

THEORY OF CHANGE



Children's wellbeing starts with a teacher who embodies it.



Brio improves children's mental health and development by equipping teachers wellbeing skills, classroom practices, and support they need to help every child flourish.

1

CHILDREN'S NEED



Children face rising mental health challenges.

Schools are one of the most scalable settings to reach them early.

2

WHY TEACHERS MATTER



Children experience school through teachers.

Teachers shape whether classrooms feel safe, inclusive, and inspiring.

3

BRIO BUILDS



Psychological flexibility and wellbeing training for teachers

Classroom lessons and practices for skill-building, regulation, and engagement

System support and implementation partnerships



TEACHERS AS THE BRIDGE

Teacher wellbeing, practices, and behaviors shape the environments where children learn and build mental health skills.

4

TEACHER CHANGE



- Reduced burnout and improved wellbeing
- Greater confidence and agency
- Consistent use of classroom wellbeing tools

5

CLASSROOM CHANGE



- Safer, calmer, more inclusive classrooms
- Stronger teacher-child relationships
- Wellbeing skills modeled and practiced daily

6

CHILD OUTCOMES



- Stronger mental health skills
- Better attendance and engagement
- Greater learning readiness and agency

7

SYSTEMS CHANGE



- Teacher wellbeing built into training
- Mental health embedded into classrooms
- Public-sector ownership and sustainability



Solidarity • Compassion • Courage

We work humbly across cultures and contexts with the conviction that our past, present, and future are knitted together.



Brio works with civil society partners, education systems, and local leaders to embed mental health into teacher training and classroom practice.

EVIDENCE & MEASUREMENT

70%

teachers improved mental health & wellbeing

96%

teachers took personal wellbeing actions

89

Net Promoter Score across teacher trainings

10-15%

increase in reported child attendance

0.35

effect size of improvement on children's wellbeing

Measured through validated scales, classroom observations, surveys, and feedback data.