



TREEHOUSE

Primary Lessons (Age 5-11)

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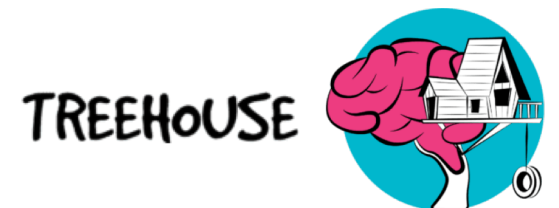
Meta-Skills Framework

Meta-Skills Introduction

In recent years the Scottish Government has acknowledged the exponential rate of change in education and in the workplace, and that this has been driven by continuous change and advances in technology. It is commonly understood that we are amid a fourth industrial revolution. Reflecting upon these changes, the government also understands that it must have a population that is able to respond to this ever-changing landscape. Its population should have the necessary knowledge and skills to be productive and be effective in performance: in education and whatever spheres of work should develop now and in the future.

The Meta-Skills framework seeks to establish essential skills for developing productive, inclusive and effective citizens: humans as the key drivers of change. Having human skills as the focus for development acknowledges that in this time period of exponential continuous change, many previously valued human skills have become automated and, in some cases, entirely replaced by technology. Rather than move towards automation entirely, the Scottish government seeks to harness and develop what it values as key human skills; especially where in recent years there has been a notable decline in skills such as empathy and emotional intelligence.

These 'Meta-Skills' are defined by the Scottish government as timeless and integral for the human response to an unprecedented rate of change in both education and the workplace. The meta-skills framework is split into 3 categories: Self-management (Focusing, Integrity, Adapting, Initiative), Social Intelligence (Communicating, Feeling, Collaborating, Leading), and Innovation (Curiosity, Creativity, Sense-making, Critical Thinking). The full document contains full descriptions and explanations of the skills. Here, specific skills particular to each module have been selected and linked to the module alongside a description of the skill(s). This will allow you to focus your attention on a module if you have a particular skill(s) you would like to develop; or allow you and your students to reflect on the meta-skills you have worked on.



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P1 (age 5-6) Modules

This section relates to modules specifically designed for P1 students (age 5-6).

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
The Magic Breathing Balloon	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p> <p>Integrity: Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p>
Push the Button	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Independent thinking The ability to think for one's self and trust one's own judgement</p> <p>Enterprising: Willingness to take risks, show initiative and undertake new ventures</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Captain Superbreather	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Adapting: Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p>	<p>Curiosity: Problem recognition The acknowledgement and definition of a problem</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>
I've got this!	<p>Focussing: Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p> <p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p>	<p>Curiosity: Problem recognition The acknowledgement and definition of a problem</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
Big Dreamers	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Self-learning: The ability to self educate without the guidance of others</p> <p>Initiative: Independent thinking The ability to think for one's self and trust one's own judgement</p> <p>Self motivation The ability to act without influence or encouragement from others</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p> <p>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Cha Cha the chameleon	Adapting: Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity Initiative: Courage The ability to manage and overcome fear in order to take action	Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication Leading: Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives	Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem
Gemima the Guinea Pig and the Big Wave	Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning Initiative: Courage The ability to manage and overcome fear in order to take action	Collaborating: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals	Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience Problem recognition The acknowledgement and definition of a problem Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems
Freddy the Feelings Fairy	Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others Self control The ability to exercise control over your own impulses, emotions and desires Adapting: Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise	Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations	Curiosity: Observation The ability to notice behaviour or information and register it as being significant Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Harris Tweed the Cloud Dog	Adapting: Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity	Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one's self and others Leading: Influencing Working to gain the agreement of others to a particular course of action	Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems
Horace Pierre the Guitar Playing Donkey	Adapting: Openness Being open to new ideas and approaches – having a growth mindset	Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations Social conscience A sense of responsibility and concern for wider society	Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based
Moff the Cheery Chinchilla	Adapting: Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity	Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations Social conscience A sense of responsibility and concern for wider society	Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based

