

HOME EDITION

Education catalogue

Becoming  Education

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THIS COVER SHEET

“

In the modern world, life is so often a battleground that many people feel ill-equipped to tackle. Many of the greatest lessons that we learn in life come the hard way, through failure, through risk, through never giving up. If BecomingX Education can help young people learn these lessons, about endeavour, about courage, kindness and tenacity, then we are doing something we can all be proud of. We want to demystify success and help young people be fully equipped to succeed. After all, life isn't just some giant competition, it's a journey of discovery and is meant to be lived with hope, aspiration and wonder.

”

Bear

Bear Grylls OBE

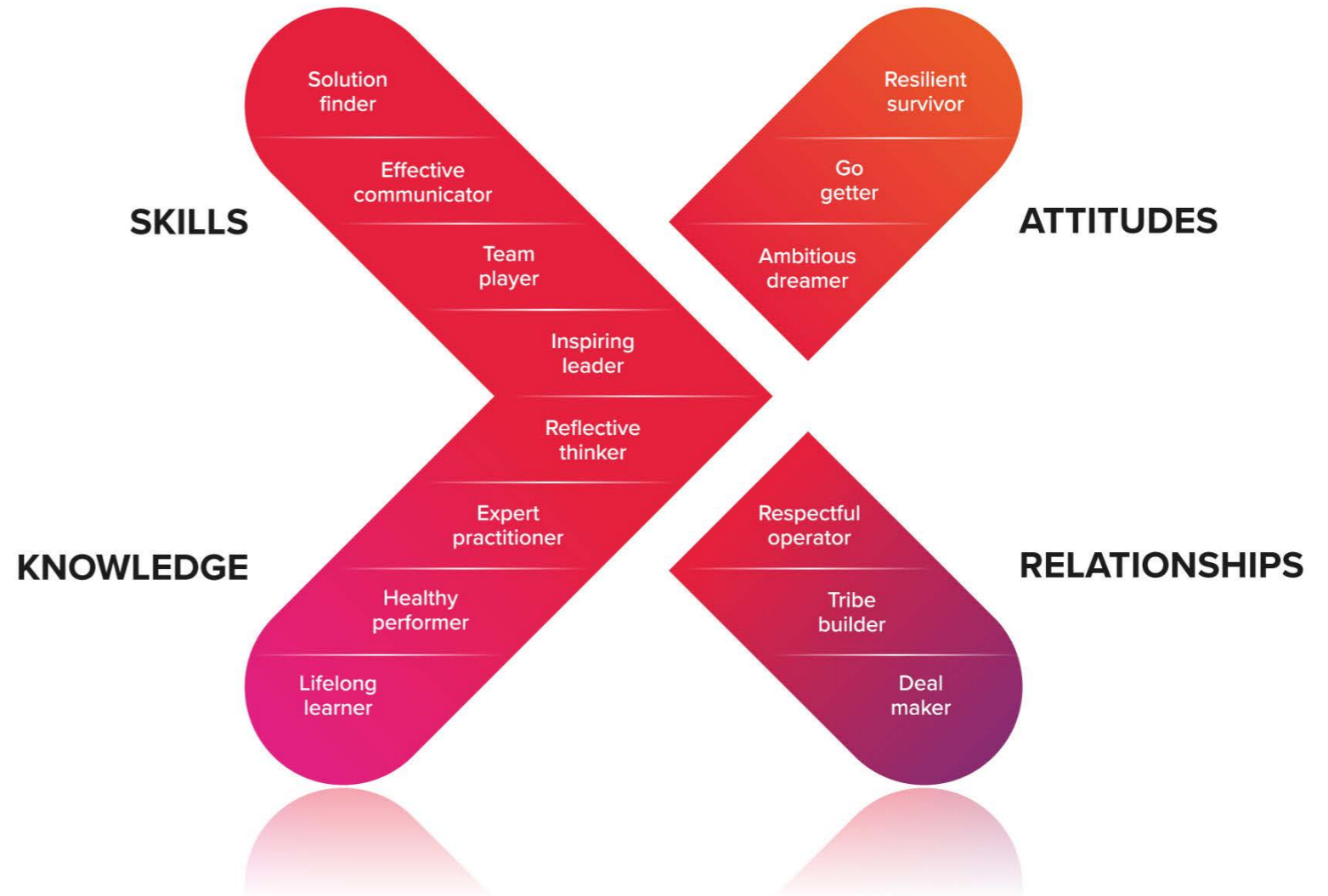


The X-model

BecomingX Home includes a library of lessons, discussions, activities and clips, to help you deliver world-class personal development experiences. The content focuses on equipping young people with the skills, knowledge, attitudes and relationships needed to succeed. Combining deep subject expertise, first-hand research and the latest pedagogy and neuroscience, we aim to help you to engage students from the outset. All of our lessons are presented by Bear Grylls, feature filmed insights from some of the world's most inspiring and iconic people and provide practical real-world activities.

Resources are based on the 'X model', an evidence-based framework which identifies the personal attributes typically seen in high performers. The X model is the foundation of all of education content and provides a consistent and evidence-based approach to learning.

We designed BecomingX Home to be as flexible as possible. Our lessons have no prerequisites, allowing you to teach whatever will be of greatest benefit to your students. With slides, lesson plans and resources ready to go, you can focus on what really matters. Helping your students to realise their potential.



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Open discussions

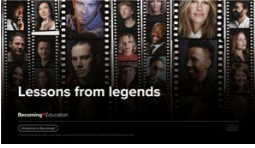
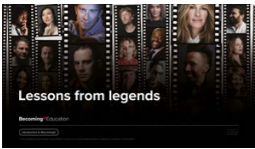
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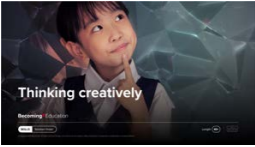

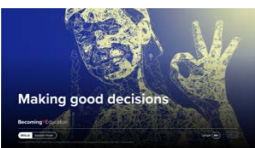
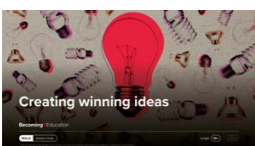

Activities



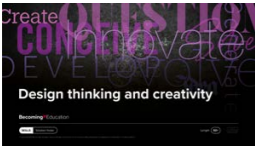
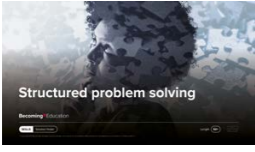

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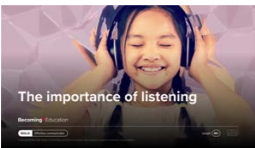
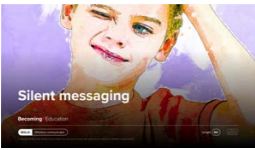
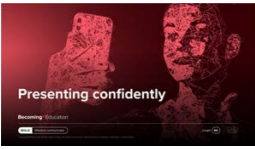


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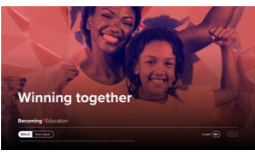

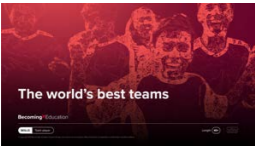


Cover	Level	Duration	Title / subject	Activity	Resources
	4-6	40+	Lessons from legends (Primary) Introducing BecomingX and exploring how we can all achieve extraordinary things	Your why Students consider what they want to achieve and why this matters	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	7-13	50+	Lessons from legends Introducing BecomingX and exploring how we can all achieve extraordinary things	Your motivation Students consider their goals and why they matter to them	<ul style="list-style-type: none"> ▶ Lesson plan

