



TREEHOUSE

Health & Wellbeing

Experiences & Outcomes

Use this grid to identify which part of the curriculum each TREEHOUSE module lines up with.

SECONDARY 1	HWB CODE	THEME
Time Is Ticking	3-19a	Time Management Decision Making Wellbeing Social Media
Zest For Life	3-10a/4-10a	Character Enthusiasm Happiness
Optimising Optimism	3-11a/4-11a	Positivity Mindset Attitude
Keep The Magic Alive!	3-11a/4-11a	Enthusiasm Effort Attitude
Grit	3-07a/4-07a	Resilience Mindset Determination
Gratitude	3-05a/4-05a	Gratitude Kindness Relationships
Emotional Intelligence	3-01a/4-02a	Emotional Intelligence Relationships Communication
Hero to Ourselves	3-19a/4-19a	Positivity Self-worth Self-care

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SECONDARY 1	HWB CODE	THEME
Positively Plastic	3-09a/4-09a	Mindset Brain Development Self awareness
Suss out your Skills	3-19a/4-19a	Skills Strengths Behaviours
Stretchyness	3-19a/4-19a	Comfort Zones Mindset Decision Making
Love Farts.	3-02a/4-02a	Emotions Confidence Feelings
Hide 'n' Seek	3-11a/4-11a	Imagination Creativity Innovation
Branded	3-19a/4-19a	Communication Confidence Strengths
A Life Sandwich	3-10a/4-10a	Mindset Experiences Relationships
Vote of Confidence	3-11a/4-11a	Confidence Positivity Success

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SECONDARY 2	HWB CODE	THEME
Emotional Intelligence & Stress	3-02a/4-02a	Emotional Intelligence Stress
Grow Up To Show Up	3-15a/4-15a	Physical Development Body Language Body Confidence
Your Pet Chimp	3-02a/4-02a	Gratification Self Regulation Emotional Intelligence
The Good, The Bad & The Silly	3-02/4-02a 3-04/4-04a	Stress
The Fable Of The Fox & The Lion	3-11a/4-11a	Effort Mindset Challenges
Why Feeling Bad Is Good For Us	3-01a/4-01a	Self Awareness Self Regulation Relationships
Staying Active	3-15a/4-15a	Wellbeing Energy Happiness

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SECONDARY 2	HWB CODE	THEME
The Gut-Brain Romance	3-15a/4-25a	Healthy Eating Emotional Regulation Self-awareness
Choices Choices	3-19a/4-19a	Career Planning Attributes Skills
What Would You Do?	3-03a/4-03a	Mindset Bravery Relationships
The Sun Lounger Principle (SLP)	3-11a/4-11a	Mindset Focus Priorities
Make Your Bed!	3-10a/4-10a	Focus Mindset Effort
Tear & Share	3-04a/4-04a	Feelings Confidence Kindness
Be More Hilary	3-04a/4-04a	Values Priorities Focus
Embrace the Awkward	3-10a/4-10a	Confidence Acceptance

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SECONDARY 3	HWB CODE	THEME
Making Yourself Comfortable	3-03a/4-04a	Comfort Zones Challenges Mindset
Fixing The Fixed Mindset	3-04a/4-04a	Resilience Mindset Persistence
Growing The Growth Mindset	3-04a/4-04a	Mindset Resilience
A For Effort	3-11a/4-11a	Effort Ambition Positive Action
Thiiis Much Excited!	3-05a/4-05a	Mindset Gratitude Happiness
The Great Orange Giveaway!	3-19a/4-19a	Bravery Confidence Growth Mindset
What Matters?	3-07a/3-04a	Resilience Mindset Emotional Intelligence

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SECONDARY 3	HWB CODE	THEME
Open Your Eyes	3-20a/4-20a	Career Planning Skills Attributes
Think Fast!... Or slow?	3-02a/4-02a	Self-awareness Self-control Emotional Regulation
Captain of your ownership	3-09a/4-09a	Responsibility Leadership Maturity
Small Yet Mighty	3-11a/4-11a	Self-improvement Discipline Habits
Your Loss	3-07a/4-07a	Loss Change Emotions
The Shopping Trolley Theory	3-09a/4-09a	Kindness Respect Decision Making
Overthunked	3-13a/4-13a	Mindset Creativity Simplicity
Happy in Your Own Skin	3-10a/4-10a	Confidence Self-worth

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SECONDARY 4 -6

S4-6 Modules have been developed to align with and complement the Mental Health and Wellbeing Award at SCQF levels 4 and 5*. We have included the modules and themes below to support your planning.

