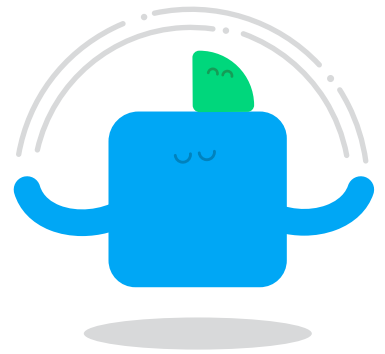


The A Lust For Life Schools Programme:

A 10 week teacher-led wellbeing and resilience programme for primary school children to learn about their wellbeing and self-care with content that is rooted in psychology, has been written by educational specialists and created by children for children.



The Programme is free of charge and is designed to equip children with the tools and skills to navigate the ups and downs of life by building:

- Emotional Resilience
- Emotional Literacy
- Emotional Awareness



Our digital platform includes:

- Lesson Plans & class activities
- Video & animated content in a Netflix-style gallery
- Mindfulness exercises
- A 'Try It At Home' Series
- A Teacher Toolkit

Help us change the course of the next generations mental health and wellbeing by registering your class today. All you need is a screen, audio speakers and an internet connection.