P2 (age 6-7) Modules

This section relates to modules specifically designed for P2 (age 6-7) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
The Mood Groove	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Change catalyst Having the ability to ignite change</p> <p>Communicating</p> <p>Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>
Minding the World	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Let's Improvise	Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement Enterprising Willingness to take risks, show initiative and undertake new ventures	Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations	Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions
We're All Books in a Library	Focussing: Sorting The ability to sort information into categories and to understand the relationship between information Initiative: Independent thinking The ability to think for one's self and trust one's own judgement	Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations	Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features
The Spell of Success	Adapting: Openness Being open to new ideas and approaches – having a growth mindset Initiative: Independent thinking The ability to think for one's self and trust one's own judgement	Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations	Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Do you see what I see?	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p> <p>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p>	<p>Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>
Plasticine Dreams	<p>Initiative: Independent thinking The ability to think for one's self and trust one's own judgement</p> <p>Decision making The act of making a considered choice after appropriately using intuition and careful thought</p>	<p>Communication: Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p> <p>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>
That's something I can do!	<p>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</p> <p>Responsibility The ability to follow through on commitments, be proactive and take responsibility</p>	<p>Collaboration: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p> <p>Leading: Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p>	<p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p> <p>Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Fun Fact Finder	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Attention The ability to focus on the present and deflect/avoid distractions</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p> <p>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p>	<p>Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Information sourcing The ability to filter resources and information to find information relevant to an issue or topic</p> <p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p>
Empathy Miming	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Social conscience A sense of responsibility and concern for wider society</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>

P3 (age 7-8) Modules This section relates to modules specifically designed for P3 (age 7-8) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
5 Things	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p>
You Can't Throw me out!	<p>Focussing: Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p> <p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Feeling: Social conscience A sense of responsibility and concern for wider society</p>	<p>Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Kindness is Key	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Ethics Being aware of and acting upon personal values and principles</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>
Mixed-up me	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</p>	<p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p>	<p>Critical Thinking: Judgement The act or process of forming an opinion after careful thought</p> <p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p>
The Worry Jar	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Integrity: Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Communication: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Pirate Pete Drops His Anchor	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>
And Breathe...	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Leading: Change catalyst Having the ability to ignite change</p> <p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p>
Respect Headlines	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</p>	<p>Communicating: Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p> <p>Collaborating: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p>	<p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p> <p>Judgement The act or process of forming an opinion after careful thought</p> <p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Emotion Swap	<p>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</p> <p>Enterprising Willingness to take risks, show initiative and undertake new ventures</p>	<p>Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p>	<p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p> <p>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p> <p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
Could You Help Me Please?	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p> <p>Initiative: Decision making The act of making a considered choice after appropriately using intuition and careful thought</p>	<p>Collaborating: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p> <p>Leading: Influencing Working to gain the agreement of others to a particular course of action</p>	<p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p> <p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p> <p>Judgement The act or process of forming an opinion after careful thought</p>

P4 (age 8-9) Modules This section relates to modules specifically designed for P4 (age 8-9) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Food for Thought	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p> <p>Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>
The Statue Stop	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</p>	<p>Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one's self and others</p> <p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
This is how I see it	<p>Initiative: Independent thinking The ability to think for one's self and trust one's own judgement</p> <p>Self belief A feeling of trust in one's abilities, qualities and judgement</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p>	<p>Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
Trees and Me	<p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p> <p>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Social conscience A sense of responsibility and concern for wider society</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Critical Thinking: Judgement The act or process of forming an opinion after careful thought</p>
Who Tells Your Story?	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Ethics Being aware of and acting upon personal values and principles</p>	<p>Communicating: Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p> <p>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p>	<p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p> <p>Judgement The act or process of forming an opinion after careful thought</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Turning on Your Headlights!	<p>Focusing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p> <p>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
Try and Try again	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity</p> <p>Initiative: Courage The ability to manage and overcome fear in order to take action</p>	<p>Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one's self and others</p> <p>Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p>	<p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>
Super Skill	<p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p> <p>Initiative: Independent thinking The ability to think for one's self and trust one's own judgement</p> <p>Decision making The act of making a considered choice after appropriately using intuition and careful thought</p> <p>Self belief A feeling of trust in one's abilities, qualities and judgement</p>	<p>Leading: Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p> <p>Developing others The ability to coach and constructively review the work of others to improve and advance their skills, knowledge and performance level</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based.</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Colour Breathing	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Social conscience A sense of responsibility and concern for wider society</p>	<p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p> <p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>
Authors to the Rescue	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Enterprising Willingness to take risks, show initiative and undertake new ventures</p>	<p>Collaborating: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p> <p>Global and cross cultural competence The ability to operate in different cultural settings</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p> <p>Sense-Making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>

