

FLOURISH CURRICULUM FOR PRIMARY/ELEMENTARY SCHOOLS

Growing a Flourishing World One Child at a Time



A Handbook for Whole Child Development



Flourish Project, 2025

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INTRODUCTION

The Flourish Curriculum is an invitation to reimagine education as the nurturing of life—the life of each unique child, the life of their communities, and the life of our shared planet. Rooted in the **Ecosystemic Flourishing (ESF) Framework**, this handbook is designed to support early years and primary educators in cultivating holistic development, values-led learning, and systems awareness.

Children are not just future citizens; they are powerful, feeling, creative beings with the capacity to care, connect, and contribute right now. This curriculum supports educators to centre wellbeing, relational values, and meaning in everyday learning, weaving together the UN Sustainable Development Goals (SDGs), the Inner Development Goals (IDGs), and the Seven Levels of Human Flourishing.

Why Flourish? Because to flourish is to live fully—to feel safe, to love and be loved, to explore one’s gifts, to contribute meaningfully, and to grow in wisdom. This is both a birthright and a responsibility.

The Flourish Curriculum takes a **whole-child, whole-community, and whole-planet approach**. It encompasses a **unitive worldview and narrative** and builds on what children already do best: noticing, imagining, caring, creating, and connecting.

It incorporates the **four interdependent domains** of the ESF Framework:

- **Human Capacities & Potential:** Developing wellbeing, identity, voice, and capability in each child.
- **Cultural Values & Identity:** Nurturing shared values, stories, and ethical worldviews that sustain connection and belonging.
- **Natural Environment:** Cultivating a love of nature and deep responsibility for planetary wellbeing.
- **Circular & Regenerative Economics:** Encouraging care for resources, collaboration, and contribution to the common good.

These domains provide the foundation for a curriculum that grows resilient, compassionate, and creative learners—equipped not only to navigate the future but to help shape it.

1. THE FLOURISH MODEL FOR PRIMARY/ELEMENTARY SCHOOLS

At the heart of this curriculum is a simple, powerful idea: **children grow best in connected, caring systems**. The Flourish Model views every child as nested within concentric layers of relationship—family, community, society, and the natural world.

Each child is:

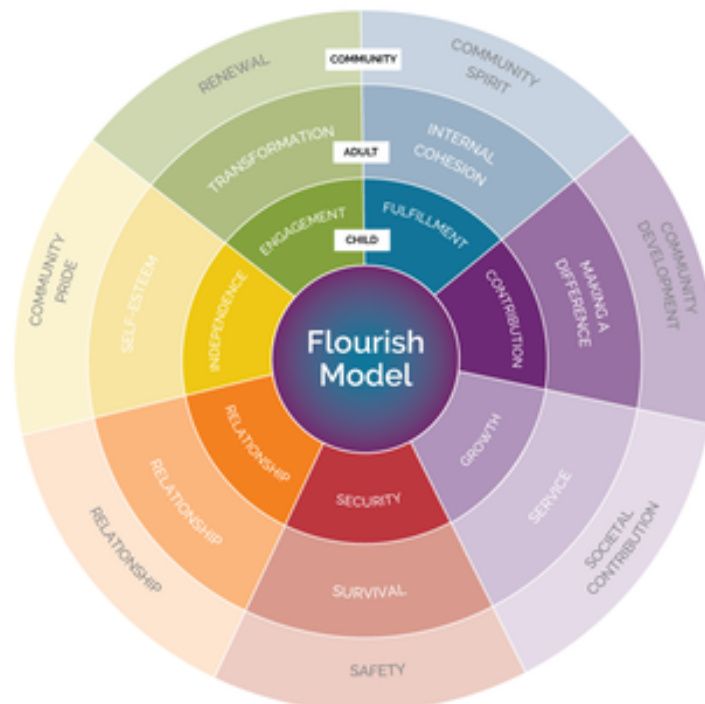
- Unique and valuable
- Shaped by their relationships and environment
- Capable of agency, empathy, and imagination

The Seven Levels of Human Flourishing (Child-Centred Lens)

1. **Security:** Feeling safe, held, and able to trust routines and adults.
2. **Relationship:** Forming bonds, playing kindly, resolving conflicts.
3. **Independence:** Expressing choices, solving problems, building confidence.
4. **Engagement:** Being curious, asking questions, staying focused.
5. **Fulfilment:** Exploring joy, creativity, and wonder.
6. **Contribution:** Helping others, taking action, caring for the world.
7. **Growth:** Reflecting, learning from mistakes, imagining the future.