*Centres with devolved authority for approval should use their own internal approval processes. If you use these modules to support the Mental Health and Wellbeing Award this is at the individual's centre's discretion.



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SECONDARY 4	THEME
Screenage Kicks	Time Management Wellbeing Decision Making
The Secret Of Studying	Study Skills Creativity Time Management
Choose Your Character	Character Positive Thinking Imagination
Enthuse It Or Lose It!	Enthusiasm Attitude Motivation
Imagine That!	Creativity Enthusiasm Positivity
Chillaxing 101	Stress Mindfulness Resilience

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SECONDARY 4	THEME
The Thing That Changes Everything	Mindset Wellbeing
Laldy Monday's	Mindset Wellbeing Positivity
The F Word!	Resilience Confidence Self-Awareness
Channel Your Inner Chainsaw!	Marketing Yourself Self Belief Confidence
Deciding To Make Better Decisions	Decision Making Self-awareness Mindset
Is This Seat Mistaken?	Problem Solving Self-awareness Emotional Regulation

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SECONDARY 4	THEME
Probable Possibilities	Probability Self Control Mindset
Paying It Forward	Kindness Positivity
Positive Outlook	Positivity Wellbeing
Healthy Risks	Comfort Zones Confidence
Meet Hassan	Culture Emotional Intelligence Career Planning
Meet Max	Emotional Intelligence Self-awareness Anxiety

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SECONDARY 5	THEME
Playtime Isn't Just For Little Kids	Creativity Relationships Mindset
Tips To Kick Anxiety's Ass	Wellbeing Mindset
The Great Jigsaw Of life	Resilience Happiness Emotional Intelligence
The Warm	Wellbeing Kindness Mindset
Birds On A Washing Line	Decision Making Taking Action Mindset
You Are What You Think	Mindset Positivity Resilience Decision Making

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SECONDARY 5	THEME
Superhero vs Sidekick	Wellbeing Kindness Mindset
It's All About You	Strengths Goal Setting Mindset Motivation
Fee-Fi-Fo-Fum	Bravery Wellbeing Resilience
Laughter	Happiness Mental Health Humour
Be Prepared!	Interview Preparation Career Planning Confidence
Illusions & Conclusions	Self-awareness Problem Solving Emotional Regulation

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SECONDARY 5	THEME
It Was(n't) Me?	Ownership Responsibility Leadership
The Superpower of Single-tasking	Time Management Self-management Productivity
Personal Brand	Confidence Self-worth
Meet Rimsha	Racism Exam Stress Career Planning
Meet Ben	Grit Mental Health

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SECONDARY 6	THEME
Stressing Out!	Stress Anxiety Emotional Intelligence
CBA	Boredom Apathy Enthusiasm
Screenagers - FOMO v JOMO	Wellbeing Relationships
Find Your Why	Purpose Values Emotional Intelligence
Dreamers Unite	Creativity Mindset Confidence Motivation
Making Decisions	Decision Making Responsibility Productivity

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SECONDARY 6	THEME
What It's Like To Move Out	Responsibility Maturity Transition
Fiind Your Flow	Engagement Flow Mindset
Wear Sunscreen	Relationships Ownership Mindset
Express Yourself	Career Planning Creativity Strengths
Thinking About Thinking	Intelligence Confidence Mindset
Your Irrational Brain	Problem Solving Confidence Self-control

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SECONDARY 6	THEME
Callus Your Mind	Self-Improvement Conscientiousness Discipline
Age of Leverage	Habits Discipline Self-improvement
Proud Moments	Pride Mindfulness Confidence
Meet Carlton	Leadership Skills Development Work Ethic
Meet Kels	Mental Health Perfectionism Identity

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