P5 (age 9-10) Modules This section relates to modules specifically designed for P5 (age 9-10) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
The review mirror	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p> <p>Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>
Late to the Meeting	<p>Focussing: Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p> <p>Initiative: Independent thinking The ability to think for one's self and trust one's own judgement</p> <p>Decision making The act of making a considered choice after appropriately using intuition and careful thought</p>	<p>Leading: Influencing Working to gain the agreement of others to a particular course of action</p> <p>Developing others The ability to coach and constructively review the work of others to improve and advance their skills, knowledge and performance level</p> <p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p>	<p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p> <p>Critical Thinking</p> <p>Judgement The act or process of forming an opinion after careful thought</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Everyone's an Explorer	<p>Focusing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Initiative: Courage The ability to manage and overcome fear in order to take action</p> <p>Self belief A feeling of trust in one's abilities, qualities and judgement</p>	<p>Leading: Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p> <p>Developing others The ability to coach and constructively review the work of others to improve and advance their skills, knowledge and performance level</p>	<p>Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>
Becoming BIONIC!	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Decision making The act of making a considered choice after appropriately using intuition and careful thought</p> <p>Self motivation The ability to act without influence or encouragement from others</p>	<p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Change catalyst Having the ability to ignite change</p>	<p>Creativity: Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p> <p>Sense-Making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Making the Most of Now	<p>Focusing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Integrity: Self control The ability to exercise control over your own impulses, emotions and desires</p> <p>Adapting: Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity</p>	<p>Collaborating: Global and cross cultural competence The ability to operate in different cultural settings</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Opportunity recognition The ability to identify areas of opportunity for innovation</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Accept Yourself	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Self control The ability to exercise control over your own impulses, emotions and desires</p> <p>Adapting: Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Social conscience A sense of responsibility and concern for wider society</p> <p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p>	<p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Critical Thinking: Judgement The act or process of forming an opinion after careful thought</p>
Turning up for Practice	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Social conscience A sense of responsibility and concern for wider society</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>
Those Voices in Your Head	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Initiative: Independent thinking The ability to think for one's self and trust one's own judgement</p>	<p>Feeling: Social conscience A sense of responsibility and concern for wider society</p> <p>Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one's self and others</p>	<p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p> <p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Learning is a Team Game	Adapting: Openness Being open to new ideas and approaches – having a growth mindset Self-learning The ability to self educate without the guidance of others Initiative: Independent thinking The ability to think for one’s self and trust one’s own judgement	Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one’s self and others Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goal.	Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience Information sourcing The ability to filter resources and information to find information relevant to an issue or topic
Flipping Your Lid	Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others Ethics Being aware of and acting upon personal values and principles	Feeling: Social conscience A sense of responsibility and concern for wider society Communicating: Receiving information Understanding and mentally processing verbal or written communication	Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem

