

Welcome to Good Life Schools!

Prioritising wellbeing. Connecting communities. Creating change.

Good Life Schools is a student-led programme for secondary schools, working with young people to reimagine ways of living and learning that are good for us, and good for the planet.

Teenagers in the UK see an average of **400 adverts every hour**. The relentless pressure of social media and advertising can make young people feel inadequate, judged and unhappy. Research shows that the pressure to consume is harming young people's wellbeing, and the planet.

Create change with Good Life Schools

- We equip educators with the skills, knowledge and tools to confidently deliver climate and sustainability education that feels relevant to young people's lives
- Our term-long changemaking programme empowers young people to lead projects on issues they care about, building leadership, teamwork and communication skills
- We provide tools and activities to support young people build resilience to social media and advertising pressures



Terry Morris Photography. Ysgol Bro Dinefwr



Meadowhead School



"We've been able to take something we really believe in and take action." Cara, Year 10

Find out more about Good Life Schools at goodliveschools.org.uk

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What's involved in the programme?

Schools will receive a pack of programme resources to guide a group of students through a four-step changemaking journey over a minimum of 10x 40-minute meetings. Your group can be a mix of ages and any size – from a small group of 5 to a whole year group. Check out the activities below - and click to download the resources.



Step 1 Get to know your Good Life Group

Meeting 1 - Watch a short welcome video, discover your unique strengths and agree how you'll work together throughout the project.

Meeting 2 - Explore different project roles and get stuck into activities in your new teams – choose from the Documentary team, Communications team and the Community team.



Step 2 The Goods Life vs The Good Life

Meeting 3 - Explore how adverts, social media and the world around us can shape our idea of a 'good life'.

Meeting 4 - Reflect on what a 'good life' means to you and get stuck into activities to improve your wellbeing.



Step 3 Design a Good Life project

Meeting 5 - Identify the problems that affect you, your friends and your school because of the pressures from ads and social media, and design a Good Life Project in response.

Meetings 6-9 - Put your projects into action! Document the journey, share your progress and get your local community involved along the way.



Step 4 Celebrate and share your story

Meeting 10 - Reflect on your proudest moments, celebrate your unique contribution and get ready to share your story at a local Celebration Event.

These meetings can be delivered in a way that fits your school timetable in a term of your choice, making it ideal for enrichment sessions, after-school clubs or even as part of PSHE, citizenship or design & technology!

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Schools joining the programme in the 2025/2026 academic year will also receive:

- £2000 of funding for Good Life School projects and to cover staff time
- Free teacher training session for your school staff (1-2 hours)
- Free green skills workshops from local community organisations on request
- Invitation to the online Good Life Schools National Summit in the spring term (20 mins)
- Invitation to an in-person Celebration Event with other schools in the summer term (half day)
- Ongoing support from a local Community Engagement Lead



Chris Booth Photography. Redcar & Cleveland Regional Summit



Belmont Community School



Terry Morris Photography. Carmarthenshire Regional Summit



“Even children who aren't always the most engaged were excited!” Teacher

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