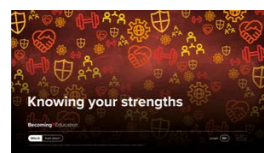
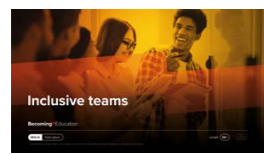
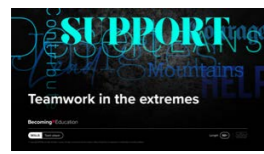

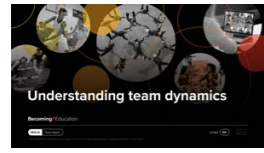
Cover	Level	Duration	Title / subject	Activity	Resources
	4	40+	Thinking creatively Thinking creatively and coming up with potential solutions	The world's best adventures Students suggest adventures they can do at school or in their local areas	▶ Lesson plan
	5	40+	Finding root causes Exploring why problems exist and getting to the root causes	The detectives Students suggest root causes for various mysterious events	▶ Lesson plan
	6	40+	Making good decisions Evaluating options and making evidence-based decisions	The new day Students choose the best option for a new annual school day	▶ Lesson plan
	7	50+	Creating winning ideas Using creative thinking when problem-solving	The world's fastest car Students use thought showers and creativity strategies to improve a car design	▶ Lesson plan
	8	50+	Understanding root causes Improving problem-solving through root cause analysis	Saving sharks Students use root cause analysis to explore the problem of the declining shark population	▶ Lesson plan

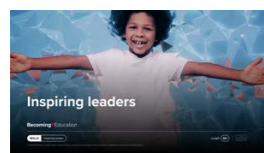
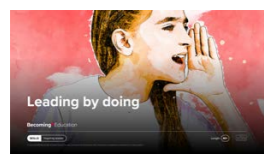
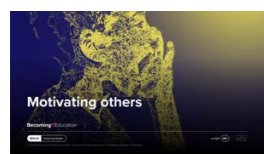
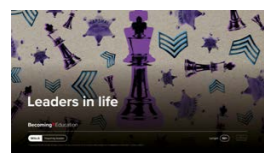
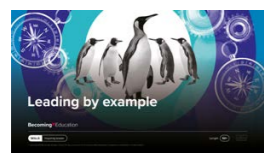
Cover	Level	Duration	Title / subject	Activity	Resources
	9	50+	Evaluating potential solutions Evaluating options and making evidence-based decisions	The benefactor Students evaluate proposals to spend a donation to their school	▶ Lesson plan
	10	50+	Problem solving under pressure Making better decisions in stressful situations	Under pressure Students practice solving problems using the Fire Service's Decision Control Process	▶ Lesson plan
	11	50+	Design thinking and creativity Designing, testing and improving solutions to problems	The innovators Students design a piece of wearable technology to help dementia patients, using design thinking	▶ Lesson plan
	12	50+	Structured problem solving Using structured problem solving techniques to better identify root causes and solutions	Saving the day Students create a funding plan using structured problem-solving techniques	▶ Lesson plan
	13	50+	Solving the world's biggest problems Using structured problem solving techniques to consider the UN Sustainable Development Goals	Shipment Zero Students develop ideas for a retailer's fulfillment team using structured problem-solving techniques	▶ Lesson plan


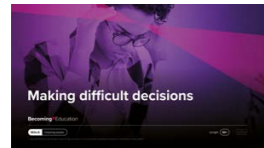
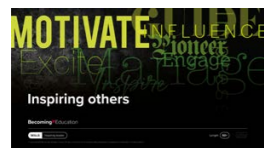
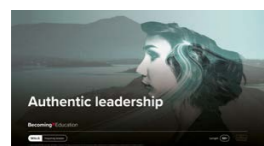

Cover	Level	Duration	Title / subject	Activity	Resources
Skills Effective communicator					
	4	40+	The importance of listening Understanding why listening to others is so important	Are you listening? Students draw pictures following their partners instructions	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout ▶ Blank paper
	5	40+	Silent messaging Understanding nonverbal communication	Mixed messages Students analyse nonverbal communication shown in the Courteney Cox film	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	6	40+	Presenting confidently Learning how to speak to a group effectively	It's impromptu Students practice giving impromptu speeches in pairs	<ul style="list-style-type: none"> ▶ Lesson plan
	7	50+	Listening to understand Listening to understand others	21 questions Students play a game with a partner which tests their active listening and questioning skills	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	8	50+	Communicating what counts Structuring communications to focus on the main message	Ground Control Students practice communication of urgent messages from the International Space Station to Ground Control using the pyramid principle	<ul style="list-style-type: none"> ▶ Lesson plan

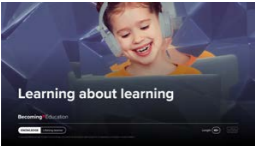
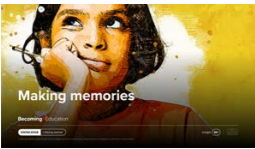
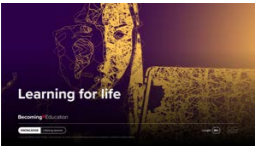


Cover	Level	Duration	Title / subject	Activity	Resources
Skills Effective communicator					
	9	50+	The art of storytelling Telling engaging stories to build empathy and curiosity	The story of success Students create a two minute story to win themselves a place on their dream expedition	▶ Lesson plan
	10	50+	Speaking with impact Speaking to an audience effectively and overcoming anxiety associated with public speaking	The news special Students deliver a 1 minute speech for a live television event on living in the International Space Station	▶ Lesson plan
	11	50+	The sound of silence Interpreting non-verbal communication	The voice of emotion Students compare their interpretations of emotion in written script, silent film, and voiced film	▶ Lesson plan ▶ Activity handout
	12	50+	The power of persuasion Being persuasive through communication techniques	The magician's journey Students practice persuasive techniques by creating a plan to gain supporters for a magician	▶ Lesson plan
	13	50+	Presenting winning ideas Planning and delivering a compelling presentation	The winning idea Students develop a pitch to win investment for a new design of smartphone	▶ Lesson plan


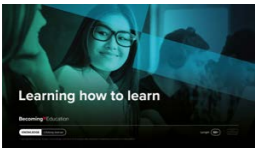



Cover	Level	Duration	Title / subject	Activity	Resources
	4	40+	Winning together Exploring how working together makes teams stronger	Taking flight Students work in teams to make paper planes	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Scrap paper
	5	40+	Harnessing strengths Understanding personal strengths and how to combine them with others	Strong stories Students identify their strengths and create a personal character description	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Blank paper
	6	40+	The world's best teams Exploring how the best teams work together to win	The world's best divers Students help a struggling synchronised diving team to improve their team culture	<ul style="list-style-type: none"> ▶ Lesson plan
	7	50+	Strength in numbers Working as a team to have greater impact	The team t-shirt Students design a t-shirt to promote the importance of teamwork	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	8	50+	Attributes of world class teams Appreciating the characteristics of high performing teams	The teamwork doctors Students are called in to advise a struggling national football team	<ul style="list-style-type: none"> ▶ Lesson plan

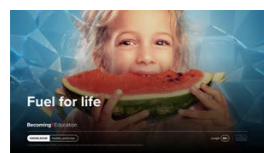

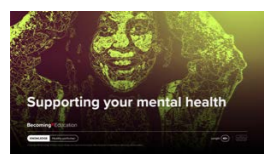
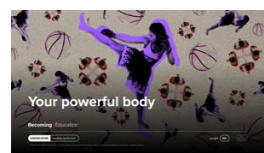

