Finding flow*            |
| <b>Thinking positively</b>          | Boosting your mood (COMING SOON)                      | Managing worry                             | Understanding low mood (COMING SOON)       | Managing stress (NEW)                          | Choosing optimism (COMING SOON)               | Putting your superpowers to work*                   |
| <b>Supportive relationships</b>     | 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*   |
| <b>Resilience and purpose</b>       | 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* |