IDGs Handbook

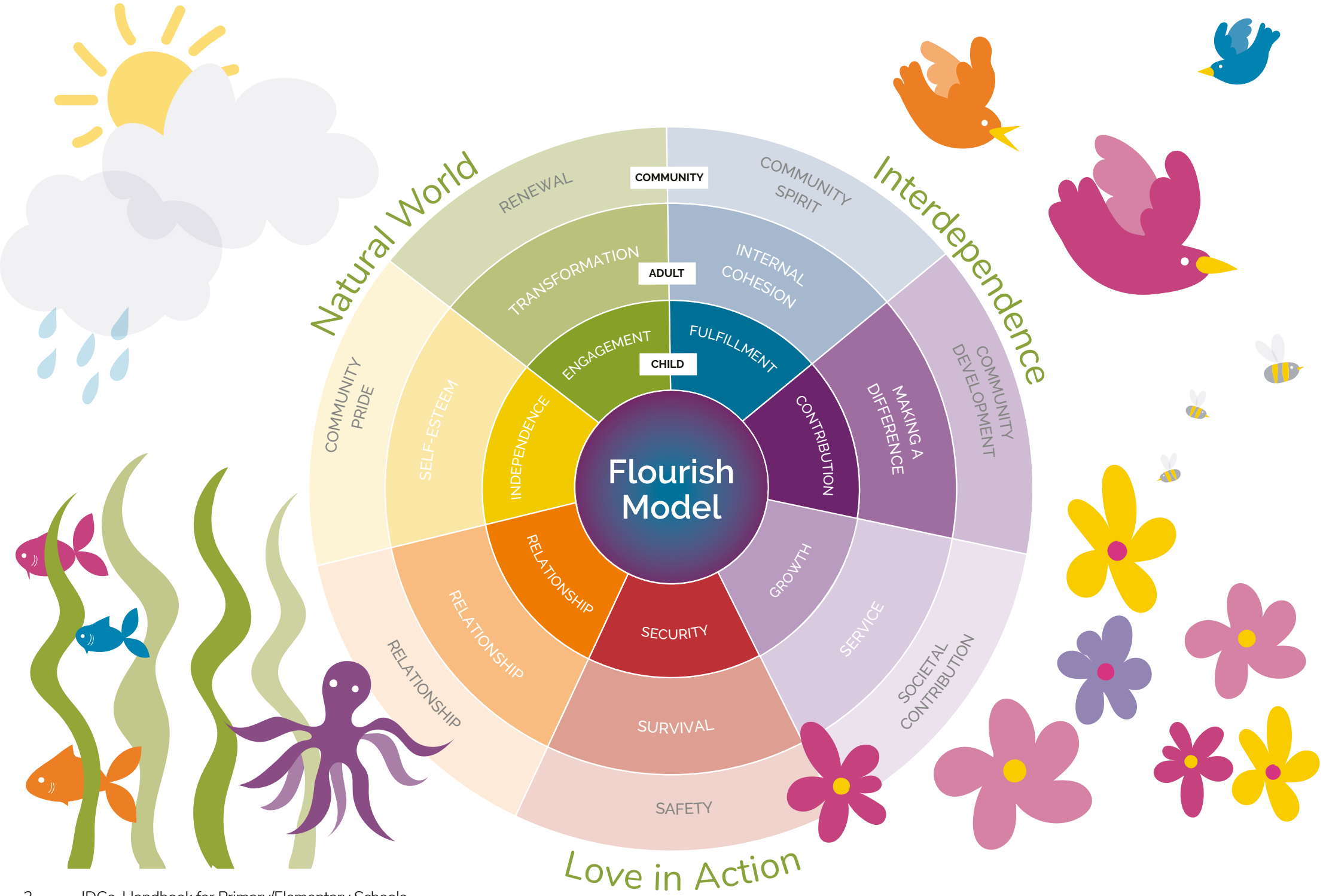
for Primary/Elementary Schools.

Flourish Project

The Ecology of Wellbeing

If we want to help create a better world we all need to try hard to be the best version of ourselves.

The Flourish Project has taken the UNICEF Nine Core Capacities and the Inner Development Goals (IDGs) and made a handbook for use in primary/elementary schools.