Cover	Level	Duration	Title / subject	Activity	Resources
Skills Team player					
	9	50+	Knowing your strengths Identifying personal strengths and recognising how to use them in teams	A strong application Students apply for their dream internship using their strengths	▶ Lesson plan
	10	50+	Inclusive teams Improving team performance through diverse and inclusive thinking	The Board Students create a Technical Advisory Board for the FA	▶ Lesson plan
	11	50+	Teamwork in the extremes Learning from teams working in extreme environments	The plane crash Students work together to survive a plane crash	▶ Lesson plan ▶ Activity handout
	12	50+	Creating a winning team culture Exploring how to create a culture of high performance	The culture coaches Students work with an Olympic hockey team to address issues with team culture	▶ Lesson plan
	13	50+	Understanding team dynamics Exploring how high performing teams cooperate, communicate and coordinate	The conflicting crew Students are called into a major Hollywood studio to advise on team dynamics	▶ Lesson plan ▶ Activity handout

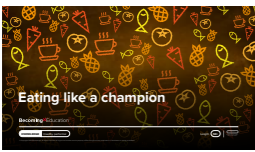


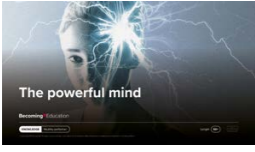

Cover	Level	Duration	Title / subject	Activity	Resources
	4	40+	Inspiring leaders Showcasing and explaining the characteristics of leaders	Leading characters Students create characters for a documentary on leadership	▶ Lesson plan
	5	40+	Leading by doing Understanding how to lead by example	The head student Students decide how to lead by example as 'head student'	▶ Lesson plan ▶ Activity handout
	6	40+	Motivating others Learning how to motivate and inspire other people	Motivating matters Students motivate various characters and teams	▶ Lesson plan
	7	50+	Leaders in life Exploring the characteristics of effective leaders	The leaders Students are finalists in a documentary film pitching competition	▶ Lesson plan
	8	50+	Leading by example Becoming a caring leader who inspires trust	The Mayor Students act as the Mayor of a local town and have to lead by example	▶ Lesson plan ▶ Activity handout

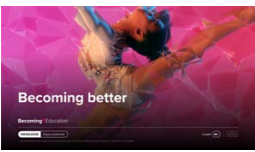
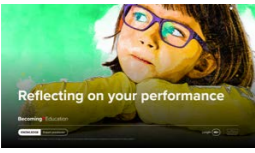
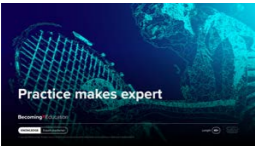


Cover	Level	Duration	Title / subject	Activity	Resources
	9	50+	Empowering others Giving others responsibility in a team	Empowering adventures Students train a group of adventure leaders in empowering others	▶ Lesson plan
	10	50+	Making difficult decisions Taking ownership and using strategies in decision-making	The founders Students make an investment decision for their social media platform	▶ Lesson plan
	11	50+	Inspiring others Motivating and inspiring others	Inspiring others Students coach a local junior school's football team	▶ Lesson plan
	12	50+	Authentic leadership Becoming an authentic, responsible and accountable leader	The challenged CEO Students have a difficult meeting with a group of investors	▶ Lesson plan
	13	50+	Taking an untravelled path Being courageous in leadership choices	Forks in the road Students make a decision in four real-world scenarios	▶ Lesson plan ▶ Activity handout

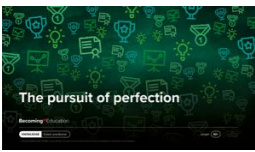
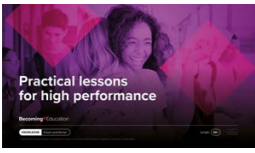

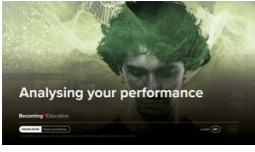

Cover	Level	Duration	Title / subject	Activity	Resources
Knowledge Lifelong learner					
	4	40+	Learning about learning Exploring techniques to monitor learning (metacognition)	Guided thinking Students create a guide for thinking about learning	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	5	40+	Making memories Understanding how to retain and recall relevant information	Memory savers Students memorise fire safety information	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	6	40+	Learning for life Making continuous learning more effective	Chasing truth Students fact check various news statements	<ul style="list-style-type: none"> ▶ Lesson plan
	7	50+	Knowledge is power Appreciating the importance and benefits of knowledge	News ready Students decide what they need to know before reporting a story on an online news network	<ul style="list-style-type: none"> ▶ Lesson plan
	8	50+	Mastering memory Learning how to retain and recall information	The memory games Students play three memory games in pairs	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout

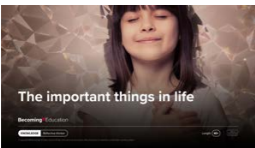
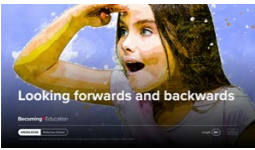
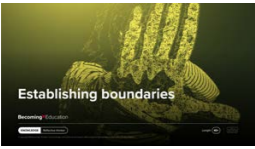
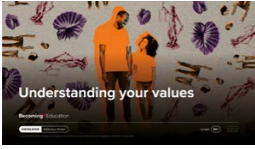

Cover	Level	Duration	Title / subject	Activity	Resources
Knowledge Lifelong learner					
	9	50+	The case for curiosity Developing curiosity to make learning more fun and increase opportunities	Curious concepts Students practice their questioning technique in a number of curious scenarios	▶ Lesson plan
	10	50+	Learning how to learn Using metacognitive approaches to learning	The home tutor Students create a tutoring plan using metacognitive principles	▶ Lesson plan
	11	50+	Climbing the mountain Breaking down challenges into achievable goals and creating actionable learning plans	Revision 101 Students create a revision plan for a learning goal of their choice	▶ Lesson plan ▶ Activity handout
	12	50+	Habits of effective learners Encouraging habits which improve learning effectiveness	The fact checkers Students plan how to fact check news stories	▶ Lesson plan
	13	50+	Learning strategies Developing effective strategies to maximise learning	Plan to learn Students create a revision plan for one of their subjects, plus a set of flashcards for memorising learning strategies	▶ Lesson plan ▶ Activity handout

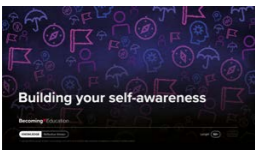
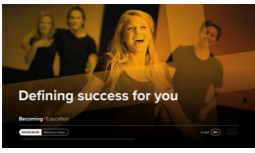



Cover	Level	Duration	Title / subject	Activity	Resources
Knowledge Healthy performer					
	4	40+	Fuel for life Understanding nutrition and why healthy food is important	Real food Students help a new 'real food' store stock their shelves	▶ Lesson plan
	5	40+	The power of sleep Encouraging good sleep habits	Counting sheep Students suggest smart products which can help people sleep better	▶ Lesson plan
	6	40+	Supporting your mental health Understanding how to support your mental health	Smart minds Students design a smart watch to help with mental health	▶ Lesson plan ▶ Activity handout
	7	50+	Your powerful body Appreciating the importance of exercise and exploring the amazing capabilities of the human body	The amazing human body quiz Students take part in a quiz highlighting the amazing capabilities of the human body	▶ Lesson plan ▶ Activity handout ▶ Teacher resource
	8	50+	Managing your mental health Taking care of students' mental health, including mindfulness	Mind designs Students design a new app to help teenagers manage their mental health	▶ Lesson plan ▶ Activity handout


