

Learning to Thrive

Interactive viewing



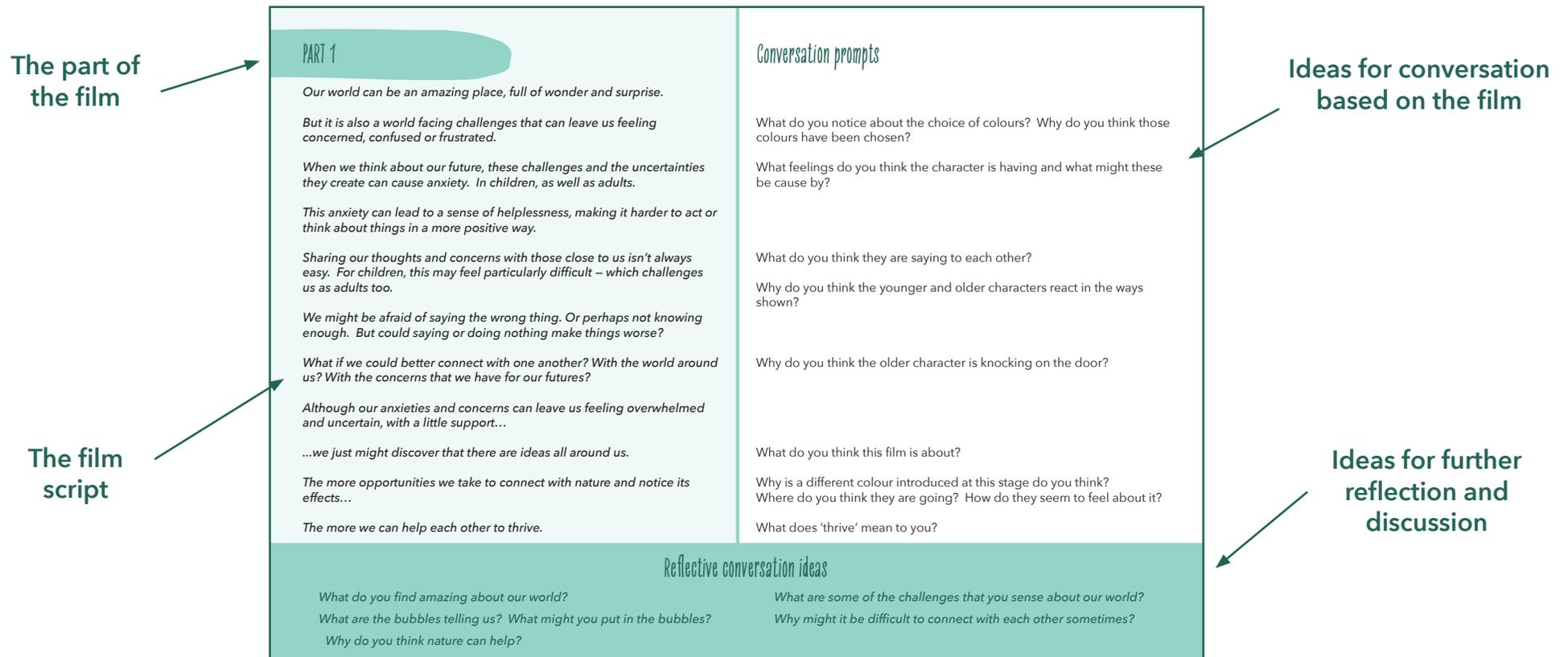
Lifeworlds
Learning

Introduction

This resource has been written to encourage interaction with the animated film *Learning to Thrive*. It shares ideas about how to engage with the film through the script, the artwork and the animation.

The illustration below shares how the resource is formatted and explains the different parts of the resource.

At the end of the resource there is space (if you have printed it out) for you to add your own ideas and questions for thinking and discussion.



PART 1

Our world can be an amazing place, full of wonder and surprise.

But it is also a world facing challenges that can leave us feeling concerned, confused or frustrated.

When we think about our future, these challenges and the uncertainties they create can cause anxiety. In children, as well as adults.

This anxiety can lead to a sense of helplessness, making it harder to act or think about things in a more positive way.

Sharing our thoughts and concerns with those close to us isn't always easy. For children, this may feel particularly difficult – which challenges us as adults too.

We might be afraid of saying the wrong thing. Or perhaps not knowing enough. But could saying or doing nothing make things worse?

What if we could better connect with one another? With the world around us? With the concerns that we have for our futures?

Although our anxieties and concerns can leave us feeling overwhelmed and uncertain, with a little support...

...we just might discover that there are ideas all around us.

The more opportunities we take to connect with nature and notice its effects...

The more we can help each other to thrive.

Conversation prompts

What do you notice about the choice of colours? Why do you think those colours have been chosen?

What feelings do you think the character is having and what might these be caused by?

What do you think they are saying to each other?

Why do you think the younger and older characters react in the ways shown?

Why do you think the older character is knocking on the door?

What do you think this film is about?

Why is a different colour introduced at this stage do you think? Where do you think they are going? How do they seem to feel about it?

What does 'thrive' mean to you?

Reflective conversation ideas

What do you find amazing about our world?

What are the bubbles telling us? What might you put in the bubbles?

Why do you think nature can help?

What are some of the challenges that you sense about our world?

Why might it be difficult to connect with each other sometimes?

PART 2

When we actively connect children with nature, we are giving them – and us – the chance to discover and experience the wonder that exists in our natural world.

