



The NEST  
alternative  
provision  
[www.thenest-ed.uk](http://www.thenest-ed.uk)

# Curriculum framework

Life skills	
Time	Reading time - digital
	Reading time - analogue
	Time awareness
	Planning
	Being prepared for things to end
	Time to prepare for stuff
	Realistic targets
	Strategies and tools to help
Money	Money awareness - big
	Money awareness - small
	Budgeting
	Saving
	Banking
	Financial safety
Transport	Planning a journey
	Taking the bus
	Preparing to take public transport
	Methods to pay for public transport
Food	Meal planning
	Meal making
	Food storage
	Food costs

	Food disposal
	Growing food
Relationships	Different types of relationships – family, friendship, romantic
	Mutual respect
	Communication
	Empathy
	Belonging
	Boundary setting
	Safe relationships
	Recognising unsafe relationships
	Where to go for help
Media literacy	Interpreting media
	Discussing media
	Art in context
	Critical thinking
Politics	What is voting
	How to vote
	What political parties there are
	What different parties stand for
	What different parties promise
	Why this matters
	Register to vote
<b>Community skills</b>	
Social responsibility	Recognising anti-social behaviour
	Recognising bullying
	How to make a positive contribution to a community,
	Privilege
	Intersectionality
Environmental responsibility	Awareness of natural world
	Our place in nature
	Personal responsibility

	Larger scale responsibility
Anti-discrimination	What is discrimination?
	What can it look like
	Recognising it in ourselves
	Inclination to speak out
	Ways to stand up and speak out
Compromise	Understanding the need to accommodate multiple competing needs and points of view
Teamwork	Working together towards a shared goal
	Sharing responsibilities
	Helping
	Receiving input and criticism
	Giving input and criticism
	Bigger-picture thinking
	Reducing ego
Sharing knowledge	Teaching each other
	Showing each other
	Sharing skills and perspectives
	Helping others to achieve
<b>Self-care skills</b>	
Emotions	Identifying emotions
	Managing emotions
	Communicating emotions
	Recognising emotions influencing behaviour
	Emotions v thoughts v behaviour
Mental health strategies	Protective factors - people that help you to feel good and develop resilience
	Protective factors - activities that help you to feel good and develop resilience
	Protective factors - places that help you to feel good and develop resilience
	Protective factors - patterns that help you to feel good and develop resilience
	Developing personal strategies

	When and where to look for and ask for help
Having fun	Playing
	Resting
	Hobbies
	Recognising when rest is needed
	Setting boundaries and limits
	Setting and sticking to limits
Self esteem	Recognising own successes
	Recognising own strengths
	Practicing self-compassion
	Receiving criticism in good faith
	Receiving compliments
Accountability	Taking personal responsibility
	Apologising
	Making meaningful changes
Physical wellbeing	Somatic awareness
	Benefits of physical activity
	Physical development
	Bodily autonomy
	Sexual safety (physical) - they took this to mean safe sex
	Intoxicants
	Positive/neutral relationship with your body
Online safety	Age restrictions,
	Safe searching
	What to share or not to share
	Responding to inappropriate online content and behaviour
	How to keep yourself safe online
	Where to go for help and support
<b>Creative skills</b>	
Expressing yourself	How to transform an idea to a thing
	Deciding what medium to use to best express your concept

Discussing art and media	Can you express what you like and dislike?
	Can you express why you like or dislike about something?
	Thoughts and feelings art can bring up
Finding inspiration	Do you know what inspires you? Artists you like, natural environments, products, attitudes
	Can you open yourself to inspiration when you want to?
Project planning	Timelines
	Budgeting
	Contingencies
	Sourcing materials/personnel
	Planning considering others
	Margins for error
Research	Online searches
	Social media
	Going on research trips
	Reading, watching or listening to learn
	Tutorials
	History of materials, methods or type of art
	Broadening and narrowing research
Pitching an idea	Making presentations
	Speaking in front of people
	Finding your USP
	Developing materials and demos
Experimenting	Systematic approach to experimenting
	Freedom to try
	Learn from experiments
	Reviewing outcomes
Problem solving	Identifying problems and their sources
	Thinking broadly for solutions
	Asking for assistance
	Being circumspect
Determination	Can you keep going when things get hard?

	Re-focusing on another productive task
	Re-approaching
	Giving it time to develop
	Pragmatism
Completing a project	Allowing a project to be good enough
	Presenting a piece
	Working to timescales
	Acceptance of limitations
Review and evaluation	Honestly and compassionately judge own work
	Give productive feedback to others
	What have you learnt?
	How would you do it differently in future?
	What did you like or dislike about the process?
	What did it do for you?
Self-promotion	Designing and planning a campaign
	Taking the right photos
	Using the right tags
	Finding online and offline communities for promotion
<b>Academic skills</b>	
Exam technique	Planning your time
	Being in the right headspace
	Ensuring you read the question
	What do you need to remember
Access requirements	What are your access requirements
	How do you ensure they are met