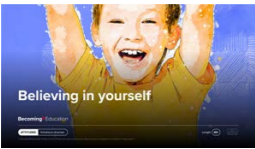


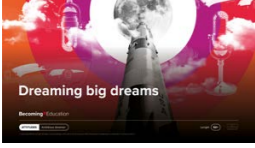
Cover	Level	Duration	Title / subject	Activity	Resources
Knowledge Healthy performer					
	9	50+	Eating like a champion Making informed choices about diet and nutrition	The food diary Students create a food diary for a fictional character	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	10	50+	The science of sleep Appreciating the importance and benefits of sleep	The sleep robot Students design a robotic personal assistant to help people improve their sleep	<ul style="list-style-type: none"> ▶ Lesson plan
	11	50+	First aid fundamentals Understanding the importance of first aid and building the confidence to step in and help others	Building confidence in first aid Students debate a series of statements around first aid and then explore how to help someone with heavy bleeding	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout ▶ Teacher resource
	12	50+	The powerful mind Exploring how to manage mental health, including ideas from Cognitive Behaviour Therapy and mindfulness	The chatbot Students design and test a chatbot to help young people with their mental health	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	13	50+	Living healthily Encouraging lifelong habits for a healthy, balanced lifestyle	Health matters! Students plan a series of short films to promote healthy habits	<ul style="list-style-type: none"> ▶ Lesson plan


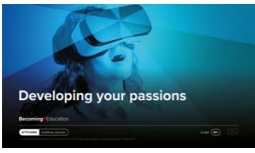

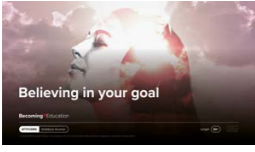

Cover	Level	Duration	Title / subject	Activity	Resources
Knowledge Expert practitioner					
	4	40+	Becoming better Understanding how to improve performance and results	Making magic Students coach Dynamo and themselves to become better	➔ Lesson plan
	5	40+	Reflecting on your performance Measuring and improving performance	The reflectors Students use reflection to improve on various tasks	➔ Lesson plan
	6	40+	Practice makes expert Explaining 'deep practice' and how professionals improve	Tennis tricks Students study and memorise how Roger Federer practised	➔ Lesson plan ➔ Activity handout
	7	50+	The origins of excellence Understanding how people become world class experts	Destination: Mars Students apply to be part of the first human community living on Mars by demonstrating their ability to build expertise	➔ Lesson plan ➔ Activity handout
	8	50+	Timelines of success Recognising the time and effort required to achieve mastery	Your success timeline Students create timelines for their goals	➔ Lesson plan ➔ Activity handout

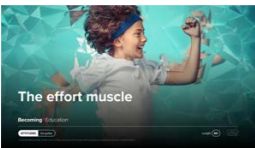

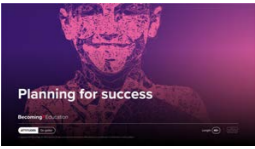

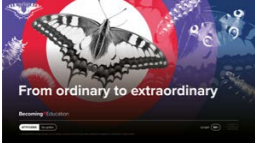
Cover	Level	Duration	Title / subject	Activity	Resources
Knowledge Expert practitioner					
	9	50+	The pursuit of perfection Focusing on continuous improvement rather than perfectionism	Astronomical improvements Students complete continuous improvement exercises as part of astronaut selection	▶ Lesson plan
	10	50+	Practical lessons for high performance Developing prioritisation, time management and feedback skills	The virtual coach Students design a virtual assistant for their coaching website	▶ Lesson plan
	11	50+	The path to mastery Using an end to end process for improving performance	The mastery trainer Students practice explaining the path to mastery and create their own	▶ Lesson plan ▶ Activity handout
	12	50+	Analysing your performance Measuring progress against goals, focusing on marginal gains and seeking feedback	The analyser Students advise celebrities on how to improve analysis of their performance	▶ Lesson plan
	13	50+	Practising like a professional Using deliberate practice and the concept of marginal gains to improve performance	The pep talk Students plan pep talks, role playing as Kate Richardson-Walsh and Dr Woo	▶ Lesson plan

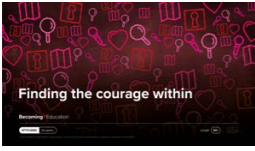




Cover	Level	Duration	Title / subject	Activity	Resources
	4	40+	The important things in life Exploring personal values and what is important	It matters to me Students identify and reflect on their own values	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	5	40+	Looking forwards and backwards Reviewing and learning from decisions and actions	Break time Students advise others on how to self reflect	<ul style="list-style-type: none"> ▶ Lesson plan
	6	40+	Establishing boundaries Exploring how to set personal limits on behaviour	Practice what you preach Students advise younger students on how to set boundaries	<ul style="list-style-type: none"> ▶ Lesson plan
	7	50+	Understanding your values Reflecting on what is important and identifying personal values	My values Students identify their personal values	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	8	50+	Learning what drives you Understanding purpose and motivation	The extraordinary week Students plan an extraordinary activity that contributes to their purpose	<ul style="list-style-type: none"> ▶ Lesson plan

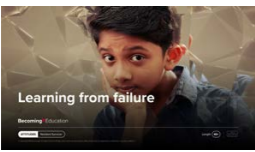
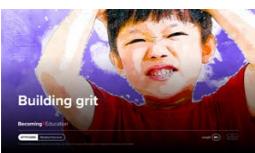
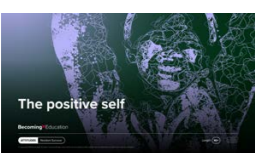
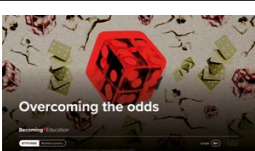
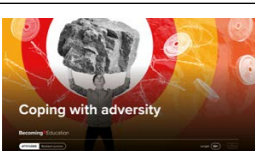
Cover	Level	Duration	Title / subject	Activity	Resources
Knowledge Reflective thinker					
	9	50+	Building your self awareness Developing greater self-awareness through reflection	The character Students help an author to create characters for their novel	▶ Lesson plan
	10	50+	Defining success for you Exploring what is important in life and creating personal definitions of success	Camp awesome Students plan a video application for a summer camp	▶ Lesson plan
	11	50+	Knowing your red lines Defining individuals' boundaries and maintaining values under pressure	Drawing the line Students mentor teens on setting appropriate boundaries	▶ Lesson plan
	12	50+	Ethical decision making Understanding how to make decisions consistent with ethics and personal values	Ethical dilemmas Students consider two scenarios where they need to make an ethical decision	▶ Lesson plan
	13	50+	Reflecting on your decisions Developing the ability to be self-reflective and critical of decisions and actions	Decision drop-in Students help teenagers to reflect on their decisions	▶ Lesson plan

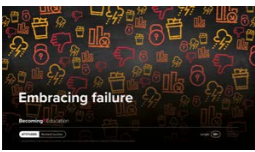


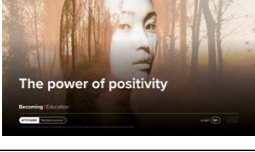

Cover	Level	Duration	Title / subject	Activity	Resources
Attitudes Ambitious dreamer					
	4	40+	Aiming high Showcasing what people can achieve with ambition and hard work	Raising the bar Students create character plots for an aspirational picture book	➔ Lesson plan
	5	40+	Believing in yourself Developing self-belief and understanding the role of positive language	Say it, believe it Students advise others on how to have a growth mindset	➔ Lesson plan
	6	40+	Creating ambitious dreams Understanding the power of dreaming big	Day dreaming Students create lists of their own dreams	➔ Lesson plan ➔ Activity handout
	7	50+	Incredible humans Having the ambition to achieve incredible things	The time capsule Students imagine the contents of a time capsule which captures humanity's greatest achievements	➔ Lesson plan
	8	50+	Dreaming big dreams Dreaming big and setting ambitious goals	Bucket lists Students create a 'bucket list' of goals they would like to achieve	➔ Lesson plan ➔ Activity handout