P6 (age 10-11) Modules This section relates to modules specifically designed for P6 (age 10-11) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Life is Like a Box of Lego	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p>	<p>Collaboration: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p> <p>Leading: Developing others The ability to coach and constructively review the work of others to improve and advance their skills, knowledge and performance level</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
Visualise Victory!	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Initiative: Courage The ability to manage and overcome fear in order to take action</p> <p>Self belief A feeling of trust in one’s abilities, qualities and judgement</p> <p>Self motivation The ability to act without influence or encouragement from others</p>	<p>Communicating: Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p> <p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
The Expert's Conference	<p>Adapting: Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</p> <p>Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity</p> <p>Initiative: Self motivation The ability to act without influence or encouragement from others</p>	<p>Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p>	<p>Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>
Got the Giggles	<p>Focusing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Integrity: Self control The ability to exercise control over your own impulses, emotions and desires</p> <p>Initiative: Responsibility The ability to follow through on commitments, be proactive and take responsibility</p>	<p>Collaborating: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p> <p>Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p>	<p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>
Screenwashed !	<p>Integrity: Self control The ability to exercise control over your own impulses, emotions and desires</p> <p>Initiative: Self motivation The ability to act without influence or encouragement from others</p> <p>Responsibility The ability to follow through on commitments, be proactive and take responsibility</p>	<p>Leading: Change catalyst Having the ability to ignite change</p> <p>Feeling: Social conscience A sense of responsibility and concern for wider society</p>	<p>Curiosity: Problem recognition The acknowledgement and definition of a problem</p> <p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Who are you being while you're doing what you're doing?	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Ethics Being aware of and acting upon personal values and principles</p> <p>Initiative: Enterprising Willingness to take risks, show initiative and undertake new ventures</p>	<p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum.</p> <p>Change catalyst Having the ability to ignite change</p>	<p>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p> <p>Creativity: Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
Super You!	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Ethics Being aware of and acting upon personal values and principles</p>	<p>Leading: Change catalyst Having the ability to ignite change</p> <p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p>	<p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p> <p>Judgement The act or process of forming an opinion after careful thought</p>
Big up yourself!	<p>Focusing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Initiative: Self motivation The ability to act without influence or encouragement from others</p>	<p>Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one's self and others</p> <p>Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p> <p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
You've got skills!	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p> <p>Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</p>	<p>Collaborating: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p> <p>Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p>	<p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>
Channelling your inner goose	<p>Initiative: Self motivation The ability to act without influence or encouragement from others</p> <p>Responsibility The ability to follow through on commitments, be proactive and take responsibility</p> <p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p>	<p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p> <p>Feeling: Social conscience A sense of responsibility and concern for wider society</p>	<p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Opportunity recognition The ability to identify areas of opportunity for innovation</p>

P7 (age 11-12) Modules This section relates to modules specifically designed for P7 (age 11-12) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
How do you follow that?	<p>Initiative: Risk taking Doing something that involves danger or risk in order to achieve a goal</p> <p>Self belief A feeling of trust in one’s abilities, qualities and judgement</p> <p>Self motivation The ability to act without influence or encouragement from others</p>	<p>Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one’s self and others</p> <p>Leading: Influencing Working to gain the agreement of others to a particular course of action</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>
The good, the bad and the what?	<p>Integrity: Ethics Being aware of and acting upon personal values and principles</p> <p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p>	<p>Leading: Influencing Working to gain the agreement of others to a particular course of action</p> <p>Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p> <p>Developing others The ability to coach and constructively review the work of others to improve and advance their skills, knowledge and performance level</p>	<p>Curiosity: Information sourcing The ability to filter resources and information to find information relevant to an issue or topic</p> <p>Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Thiis much excited!	<p>Initiative: Self motivation The ability to act without influence or encouragement from others</p> <p>Enterprising Willingness to take risks, show initiative and undertake new ventures</p>	<p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p> <p>Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one's self and others</p>	<p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p>
How to be a brilliant radiator	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Initiative: Courage The ability to manage and overcome fear in order to take action</p> <p>Risk taking Doing something that involves danger or risk in order to achieve a goal</p>	<p>Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
The Story of Your Life	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p>	<p>Communication: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Me, Myself and I	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Ethics Being aware of and acting upon personal values and principles</p> <p>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</p>	<p>Leading: Change catalyst Having the ability to ignite change</p> <p>Feeling: Social conscience A sense of responsibility and concern for wider society</p>	<p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Buddy or Bully?	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</p>	<p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p> <p>Global and cross cultural competence The ability to operate in different cultural settings</p>	<p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>
Scream if you want to go faster!	<p>Integrity: Self control The ability to exercise control over your own impulses, emotions and desires</p> <p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p>	<p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p> <p>Global and cross cultural competence The ability to operate in different cultural settings</p>	<p>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
When no-one is watching	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Ethics Being aware of and acting upon personal values and principles</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Social conscience A sense of responsibility and concern for wider society</p>	<p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>
Helping others with anxiety	<p>Initiative: Courage The ability to manage and overcome fear in order to take action</p> <p>Self belief A feeling of trust in one's abilities, qualities and judgement</p> <p>Integrity: Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Social conscience A sense of responsibility and concern for wider society</p>	<p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>

