

IDGs Handbook

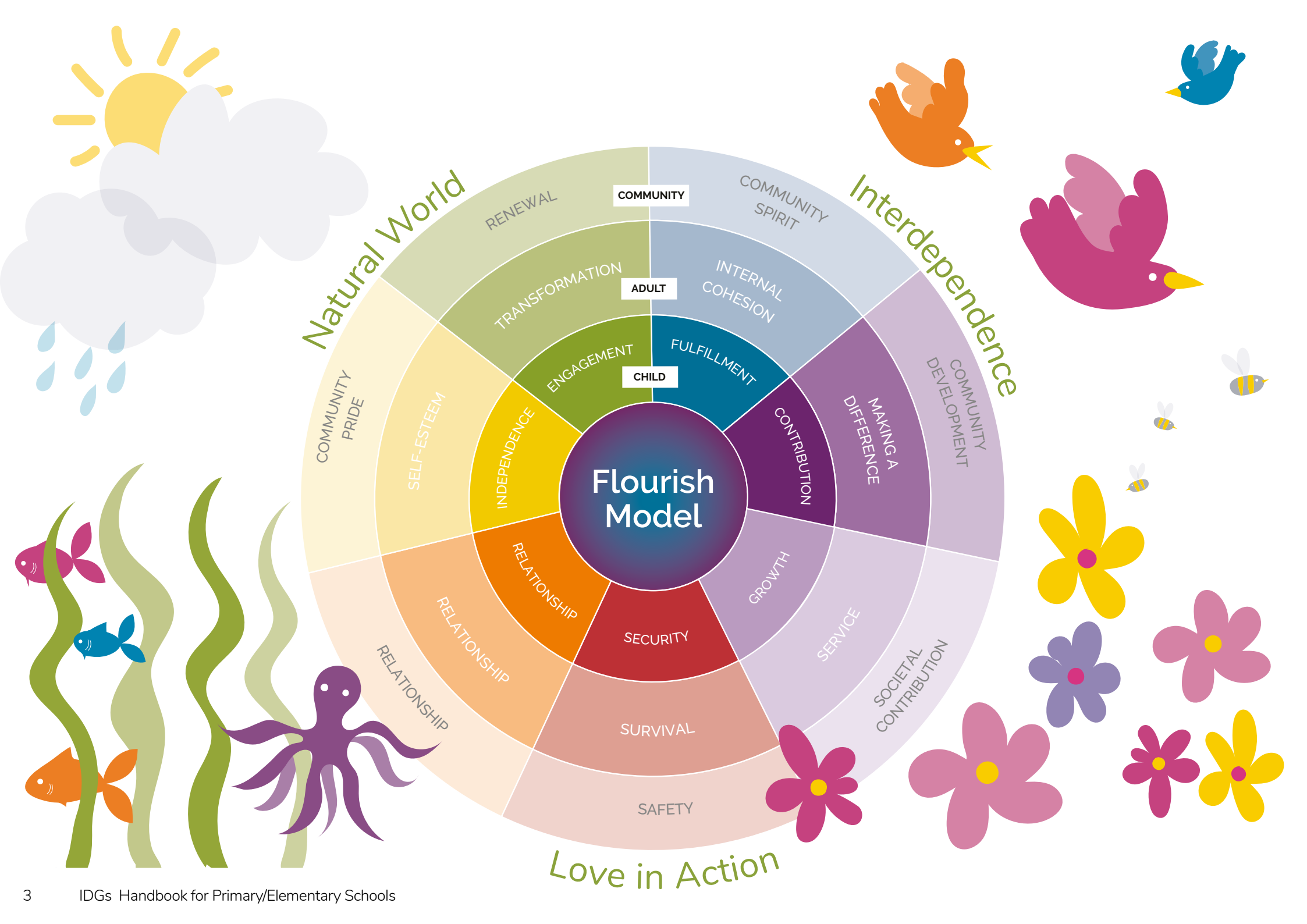
for Primary/Elementary Schools.





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.