Natural World
Interdependence
Love in Action
Flourish Model
COMMUNITY
ADULT
CHILD
RENEWAL
TRANSFORMATION
ENGAGEMENT
COMMUNITY SPIRIT
INTERNAL COHESION
FULFILLMENT
COMMUNITY PRIDE
SELF-ESTEEM
INDEPENDENCE
CONTRIBUTION
MAKING A DIFFERENCE
COMMUNITY DEVELOPMENT
RELATIONSHIP
RELATIONSHIP
RELATIONSHIP
SECURITY
GROWTH
SERVICE
SOCIETAL CONTRIBUTION
SURVIVAL
SAFETY

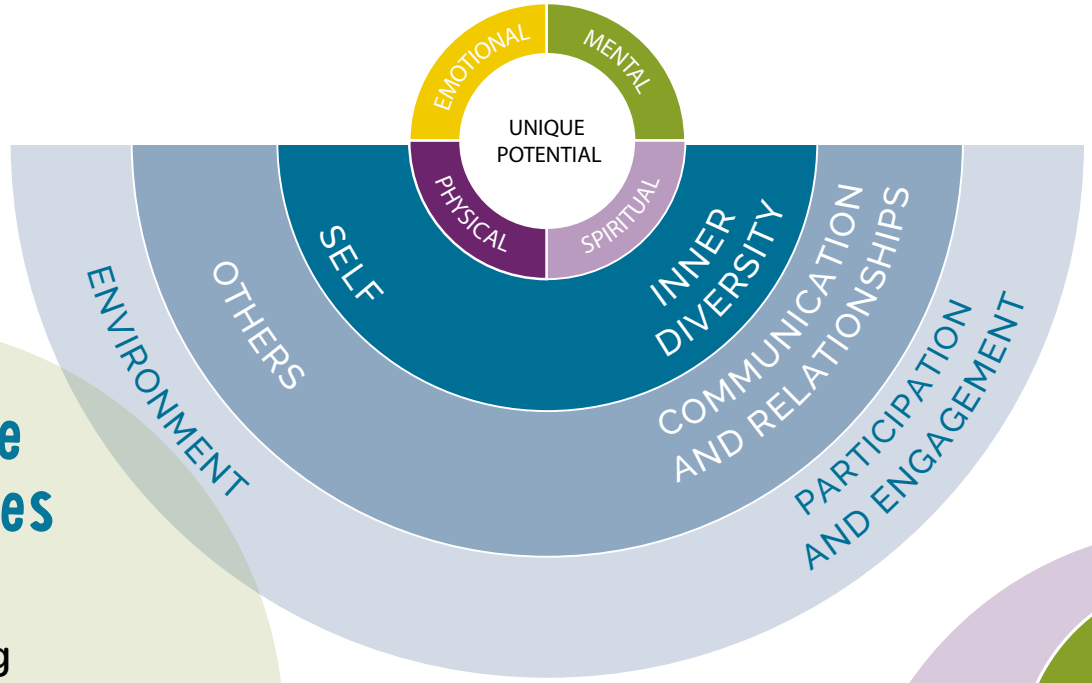
Inner Development Goals (IDGs)

Transformational Skills for Suitable Development

Being	Inner compass / Integrity and Authenticity / Openess and Learning mindset / Self-awareness / Presence
Thinking	Critical thinking / Complexity awareness / Perspective skills / Sense-making / Long-term orientation and Visioning
Relating	Appreciation / Connectedness / Humility / Empathy / Compassion
Collaborating	Communication skills / Co-creation skills / Inclusive mindset and intercultural competence / Trust / Mobilisation skills
Acting	Courage / Creativity / Optimism / Perseverance

www.innerdevelopmentgoals.org

Focussing on each child's unique potential



Unicef's nine core capacities

Embodying
Subtle Sensing
Relaxing
Observing
Discerning Patterns
Empathising
Inquiring
Listening
Reflecting

www.unicef-irc.org/what-makes-me

Areas of focus for schools

1. Honour the body
Embodiment
Trusting your body and feelings
Sensorial Skills (physical and subtle)
Relaxing

2. Connect
Communication skills (observing and discerning patterns)
Empathy
Inquiry
Listening and Reflecting
Trust (of others)
Mobilization/Co-operation Skills