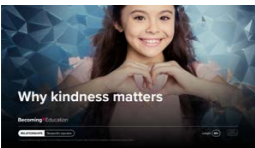
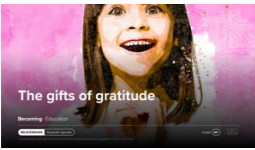
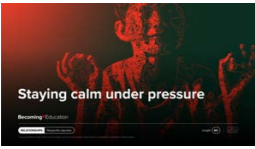
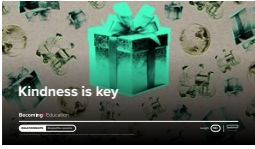

Cover	Level	Duration	Title / subject	Activity	Resources
Attitudes Ambitious dreamer					
	9	50+	Developing a growth mindset Developing a growth mindset by building self-belief and learning from challenges	The coach Students practice what they would say to encourage others to use a growth mindset	▶ Lesson plan
	10	50+	Developing your passions Determining what really matters to students	The YouTuber Students plan out a channel on YouTube to showcase their interests	▶ Lesson plan
	11	50+	Ideas to change the world Generating ideas to help other people	#iwill Students support the #iwill movement to influence change in the world	▶ Lesson plan ▶ Activity handout
	12	50+	Believing in your goal Managing 'dream stealers' and learning how to stick to goals, despite challenges	The dream stealers Students challenge a teenager's 'dream stealers'	▶ Lesson plan
	13	50+	Designing your future Developing personal goals and ambitions	The life story Students compare profiles of school leavers to their future 'life story'	▶ Lesson plan ▶ Activity handout

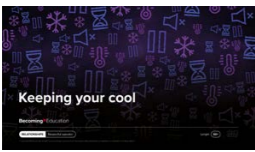




Cover	Level	Duration	Title / subject	Activity	Resources
	4	40+	The effort muscle Understanding the role of determination, effort and perseverance in achieving goals	You can bear it! Students advise a young Bear Grylls on the importance of effort	▶ Lesson plan
	5	40+	Courage counts Being courageous and doing things that we are nervous about	The real deal Students prepare to take part in various courageous activities	▶ Lesson plan ▶ Activity handout
	6	40+	Planning for success Creating practical plans to deliver long term goals	Roger that Students help an aspiring tennis player plan, and then create their own	▶ Lesson plan ▶ Activity handout
	7	50+	Power of perseverance Employing determination, effort and perseverance to achieve goals	The video message Students prepare a video message to encourage Sarah Outen to persevere on her expedition	▶ Lesson plan
	8	50+	From ordinary to extraordinary Working hard, doing 'extra' and marginal gains	The cycling philosophy Students propose small improvements for a cycling team to boost performance	▶ Lesson plan ▶ Activity handout

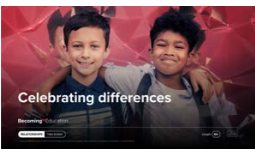

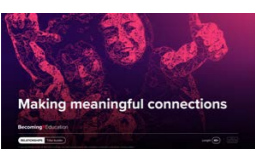
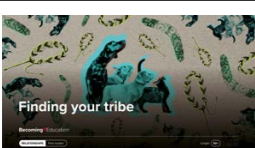
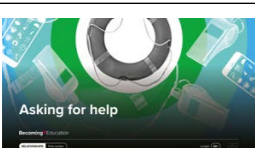
Cover	Level	Duration	Title / subject	Activity	Resources
Attitudes Go-getter					
	9	50+	Finding the courage within Being courageous and overcoming anxiety	The documentary Students pitch subjects for a documentary about courage	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	10	50+	Planning with purpose Creating a practical plan to deliver long term goals	The plan Students create a plan to cycle around the world	<ul style="list-style-type: none"> ▶ Lesson plan
	11	50+	The doorstep mile Transforming the daunting into the possible	Your doorstep mile Students create doorstep miles for climbing Everest and their own challenge	<ul style="list-style-type: none"> ▶ Lesson plan
	12	50+	The discipline of a champion Developing the discipline to keep on going, even when lacking motivation	Diary of a champion Students create a plan to learn a new skill	<ul style="list-style-type: none"> ▶ Lesson plan
	13	50+	Facing your fears Understanding and overcoming fear	Facing your fears Students explore ways to overcome fear for divers and shark scientists	<ul style="list-style-type: none"> ▶ Lesson plan

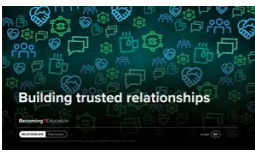


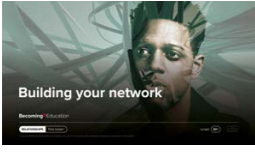

Cover	Level	Duration	Title / subject	Activity	Resources
Attitudes Resilient survivor					
	4	40+	Learning from failure Understanding why failure is essential in learning	Famous failures Students turn a story of a famous failure into a play	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	5	40+	Building grit Keeping going when we encounter obstacles to our goals	The Grit Games Students create a card game explaining how people show grit	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	6	40+	The positive self Choosing positive responses to situations	The race to positivity Students help their rocket team overcome a challenge using reframing and positivity	<ul style="list-style-type: none"> ▶ Lesson plan
	7	50+	Overcoming the odds Demonstrating endurance and success	Resilience Champs Students design and play a new card game celebrating resilience	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	8	50+	Coping with adversity Managing stress and pressure	The compère Students write introductions for award winning role models	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout

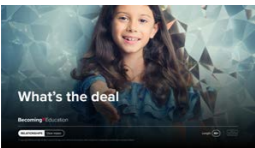

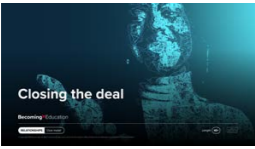
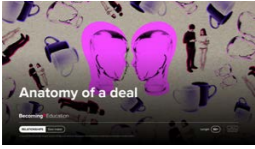

Cover	Level	Duration	Title / subject	Activity	Resources
Attitudes Resilient survivor					
	9	50+	Embracing failure Appreciating failure as a key part of the learning process	The press release Students write a press release for Sarah Outen's expedition	▶ Lesson plan
	10	50+	Adapting to change Seeing change as a positive and being flexible under pressure	The pandemic Students interview each other on how they adapted to the pandemic in 2020	▶ Lesson plan
	11	50+	Never giving up Building grit and believing in the goal	The wild card Students act as judges for an awards show about never giving up	▶ Lesson plan
	12	50+	The power of positivity Confidently responding to situations	The mountaineers Students role play how to stay positive in a dangerous situation	▶ Lesson plan
	13	50+	Survival guide for life Having an attitude of survival	The survivors Students join Bear Grylls on a team challenge to survive	▶ Lesson plan

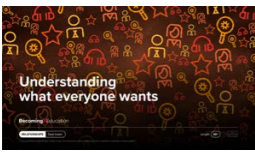
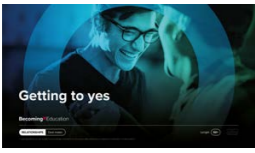