Each learning module in the Flourish Curriculum is designed to support development across these levels. Educators use observation and storytelling to notice and nurture children's evolving needs.

Flourish Model



2. Core Curriculum Modules for a Flourishing Childhood

These eight flexible, story-rich learning modules are intended to cultivate the inner and outer capacities children need to flourish in relationship with themselves, others, and the world. Each module contains a guiding question, mapped frameworks, and creative, relational activities.

Module 1: *My Safe Place*

Big Idea: Everyone needs to feel safe and cared for in order to grow.

- **ESF Levels:** 1. Security
- **SDGs:** 3 (Good Health), 6 (Clean Water), 11 (Safe Communities)
- **IDGs:** Being → Self-care & Inner Compass
- **Sample Activities:**
 - Build “safe space corners” in the classroom.
 - Explore animal homes and shelters.
 - Guided storytelling: “What does safety feel like in my body?”
 - Create a class “Peace Plan” with calming strategies.
- **Family Link:** Design a “Home of Calm” space or routine with parents.

Module 2: *Kindness Detectives*

Big Idea: We all feel good when we give and receive kindness.

- **ESF Levels:** 2. Relationship
- **SDGs:** 4.7 (Education for Peace), 16 (Justice and Inclusion)
- **IDGs:** Relating → Compassion & Communication
- **Sample Activities:**
 - Role-play “what kindness looks like.”
 - Kindness journals or compliment chains.
 - Interview someone about a time they felt cared for.
 - Create “Kindness Quest” missions for the week.
- **Family Link:** Kindness Games at home or in the community.

Module 3: *I Can Do Hard Things*

Big Idea: Trying new things and making mistakes helps us grow.

- **ESF Levels:** 3. Independence
- **SDGs:** 4 (Quality Education), 10 (Reduced Inequalities)
- **IDGs:** Being → Courage & Learning Mindset
- **Sample Activities:**
 - Read and reflect on growth mindset stories.
 - Create “Courage Shields” with personal affirmations.

- Celebrate a “Marvellous Mistake” day.
 - Role-play scenarios of trying again after failing.
- **Family Link:** Share a story of a challenge overcome together.

Module 4: *Planet Earth is My Home*

Big Idea: We are part of nature and have a role in caring for it.

- **ESF Levels:** 4. Engagement, 6. Contribution
- **SDGs:** 13 (Climate), 14–15 (Life on Land & Water)
- **IDGs:** Acting → Sense of Connection, Inclusiveness
- **Sample Activities:**
 - Nature walks with observation drawings.
 - Create “Earth Gratitude Circles.”
 - Explore the difference between “use” and “care.”
 - Build habitats for bugs or birds.
- **Family Link:** Earth Day family pledge or local clean-up.

Module 5: *Stories That Heal*

Big Idea: Stories help us make sense of the world and share who we are.

- **ESF Levels:** 2. Relationship, 5. Fulfilment, 6. Contribution, 7. Growth
 - **SDGs:** 4.7 (Cultural Understanding), 16 (Peace & Justice)
 - **IDGs:** Thinking → Meaning-Making & Perspective
 - **Sample Activities:**
 - Tell personal stories through puppets or artwork.
 - Read stories from many cultures on care and wisdom.
 - Write a class book: “How We Care for the World.”
 - **Family Link:** Invite family stories or symbols into the classroom.
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Module 6: *Our Little Big Actions*

Big Idea: Even small people can help make a big difference.

- **ESF Levels:** 6. Contribution
- **SDGs:** 12 (Responsible Consumption), 17 (Partnerships)
- **IDGs:** Collaborating → Mobilising Others, Trust
- **Sample Activities:**
 - Class “flourish audit” of lunch, waste, or play.
 - Action circles: what can we improve together?
 - Make posters or videos on small actions with big impact.
- **Family Link:** Home eco-challenge or giving activity.

Module 7: *You Are a Story in Motion*

Big Idea: You are always becoming—and that’s something to celebrate.