3. Be yourself
Self-awareness
Self-Regulation
Courage
Perseverance
Optimism

4. Meaningful work
Sense-making
Critical thinking
Complexity awareness

5. Balance and flow
Creativity
Presence
Integrity & authenticity

6. Contribution
Appreciation
Connectedness
Perspectival skills
Co-creation skills
Reciprocity
Long-term orientation & visioning

7. Learn and grow
Inner Compass
Openness & Learning Mindset
Humility
Forgiveness
Compassion

HONOUR THE BODY

- Embodiment
- Trusting your body and feelings
- Sensorial Skills (physical and subtle)
- Relaxing

IDG: BEING
Flourish Level: 1 SECURITY

- Eating things that keep your body healthy
- Getting enough exercise
- Getting enough sleep
- Not spending too much time looking at screens
- Using the breath to help you relax

CONNECT

- Communication skills (observing and discerning patterns)
- Empathy
- Inquiry
- Listening and Reflecting
- Trust (of others)
- Mobilization/Co-operation Skills

IDG: RELATING
Flourish Level: 2 RELATIONSHIP

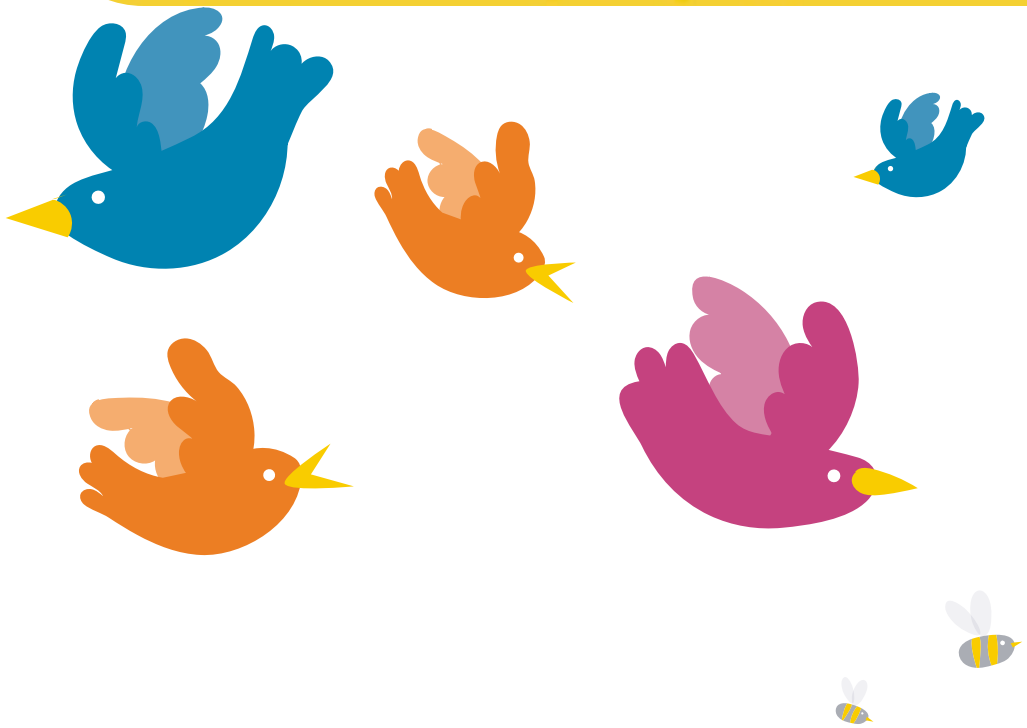
- Listening to others
- Listening to your self
- Sharing your thoughts and feelings
- Learning about others
- Being Kind towards others
- Understanding when people are sad or unkind

BE YOUR SELF

- Self-awareness
- Self-regulation
- Courage
- Perseverance
- Optimism

IDG: BEING
Flourish Level: 3 INDEPENDENCE

- Being truthful, even when its hard
- Knowing that you matter
- Learning from your mistakes
- Being proud of who you are
- Overcoming difficulties



MEANINGFUL WORK

- Sense-making
- Critical thinking
- Complexity awareness

IDG: THINKING AND ACTING
Flourish Level: 4 ENGAGEMENT

- Trying hard
- Being the best person you can be
- Deciding your own goals
- Having fun
- Learning from failure