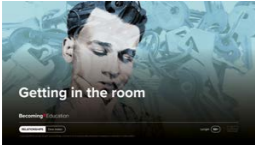

Cover	Level	Duration	Title / subject	Activity	Resources
Relationships Respectful operator					
	4	40+	Why kindness matters Understanding why kindness is so important	The greatest game Students design an online game celebrating kindness	▶ Lesson plan
	5	40+	The gifts of gratitude Exploring the impact on self and others of showing gratitude	Diary of a grateful kid Students create personal gratitude journals	▶ Lesson plan
	6	40+	Staying calm under pressure Understanding how to keep your composure under pressure	Staying calm Students create a guide to staying calm	▶ Lesson plan ▶ Activity handout
	7	50+	Kindness is key Appreciating the importance and benefits of kindness	Kind acts, kind apps Students design an app to promote everyday kindness	▶ Lesson plan
	8	50+	Gratitude and humility Understanding the positive impacts of being grateful and humble	The gratitude diary Students design a gratitude diary	▶ Lesson plan

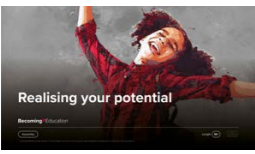
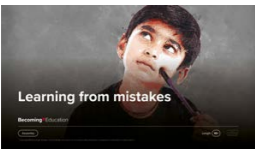
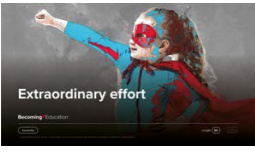

Cover	Level	Duration	Title / subject	Activity	Resources
Relationships Respectful operator					
	9	50+	Keeping your cool Coping with immediate and drawn out pressure	Under pressure Students act as coaches advising clients on how to deal with pressure	▶ Lesson plan
	10	50+	Giving and earning respect Demonstrating respect for others and behaving in ways which earn respect	The press conference Students take part in a controversial journalist interview	▶ Lesson plan
	11	50+	Building your emotional intelligence Becoming more self-aware and having consideration of others' emotions	The EQ trainer Students advise elite performers on how to leverage emotional intelligence	▶ Lesson plan
	12	50+	Empathy for others Appreciating the importance of empathy and how to consider the perspective of others	Empathy edits Students plan a short film to exhibit the power of empathy	▶ Lesson plan
	13	50+	Respecting yourself Building self-respect and understanding how to be kind to yourself	The respect challenge Students design a film challenge based on self-respect	▶ Lesson plan

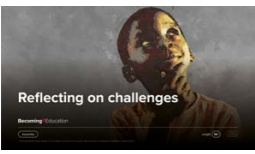
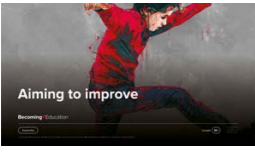
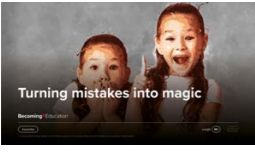

Cover	Level	Duration	Title / subject	Activity	Resources
Relationships Tribe builder					
	4	40+	Celebrating differences Celebrating differences within groups of people	Spot the difference Students make a memory card game highlighting friends who are different	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	5	40+	Friends for life Building a close group of friends	Make it stick Students role play how to overcome friendship challenges	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	6	40+	Making meaningful connections Creating relationships and social connections	Building bridges Students develop a relationship with a local company, to support school projects	<ul style="list-style-type: none"> ▶ Lesson plan
	7	50+	Finding your tribe Building a close group of friends based on shared hobbies, values and interests	Find-my-friend Students create a memory game which celebrates friendship	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	8	50+	Asking for help Appreciating that we all need to ask for help and how support can be beneficial	Happy to help Students ask for and offer each other help to find their matching characters	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout

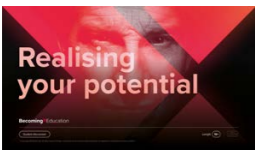



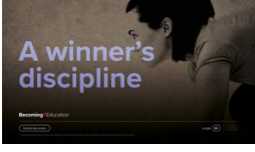

Cover	Level	Duration	Title / subject	Activity	Resources
Relationships Tribe builder					
	9	50+	Building trusted relationships Exploring how to build trust in relationships using the trust equation	Do you trust me? Students practice using the trust equation to solve a scenario	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	10	50+	The importance of mentors Understanding how to find a mentor and the importance of giving and receiving feedback	Mentor match Students plan how to find a mentor for a range of characters	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	11	50+	Having difficult conversations Turning difficult conversations into learning conversations	Talk it out Students role play difficult conversations	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	12	50+	Building your network Building and sustaining a support network	Grow your network Students create a personal networking plan to help meet future goals	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	13	50+	Winning friends and influencing people Developing trust-based friendships and being memorable	The win Students practice negotiating a difficult issue	<ul style="list-style-type: none"> ▶ Lesson plan

Cover	Level	Duration	Title / subject	Activity	Resources
Relationships Deal maker					
	4	40+	What's the deal Making great deals every day	Deal of the day Students create everyday deals in pairs	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	5	40+	Everyone benefits Exploring how to get a win for all parties	The film deal Students create deals to make films together	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	6	40+	Closing the deal Understanding how to complete a deal positively	Closing time Students negotiate a deal for a games day at school	<ul style="list-style-type: none"> ▶ Lesson plan
	7	50+	Anatomy of a deal Recognising how we negotiate everyday and understanding what a deal is made of	Daily deals Students practice making deals in everyday situations	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout
	8	50+	When everyone wins Ensuring deals are mutually beneficial	A win-win situation Students negotiate a deal for two social media influencers	<ul style="list-style-type: none"> ▶ Lesson plan ▶ Activity handout


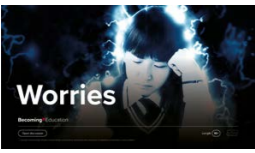
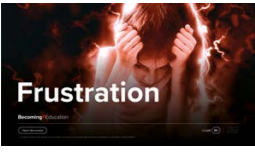
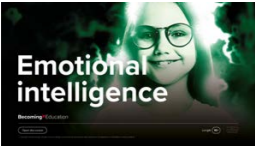

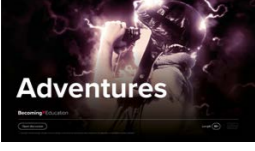
Cover	Level	Duration	Title / subject	Activity	Resources
Relationships Deal maker					
	9	50+	Understanding what everyone wants Considering the goals and emotions of others in deal-making	The prisoner's dilemma Students explore the prisoner's dilemma and apply it to a school scenario	▶ Lesson plan
	10	50+	Getting to yes Using preparation to increase success in negotiations	Getting your yes Students negotiate with a partner on how to spend a school budget	▶ Lesson plan
	11	50+	Negotiation tactics Building everyday negotiation skills	Sharpening your tactics Students negotiate to reduce shark finning	▶ Lesson plan ▶ Activity handout
	12	50+	Getting in the room Initiating the deal-making process	Opening the door Students create 'door-opening' emails for new connections	▶ Lesson plan ▶ Activity handout
	13	50+	Deal making like a professional Understanding how to prepare and negotiate deals using professional tactics	Professional practice Students role play a variety of deal making scenarios	▶ Lesson plan ▶ Activity handout

Cover	Level	Duration	Title / subject	Description	Resources
	4-6	10+	Realising your potential	Introducing BecomingX and providing an overview of what it takes to reach your potential (for younger children)	➔ Discussion plan
	4-6	10+	Learning from mistakes	Learning from 'failure'	➔ Discussion plan
	4-6	10+	Extraordinary effort	Putting in the effort	➔ Discussion plan
	4-6	10+	Mental health matters	Helping yourself feel good	➔ Discussion plan
	4-6	10+	A balancing act	Balancing hard work and rest	➔ Discussion plan
	4-6	10+	Overcoming conflict	Managing conflict between friends	➔ Discussion plan



