



GREEN HEART

WELLBEING

EDUCATION | NATURE | SPIRITUALITY





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ABOUT



Meet Ashley Green, the founder of Green Heart Wellbeing.

Ashley taught in primary schools in Dubai for twelve years. For seven of those years, she was a Wellbeing Leader in her school, sharing best wellbeing practices with colleagues, at conferences in the region as well as globally.

She completed a master's degree in Positive Psychology and Coaching Psychology and decided that there wasn't enough scientific wellbeing provision in schools and she wanted to make a difference. She published two children's wellbeing books along side many other resources used in schools and homes today. The seed was planted.

She left teaching in order to focus solely on supporting educators, families and students to improve their overall wellbeing. After working for two years as a Wellbeing Coach at The Free Spirit Collective, it was time for Green Heart Wellbeing to grow and flourish.

SCHOOL Extra Curricular Activities

Green Heart clubs encourage children to understand & nurture their own wellbeing



All clubs are rooted in Positive Psychology Science and led by former teachers or school counsellors. Clubs are designed to teach children about wellbeing concepts through creative games, art and stories.



CONFIDENCE CLUB

A popular club with schools, where children join one of our coaches to take part in group discussions, games and art based around building confidence and self-esteem. Drawing on Positive Psychology and wellbeing science, children will experience activities that help them learn about themselves and just how valuable they are in our world. Children will be encouraged to reach for their goals and increase their belief in themselves. Everything they learn, can be built upon through all areas of life.

CREATIVE WELLBEING CLUB

Children are innately creative. Just give them a box of wooden blocks and watch them create a whole new world full of magic and discovery! What better time to teach them about a variety of wellbeing concepts that they can carry with them through life? Creative Wellbeing sessions are designed for children to learn about Positive Psychology concepts through creative activities based on the weekly theme. Children will take part in guided meditations, have the opportunity to share their creative wellbeing piece with the group and make new friends!





CHARACTER STRENGTHS CLUB

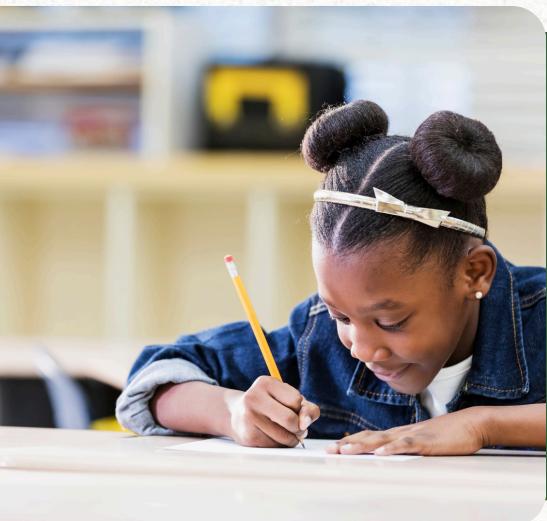
When asked about their strengths, children often reference skills and talents. But, what we really want them to recognise is, their inner strengths: once they are aware of their strengths, they can apply them to any given situation in life and take ownership of their own wellbeing.

We all have the same 24 character strengths to varying degrees but it is what we do with these strengths that count. Children will learn about their strengths in depth in this club through fun activities and games.

STORY SEEDS CLUB

In Story Seeds Club, children do more than listen to stories – they live them. Each week we explore tales that inspire the understanding of self, kindness, bravery, and empathy, before bringing the themes to life through art, craft, and imaginative play. Every activity is designed and rooted in

Positive Psychology to strengthen mental wellbeing, emotional intelligence, and self-confidence. A safe space to explore the inner world, and just be... where every seedling's story can bloom.



CREATIVE AUTHORS CLUB

Our founder, Ashley, is delighted to offer this club to budding authors. Ashley will share her own process of bringing the characters from her children's wellbeing books, 'The Emobean's' to life and encourage children to find their own process. From the initial idea, to storyboards, to crafting imaginative writing, this club enables a creative environment for primary age writers who want to experience creative activities that will support them towards writing their first book - or - to just have fun!



CONTACT



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