BALANCE AND FLOW

- Creativity
- Presence
- Integrity and authenticity

IDG: BEING AND ACTING
Flourish Level: 5 FULFILMENT

- Being you
- Being truthful and honest
- Creating spaces and things that feel like you
- Finding ways of sharing the things you love
- Thinking about what you care about
- Thinking about makes a good person

CONTRIBUTION

- Appreciation
- Connectedness
- Perspectival skills
- Co-creation skills
- Reciprocity
- Long-term orientation and visioning

IDG: COLLABORATING
Flourish Level: 6 CONTRIBUTION

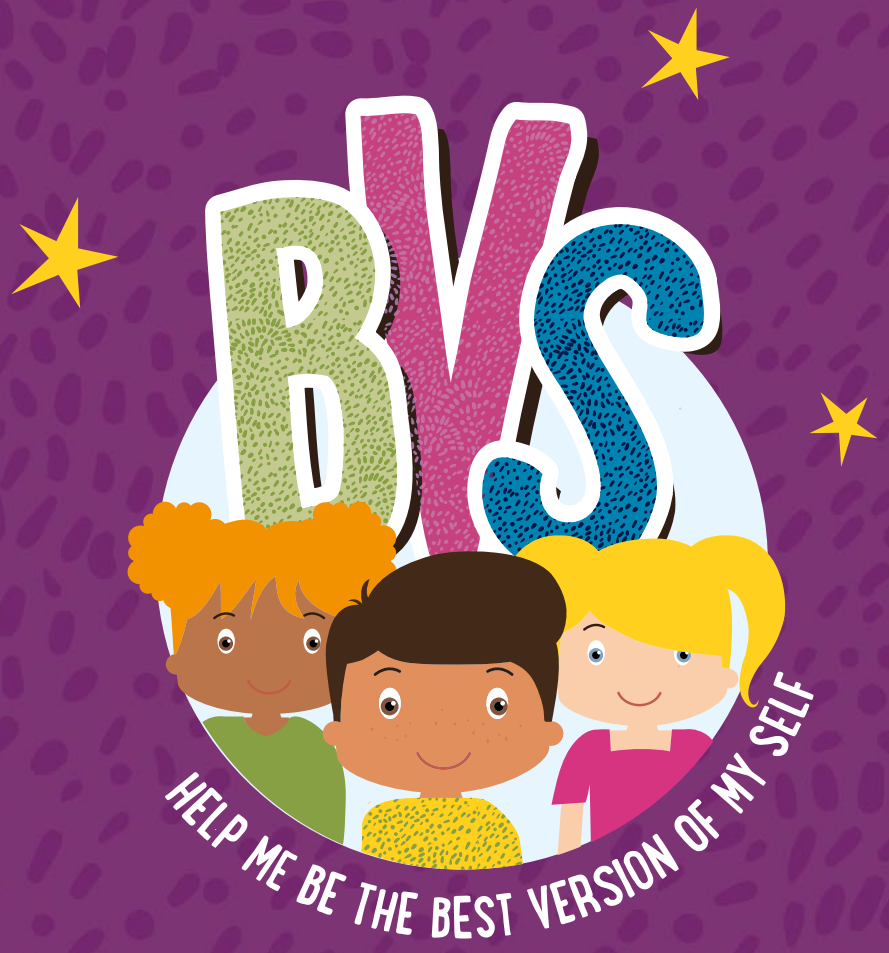
- Joining in
- Understanding other people thoughts/ worldviews
- Sharing what you think
- Saying if you don't understand anything
- Helping others to understand things
- Helping to make a happy planet

LEARN AND GROW

- Inner Compass
- Openness and Learning Mindset
- Humility
- Forgiveness
- Compassion

IDG: COLLABORATING
Flourish Level: : 7 growth

- Looking after your self
- Looking after others
- Looking after nature
- Thinking about the future
- One Flourishing World - Everybody matters



The Flourish Model is a new and powerful framework for understanding and mapping human values and wellbeing that promotes community engagement and whole-systems thinking. The Flourish Project IDG Handbooks are free for everyone to use, but please share your school details through our website!

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