

CURRICULUM



GREEN HEART

WELLBEING

EDUCATION | NATURE | SPIRITUALITY





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ABOUT



Meet Ashley Green, the founder of Green Heart Wellbeing.

Ashley taught in primary schools in Dubai for twelve years. For seven of those years, she was a Wellbeing Leader in her school, sharing best wellbeing practices with colleagues, at conferences in the region as well as globally.

She completed a master's degree in Positive Psychology and Coaching Psychology and decided that there wasn't enough scientific wellbeing provision in schools and she wanted to make a difference. She published two children's wellbeing books along side many other resources used in schools and homes today. The seed was planted.

She left teaching in order to focus solely on supporting educators, families and students to improve their overall wellbeing. After working for two years as a Wellbeing Coach at The Free Spirit Collective, it was time for Green Heart Wellbeing to grow and flourish.

WELLBEING EDUCATION CURRICULUM

with Training and CPD package



Green Heart believes the wellbeing of students at school is equal to academic achievement. After all, we all know how much we can achieve when we are functioning at an optimum level and feeling well within ourselves. Our wellbeing education curriculum is rooted in positive psychology science and is inclusive for students from FS1 – Year 6.



Nurturing Wellbeing in Schools

Our Wellbeing Curriculum is designed to support FS and Primary educators in embedding positive practices into the classroom, helping staff and students thrive. Rooted in six progressive modules, the curriculum aligns seamlessly with current educational frameworks, while giving teachers the freedom to weave wellbeing into their current curriculum.

What's Included?

Curriculum Overview

- Three/Six modules shared in termly/half-termly blocks, with three progressive objectives for FS1 to Year 6.
- Suggested activities to inspire, while leaving space for teachers' creativity.

Staff Training & CPD

- Introduction Session: 1.5-hour workshop to familiarise staff with the curriculum.
- Three Workshops:
 - Session 1: Emotions & Character Strengths
 - Session 2: Mindfulness & Gratitude
 - Session 3: Relationships, Resilience & Coping
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Coaching Support

- Three coaching sessions with Ashley throughout the year to guide and support your Wellbeing Champion in delivering the curriculum.
- Optional additional coaching sessions available.
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Community Connection

- Access to a collaborative forum for sharing activity ideas and best practices.

Why Choose Us?

At Green Heart Wellbeing, we believe teachers are creative experts. That's why our curriculum is flexible, empowering educators to tailor wellbeing practices to their unique classrooms. Our training ensures teachers feel confident and inspired to embed these concepts in their teaching while improving their own wellbeing.

Let's grow wellbeing together!





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COSTS

Investment: 12,500 AED + VAT

- Inclusive of Initial 1.5-hour whole staff introduction to the FS and Primary wellbeing curriculum
- 1 x workshops per term
- Session 1 – Emotions & Character Strengths
- Session 2 – Mindfulness & Gratitude
- Session 3 – Relationships & Resilience and Coping
- 3 x coaching sessions with Ashley
- Access to collaborative community forum to share activity ideas for the objectives

Please Note - Workshop timings are designed to fit the school availability timings

CONTACT



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