

Additional Resources

Can Doing Less Help Us Live Better?

Booklet by Krystian McInnis

**Watch**

- [There's More to Life Than Being Happy.](#)
- [5 Japanese Concepts to Live by \(Philosophies for life\)](#)
- [The Art of Stillness – Pico Iyer](#)
- [Stop Trying to Get It And You'll Have It | The Backwards Law](#)
- [Why Modern Life Feels So Empty \(Even When You're Busy All Day\).](#)
- [How Doing Nothing Helps You Get More Done](#)

**Listen**

- [BBC Bitesize – What is wellbeing?](#)

**Read**

- Mindfulness and simple living from the Plum Village tradition
- Encyclopaedia Britannica – Taoism
- Zen and the Art of Motorcycle Maintenance by Robert Pirsig
- The Benefits of Living More Slowly
- Encyclopaedia Britannica – Tao Te Ching
- Internet Encyclopaedia of Philosophy – Daoism
- Encyclopaedia Britannica – Laozi
- Introduction to the Zhuangzi, an influential Taoist text that explores wisdom, simplicity, and living in harmony with nature.
- The Five Mindfulness Trainings

Have ideas?

Have you found other interesting material that brings this unit to life? That you enjoyed and you think others might too?

Please write to us and share. We would love to hear from you!



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Key Stage 3:
The Ambitious Years

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