EVIDENCE-BASED CURRICULUM

MY HERO JOURNEY — TAKE THE LEAD IN **YOUR** STORY

This curriculum has been designed to be evidence-based, using time-tested theories that are widely accepted across multiple generations such as:

MASLOW'S HIERARCHY: Abraham Maslow

Maslow's hierarchy of needs is a motivational theory in psychology comprising a five-tier model of human **needs**, often depicted as **hierarchical** levels within a pyramid. From the bottom of the **hierarchy** upwards, the **needs** are: physiological, safety, love and belonging, esteem, and self-actualization.
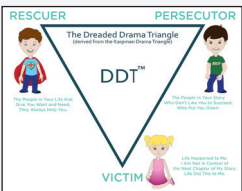
DRAMA TRIANGLE: Stephen Karpman

According to the Karpman **Drama Triangle** there are three dysfunctional drama roles that are taken until we find recovery. Persecutor, Rescuer, and Victim.
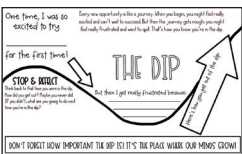
LEARNING DIP (OR PIT): James Nottingham

The **Learning Pit** encourages everyone to step out of their comfort zone. It was created by James Nottingham (2007) to support a culture of challenge, curiosity, reflection and resilience. It is popular amongst educators and parents as a way to encourage and structure questioning, reflection and metacognition.

THE GROWTH MINDSET: Carol Dweck

Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks. After studying the behavior of thousands of children, Dr. Dweck coined the terms fixed **mindset** and **growth mindset** to describe the underlying beliefs people have about learning and intelligence. When students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement.
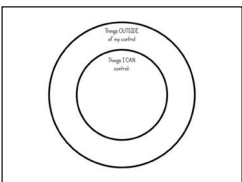
CIRCLE OF CONTROL: Steven Covey

Circle of Influence and **Control** by **Stephen Covey** helps you look at your concerns, to get more power over things that feel out of your **control**. Everyone has a **circle** of concern and a circle of control. We need to help children focus on the **circle of control**, put their time, energy and effort into the things they CAN **control** and then voice their concerns, and focus on the things they have power over.

KINDNESS RESEARCH: Nel Noddings

The argument that caring should be a foundation for ethical decision-making. **Noddings** located the origin of **ethical** action in two motives, the human affective response that is a natural caring sentiment, and the memory of being cared-for that gives rise to an ideal self. As we learn to care about our own story, we learn to care about others and create a feeling of empathy, a community of compassion.

CHANGE YOUR STORY: Stephanie Tolen

The power of **story** is not just to express our experiences, but to create them. It is not just about recognizing stories and the way they play out in your experience, but specific techniques for replacing them if you wish. **Change** your life by changing the **stories** you live.