- **ESF Levels:** 7. Growth
- **SDGs:** 3 (Wellbeing), 5 (Empowerment), 17 (Global Citizenship)
- **IDs:** Being → Inner Compass; Thinking → Reflection
- **Sample Activities:**
 - “My Past, Present, Future” drawings.
 - Vision boards: “Who I might grow to be.”
 - Movement stories: Act out life as a growing tree.
 - Celebrate change through a Growing Ceremony.
- **Family Link:** Share dreams from parents’ or grandparents’ childhoods.

Module 8: *Belonging Together*

Big Idea: We each belong—and we are all connected.

- **ESF Levels:** 1. Security, 2. Relationship, 5. Fulfilment, 6. Contribution.
- **SDGs:** 10 (Inclusion), 16 (Peaceful Communities)
- **IDs:** Relating → Connectedness; Collaborating → Co-creation
- **Sample Activities:**
 - “We All Belong” classroom mural with every child’s contribution.
 - World map of where our families are from.
 - Share rituals of welcome and care from around the world.
- **Family Link:** Create a “family belonging flag” for display.

3.0 VALUES & WORLDVIEW ENRICHMENT

Flourishing isn’t just about wellbeing—it’s about living with clarity, courage, and compassion in a complex world. This section brings together activities and approaches that help children explore their values, worldviews, and personal meaning.

Key Themes:

- Every child is unique and inherently worthy
- Courage is built through failure and effort
- Compassion connects us to others and the planet
- We are part of something bigger than ourselves

Practices & Pedagogies:

- **Storytelling for Meaning:** Encourage children to share stories of kindness, challenge, or awe, and explore how those stories help us understand the world.

- **Circle Time for Reflection:** Use regular reflective dialogue to ask deep questions—"What matters to me?", "What makes a good friend?", "What do I care about changing?"
- **Embodied Awareness:** Include breathwork, sensory walks, yoga, and nature-based practices to help children feel grounded in their own experience.
- **Celebrating Values:** Use visual aids (posters, art walls, symbols) to make values visible and lived within the learning environment.
- **Flourish Affirmations:** Create class mantras such as "I am learning. I am growing. I matter."

This section also encourages teachers to model reflective practice and co-create a classroom culture rooted in the values of respect, empathy, curiosity, and care. The goal is to make worldview development visible, joyful, and shared.

4. WHOLE-SCHOOL & COMMUNITY INTEGRATION

A flourishing child grows best in a flourishing culture. This section supports the integration of the Flourish Curriculum into the wider school ethos and the surrounding community, ensuring consistency, coherence, and collective care.

Whole-School Integration Ideas:

- **Flourish Assemblies:** Weekly gatherings to celebrate values, reflect on ESF themes, and showcase children's contributions.
- **Staff Wellbeing Circles:** Time for staff to reflect, recharge, and share insights into children's flourishing.
- **Visual Flourish Spaces:** Designate areas in each classroom or corridor where flourishing stories, quotes, and actions are shared.
- **Cross-Year Buddying:** Older children support and mentor younger ones using Flourish language and shared activities.

Family & Community Engagement:

- **Flourish Conversations at Home:** Conversation starters shared in newsletters or homework prompts linked to modules.
- **Community Flourish Days:** Intergenerational storytelling, eco-actions, and values-based projects with local groups.
- **Parent Workshops:** Introducing the ESF framework, child development levels, and home practices that support flourishing.
- **Flourish Festival:** Annual event celebrating each child's growth, gifts, and contributions—with performances, exhibitions, and gratitude rituals.

Global Linkages:

- Encourage school partnerships with global peers to exchange ideas on flourishing.
- Use digital tools to showcase children's voices as contributors to planetary wellbeing.

Whole-school integration ensures that flourishing is not just taught—it is lived, seen, celebrated, and shared by everyone in the learning community.

5. FINAL REFLECTION: AN INVITATION TO GROW TOGETHER

The Flourish curriculum is not a fixed map—it is a living garden. It grows through the care, insight, and creativity of educators, families, and children themselves. In every moment of presence, every question asked with love, and every story shared with wonder, the seeds of flourishing are sown.

As you bring this curriculum to life, may you be guided by deep listening, open hearts, and a shared belief in the potential of every child to flourish—and to help others flourish in turn.

Let this be a collective unfolding: one rooted in connection, nourished by courage, and open to possibility.

We hope you will join us.