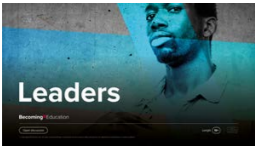
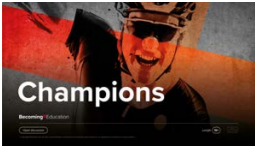
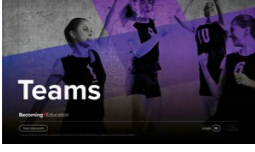
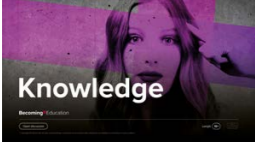
Cover	Level	Duration	Title / subject	Description	Resources
	4-6	10+	Reflecting on challenges	Reflecting on challenges and moving forward	➔ Discussion plan
	4-6	10+	Bias beware	Embracing other perspectives	➔ Discussion plan
	4-6	10+	Aiming to improve	Making small improvements to performance	➔ Discussion plan
	4-6	10+	Turning mistakes into magic	Persevering with your goals	➔ Discussion plan
	4-6	10+	What success means	Thinking about what success really means	➔ Discussion plan
	4-6	10+	Learning forever	Choosing to learn outside of the classroom	➔ Discussion plan


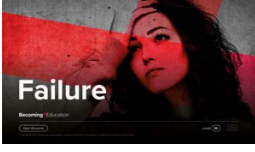

Cover	Level	Duration	Title / subject	Description	Resources
	7-13	10+	Realising your potential	Introducing BecomingX and providing an overview of what it takes to reach your potential	➔ Discussion plan
	7-13	10+	Recovering from mistakes	Accepting mistakes and finding the motivation to move forward	➔ Discussion plan
	7-13	10+	Why effort beats talent	Knowing the importance of effort and why hard work trumps 'natural talent'	➔ Discussion plan
	7-13	10+	Managing mental health	Understanding that we all face mental health challenges and ways to look after ourselves	➔ Discussion plan
	7-13	10+	A winner's discipline	Staying focused and putting in the effort, even when we don't feel like it	➔ Discussion plan
	7-13	10+	Managing conflict	Handling conflict and achieving positive results	➔ Discussion plan

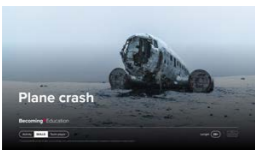


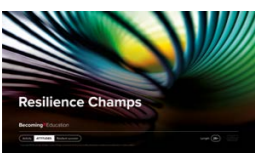
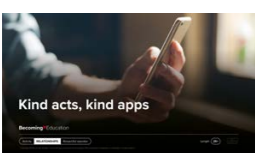
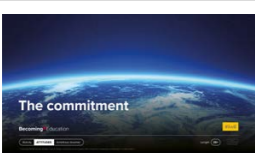
Cover	Level	Duration	Title / subject	Description	Resources
	7-13	10+	The resilient survivor	Facing challenging times with a positive attitude	➔ Discussion plan
	7-13	10+	Challenging orthodoxy	Challenging our assumptions	➔ Discussion plan
	7-13	10+	Law of marginal improvements	Making small improvements to improve outcomes	➔ Discussion plan
	7-13	10+	Choosing your attitude	Choosing positive responses to challenging situations	➔ Discussion plan
	7-13	10+	The meaning of success	Understanding that success involves pursuing goals that matter to you	➔ Discussion plan
	7-13	10+	Learning for a lifetime	Embracing learning opportunities and the importance of knowledge	➔ Discussion plan

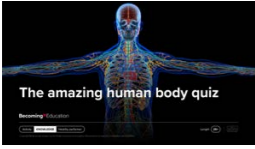

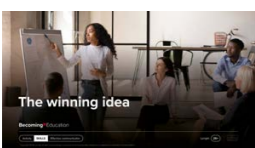
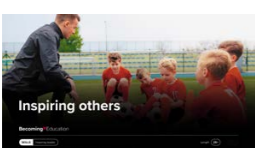
Cover	Level	Duration	Title / subject	Description	Resources
	4-6	10+	Truth	How can we be true to ourselves, and still 'fit in'?	➔ Discussion plan
	4-6	10+	Worries	How can we deal with worries?	➔ Discussion plan
	4-6	10+	Frustration	How can we deal with anger or frustration?	➔ Discussion plan
	4-6	10+	Emotional Intelligence	How can we try to understand others' behaviours?	➔ Discussion plan
	4-6	10+	Courage	How can we use courage every day?	➔ Discussion plan
	4-6	10+	Adventures	How can we make our own adventures?	➔ Discussion plan

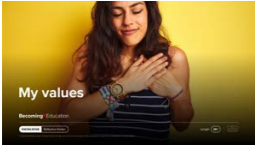

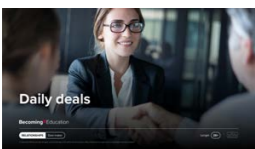
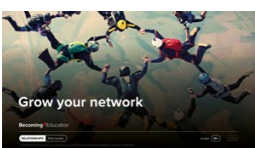
Cover	Level	Duration	Title / subject	Description	Resources
	4-6	10+	Challenges	What can we do about challenges that feel out of our control?	➔ Discussion plan
	4-6	10+	Values	How can we stand up for what we believe in?	➔ Discussion plan
	4-6	10+	Ambitions	How can we know what we want to do in the future?	➔ Discussion plan
	4-6	10+	Recovering	What can we do if we feel like we let someone down?	➔ Discussion plan
	4-6	10+	Diversity	Why do we have 'diversity' in life?	➔ Discussion plan
	4-6	10+	Expectations	How can we meet our expectations?	➔ Discussion plan

Cover	Level	Duration	Title / subject	Description	Resources
	7-13	10+	Success	Discussion of what it really takes to succeed	► Discussion plan
	7-13	10+	Talent	Discussion of the concept of talent and whether effort is really the key	► Discussion plan
	7-13	10+	Leaders	Discussion of how to be an inspiring leader	► Discussion plan
	7-13	10+	Champions	Discussion of the discipline involved in being a world champion	► Discussion plan
	7-13	10+	Teams	Discussion of how to create a winning team culture	► Discussion plan
	7-13	10+	Knowledge	Discussion of the value of knowledge in the information age	► Discussion plan

Cover	Level	Duration	Title / subject	Description	Resources
	7-13	10+	Reflection	Discussion of how to reflect on actions and learn for the future	▶ Discussion plan
	7-13	10+	Dreams	Discussion of why many people never realise their dreams	▶ Discussion plan
	7-13	10+	Passions	Discussion of how to identify and develop a passion	▶ Discussion plan
	7-13	10+	Mindset	Discussion of why mindset and attitudes are important	▶ Discussion plan
	7-13	10+	Failure	Discussion of the role of failure in learning	▶ Discussion plan
	7-13	10+	Limits	Discussion of personal limits, boundaries and potential	▶ Discussion plan

Cover	Level	Duration	Title / subject	Description	Resources
	All	25+	Plane crash	Learning from teams working in extreme environments	▶ Activity plan
	All	25+	The innovators	Designing, testing and improving solutions to problems	▶ Activity plan
	All	25+	Saving sharks	Improving problem-solving through root cause analysis	▶ Activity plan
	All	25+	Resilience champs	Demonstrating endurance and success	▶ Activity plan
	All	25+	Kind acts, kind apps	Appreciating the importance and benefits of kindness	▶ Activity plan
	All	25+	The commitment	Generating ideas to help other people	▶ Activity plan