Inner Development Goals (IDGs)

Transformational Skills for Suitable Development

Being

Inner compass / Integrity and Authenticity / Openness 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

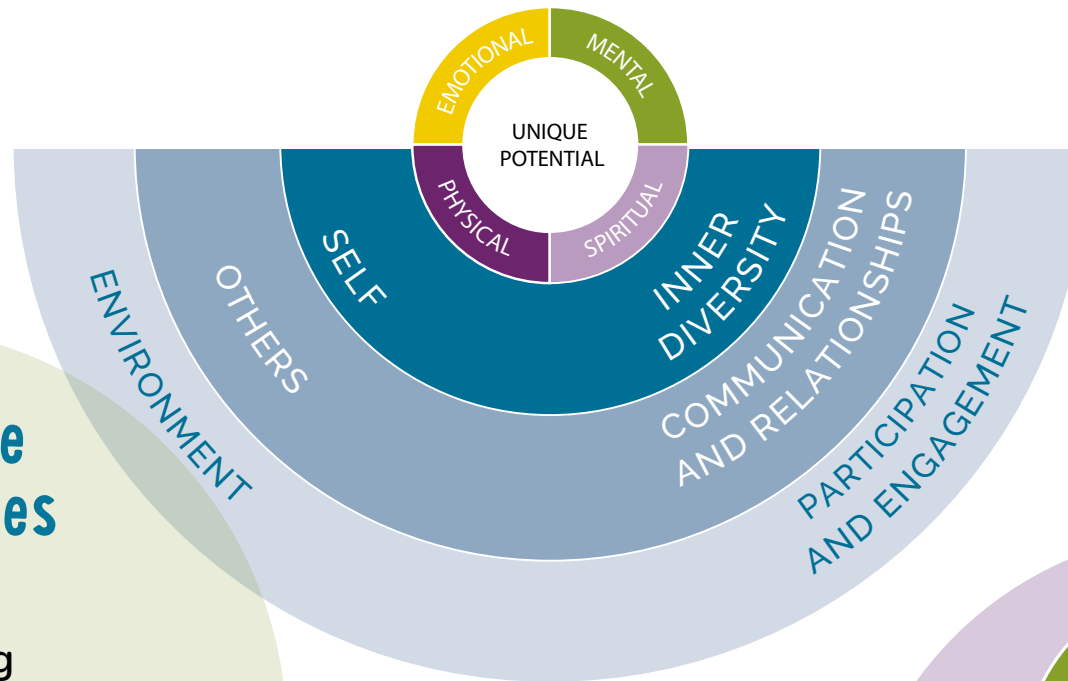


Focussing on each child's unique potential



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



3. Be yourself

Self-awareness
Self-Regulation
Courage
Perseverance
Optimism



6. Contribution

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



2. Connect

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



4. Meaningful work

Sense-making
Critical thinking
Complexity awareness



5. Balance and flow

Creativity
Presence
Integrity & authenticity



7. Learn and grow

Inner Compass
Openness & Learning
Mindset
Humility
Forgiveness
Compassion





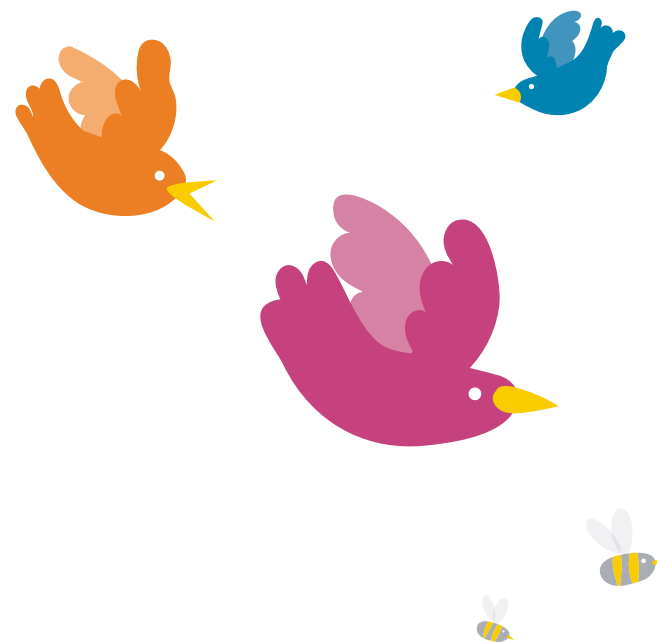
HONOUR THE BODY

- 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

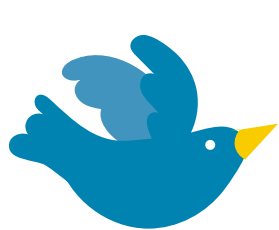
- Trying hard
- Being the best person you can be
- Deciding your own goals
- Having fun
- Learning from failure





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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