We can nurture a greater awareness of the natural systems that surround us, and a better understanding of the ways all of us are connected to nature.

By pausing and noticing things that may previously have been hidden in plain sight...

...We can begin to explore new perspectives and new worlds. And as our curiosity about nature grows, so too does our connection.

Creating and rediscovering these connections not only benefits our natural world, it could improve our well-being too.

The simple act of being in or around nature can reduce our stress and anxiety – helping us to relax, inviting us to feel more open-minded.

Children, and adults who spend time in nature are more likely to be caring towards natural environments and towards each other.

Bathing in natural spaces can improve our mental health, nurture our relationships, and build our resilience and agency to embrace uncertainty.

Connecting with nature can motivate us to be the difference we want to see in the world.

Conversation prompts

What can you hear?

What does 'wonder' mean to you?

If you were to pause and look in your own place more purposefully, what might you notice?

What does holding the caterpillar feel like? Do you think it is safe or wise to touch everything in nature?

What do you notice about changes in the mood of the two characters?

Why are the two main characters grey do you think? Why are the other characters not grey?

What do you think they are catching and why?

What are they putting in the bags? How do you think that helps to make a difference? Where did it come from? What might happen to it next?

Reflective conversation ideas

How might you connect with nature where you live?

Why might it be important to be 'open-minded'?

What difference might you want to see in the world?

Why might being in nature be good for wellbeing?

How 'natural' are the spaces that you have easy access to?

PART 3

It can be tempting to believe that, if we want to be successful, we must each focus on our own way in the world.

But the more we connect with people, the more we encounter ideas and actions that inspire us.

We are more likely to experience the joys and benefits of caring, thinking and learning with those around us.

After all, we are social beings who thrive through connection, communication, and co-operation.

Learning alongside others means we can benefit from the varied experiences and ideas of those around us.

Sharing perspectives with each other, and our children, can expand our understanding and ideas. It may even lead us towards new or different ways of behaving.

Becoming more curious and engaged in the communities that we are part of, can help us all to discover new skills and build on our existing strengths.

Listening, sharing and playing together can help us to feel part of something bigger than ourselves; to find new and better ways to care for one another, for ourselves, and for our local environments.

Conversation prompts

What does being successful mean to you? Why might the animation use the phrase 'our own way in the world'? Why do you think the bees change colour?

Can you think of someone who has inspired you with their ideas or actions? What might you do to inspire others?

Is it always true that collaboration leads to better ideas? What is your experience?

Can you think of ways that you are a 'social being'? How does being social make you feel?

How do you think the main characters feel when they connect with the other bees?

How might our learning benefit from sharing perspectives with people who have had different experiences?

Why do you think the illustrator chose to show the things we can see in this part of the animation? What might they be trying to tell us?

Why might it be important to be part of something bigger than ourselves?

Reflective conversation ideas

Where do you have opportunities to collaborate and learn with others?

How might sharing different perspectives change 'ways of behaving'?

Who could you inspire by sharing this animation?

What could you help someone else to learn?

What might 'new and better ways to care' mean for you?

PART 4

Play is an essential part of growing up. A playful outlook can be beneficial for children and adults. What if we let go more often? What if we gave ourselves permission to be more playful?

Play can help us to thrive – to experience, sense, and imagine the world in new ways. Play helps us see things from a different point of view.

Through play, we can see new possibilities and dream of alternative futures. There are no limits to what we might imagine!

Balancing playfulness and hope with the reality of the challenges we face can be difficult at times. This is true for children too. We might ask: How can we support them, and ourselves, to find a healthy balance in uncertain times?

By exchanging ideas with each other, we could find the confidence to identify, and even create, solutions to some of our shared challenges.

Embracing and capturing opportunities to make connections with nature and each other, no matter how small, might be a good starting point...

These connections remind us that we are part of something bigger. That we can be there for one another. That we can help each other to thrive.

No opportunity is too limited or too small. When we help children to make connections, we empower them. This can improve their wellbeing, equipping them with the capabilities needed to thrive in an uncertain future.

Though our world can be complicated and challenging, it is full of wonder, beauty, and potential.

Children can thrive in this world. We can help by giving them opportunities to connect with nature and with others. Listening to children's voices and understanding their experiences can help us imagine and build better futures together.

Conversation prompts

Why do you think play is important?

What could stop us from playing or 'letting go'?

What do you think the illustrator and animator are trying to tell us about play in this scene?

How does imagination link to playfulness and how might being more imaginative help us to deal with a complex and uncertain world?

Why does the mood of the bees and the colours change? What might they be thinking?
Why is it important to try and find a 'healthy balance in uncertain times'?

Where did we see the bubbles before? Why are they throwing and catching them now? What change could this represent?

What do you think is being represented by the bees in this scene? How does it make you feel?

Do you remember the two bees at the start of the film? How have they and their relationship changed? What do you think has caused this change?

What 'wonder, beauty and potential' can you identify with where you live? How might you discover more examples of this?

How do you feel about connecting with nature?

What do we already do to ensure that children's voices and experiences are heard? What might we do differently?

Reflective conversation ideas

How could you introduce more play into your daily routine/life?

What small things could you do to better connect with nature?

When you 'dream of an alternative future' what does that look/feel like?

What do you understand by 'thrive' after watching this film?

Your questions and ideas for discussion... (Use this space to note your own thoughts inspired by the film.)