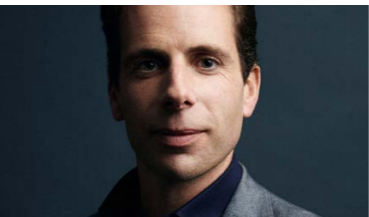






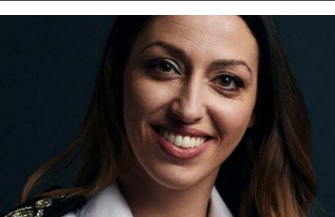

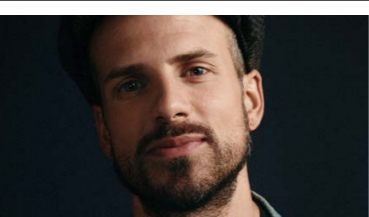
Cover	Level	Duration	Title / subject	Description	Resources
	All	25+	The amazing human body quiz	Appreciating the importance of exercise and exploring the capabilities of the human body	▶ Activity plan
	All	25+	Building confidence in first aid	Understanding the importance of first aid and building the confidence to step in and help others	▶ Activity plan
	All	25+	The fact checkers	Encouraging habits which improve learning effectiveness	▶ Activity plan
	All	25+	The winning idea	Planning and delivering a compelling presentation	▶ Activity plan
	All	25+	Inspiring others	Motivating and inspiring others	▶ Activity plan
	All	25+	The analyser	Measuring progress against goals, focusing on marginal gains and seeking feedback	▶ Activity plan

Cover	Level	Duration	Title / subject	Description	Resources
	All	25+	My values	Reflecting on what is important and identifying personal values	▶ Activity plan
	All	25+	The plan	Creating a practical plan to deliver long term goals	▶ Activity plan
	All	25+	Daily deals	Recognising how we negotiate everyday and understanding what a deal is made of	▶ Activity plan
	All	25+	Grow your network	Building and sustaining a support network	▶ Activity plan
















Appendix

BecomingX interviewees






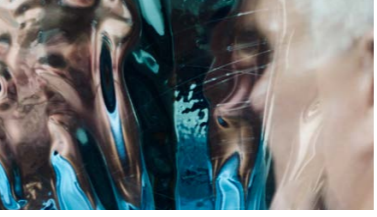





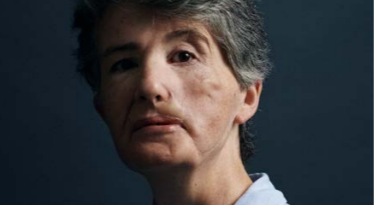



Interviewees

	<p>Baroness Valerie Amos Became the most senior black woman in the UK government and leader of the House of Lords</p>		<p>Frances Arnold Became a Professor of chemical engineering and a Nobel Laureate winner</p>		<p>Steve Backshall Became a BAFTA award winning naturalist, adventurer and TV presenter</p>
	<p>Elisabet Barnes Became a two time winner of the toughest footrace on earth</p>		<p>Gavin Bate Became one of the world's most accomplished mountaineers</p>		<p>Mark Beaumont Became a two-time world record holder for cycling around the world</p>
	<p>Professor Sue Black Became a leading technologist, academic and award-winning campaigner</p>		<p>Ian Bremmer Became the world's most prominent political scientist</p>		<p>James Brett Became the CEO of a social enterprise after being homeless and in prison</p>
	<p>Ursula Burns Became the first black female CEO of a Fortune 500 company</p>		<p>Tim Campbell Became the first winner of The Apprentice</p>		<p>Farooq Chaudhry Became an award-winning international dancer and producer after growing up in care</p>
	<p>Sabrina Cohen-Hatton Became the UK's most senior firefighter after living on the streets as a teenager</p>		<p>Rory Coleman Became a world record holding ultra-marathon runner after being an overweight alcoholic</p>		<p>Joshua Coombes Became the founder of the #DoSomethingForNothing campaign</p>









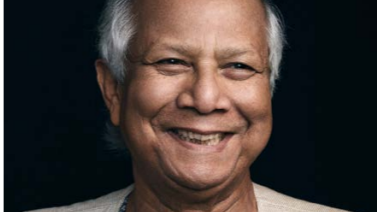

Interviewees

	<p>Courteney Cox Became one of TV's biggest stars</p>		<p>Roger Federer Became one of the greatest tennis players of all time</p>		<p>Dwayne Fields Became a polar adventurer and Scouts Ambassador</p>
	<p>Sir Ranulph Fiennes Became the world's greatest living explorer</p>		<p>Steven Frayne Became 'the undisputed king of magic'</p>		<p>Helen Glover Became a double Olympic gold medallist rower</p>
	<p>Bear Grylls Became the world's most famous adventurer</p>		<p>Charles Guenigault Became a winner of the George medal after facing down terrorists unarmed</p>		<p>Sir David Hempleman Adams Became the first person to complete the 'adventures grand slam'</p>
	<p>Maddie Hinch Became 'the best hockey goalkeeper in the world' and an Olympic gold medallist</p>		<p>Dame Kelly Holmes Became a double Olympic gold medallist</p>		<p>Alastair Humphreys Became the National Geographic Adventurer of the year and the pioneer of 'microadventuring'</p>
	<p>Patrick Hutchinson Became an icon for bravery and anti-racism</p>		<p>Kenny Imafidon Became an award winning student after going to jail for murder</p>		<p>Sabrina Kay Became a successful entrepreneur and philanthropist</p>

Interviewees

	<p>Lt. Colonel Chris Keeble Became a famous military leader and led battle of Goose Green</p>		<p>F. W. de Klerk Became the South African President and a Nobel peace prize winner</p>		<p>Wladimir Klitschko Became the longest reigning heavyweight champion of all time</p>
	<p>Bob Langer Became a pioneering bioengineer and winner of the Queen Elizabeth Prize for Engineering</p>		<p>Nanxi Liu Became the CEO of two companies, a concert pianist and an EMMY award-winning producer</p>		<p>Andy McNab Became a top special forces soldier and best selling author</p>
	<p>Ant Middleton Became the UK's best known special forces soldier, TV star and author</p>		<p>Mark Ormrod Became a four-times Invictus gold medallist after losing three limbs in Afghanistan</p>		<p>Sarah Outen Became a record breaking adventurer and solo powered around the world</p>
	<p>Tim Peake Became the UK's most famous astronaut</p>		<p>Victoria Pendleton Became a double Olympic gold medallist cyclist</p>		<p>Lottie Pollak Became head of research at a global company, after being shot in the face three times</p>
	<p>Kate Richardson-Walsh Became the England Hockey captain and an Olympic gold medallist</p>		<p>Helen Richardson-Walsh Became England Hockey vice-captain and an Olympic gold medallist</p>		<p>Julia Roberts Became an Oscar winning actor and film icon</p>

Interviewees

	<p>Dame Stephanie Shirley Became a groundbreaking technology entrepreneur and philanthropist</p>		<p>Ellie Simmonds Became a five time Paralympic champion swimmer</p>		<p>Gareth Southgate Became an England football player and later the manager</p>
	<p>Channing Tatum Became a Hollywood star after growing up with ADD and dyslexia</p>		<p>Max Thorpe Became a world record holding Atlantic rower</p>		<p>Nigel Vardy Became a record breaking mountaineer after losing all his fingers and toes from frostbite</p>
	<p>Chrissie Wellington Became the four time Ironman world champion and world record holder</p>		<p>Dr. Woo Became one of the best tattoo artists in the world</p>		<p>Professor Muhammad Yunus Became a Nobel peace prize winner</p>
	<p>Andrea Zafirakou Became the world's best teacher</p>				