Staff Modules

Modules for use on INSET days, staff meetings or individually

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Your Comfort Zone	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p> <p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Initiative: Self motivation The ability to act without influence or encouragement from others</p> <p>Responsibility The ability to follow through on commitments, be proactive and take responsibility</p>	<p>Leading: Change catalyst Having the ability to ignite change</p> <p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p>	<p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p> <p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p>
Wild Thing	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Courage The ability to manage and overcome fear in order to take action</p> <p>Risk taking Doing something that involves danger or risk in order to achieve a goal</p> <p>Enterprising Willingness to take risks, show initiative and undertake new ventures</p>	<p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Change catalyst Having the ability to ignite change</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p>



MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Bored Silly!	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Leading: Change catalyst Having the ability to ignite change</p> <p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p> <p>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p> <p>Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>
Real Stress	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p>
A Spoonful of Sugar	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</p>	<p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Change catalyst Having the ability to ignite change</p>	<p>Creativity: Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
To Do or Not to Do?... that is the Real Question	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p> <p>Sense-making: Synthesis The process of organising, manipulating, pruning and filtering gathered data into cohesive structures for information building</p>
Positive Reframing	<p>Initiative: Independent thinking The ability to think for one's self and trust one's own judgement</p> <p>Self belief A feeling of trust in one's abilities, qualities and judgement</p> <p>Self motivation The ability to act without influence or encouragement from others</p>	<p>Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>
A Little Bit of Mindfulness	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Anxiety Pt 1 Me, Myself and Anxiety	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Listening The ability to actively understand information provided by the speaker, and display interest in the topic discussed</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Problem recognition The acknowledgement and definition of a problem</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
Anxiety Part 2, Writing it down and Getting it Out	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Attention The ability to focus on the present and deflect/avoid distractions</p>	<p>Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p>
Anxiety Pt 3 Look Up!	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Integrity: Self control The ability to exercise control over your own impulses, emotions and desires</p>	<p>Leading: Change catalyst Having the ability to ignite change</p> <p>Feeling: Social conscience A sense of responsibility and concern for wider society</p>	<p>Curiosity: Problem recognition The acknowledgement and definition of a problem</p> <p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Anxiety Part 4 Tips to Kick Anxiety's Ass	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p>	<p>Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Storytelling The ability to tell stories that persuade, motivate and/or inspire as well as bringing the sharing of knowledge to life through examples and illustrations</p>	<p>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Critical Thinking: Deconstruction Breaking down a complex problem or system into smaller, more manageable parts before developing a new way of addressing the problem</p> <p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p>
Silly Stress Pt 1	<p>Initiative: Risk taking Doing something that involves danger or risk in order to achieve a goal</p> <p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</p> <p>Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity</p>	<p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p> <p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Silly Stress Pt 2	Adapting: Openness Being open to new ideas and approaches – having a growth mindset Initiative: Self motivation The ability to act without influence or encouragement from others	Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum Influencing Working to gain the agreement of others to a particular course of action	Curiosity: Observation The ability to notice behaviour or information and register it as being significant Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features Opportunity recognition The ability to identify areas of opportunity for innovation Creativity Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real
Flourishing Pt 1 Learned Optimism	Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others Self control The ability to exercise control over your own impulses, emotions and desires	Communication: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication	Sense-making: Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships Critical Thinking: Judgement The act or process of forming an opinion after careful thought
Flourishing Pt 2 Beyond Happiness	Adapting: Openness Being open to new ideas and approaches – having a growth mindset Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity	Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum	Curiosity: Observation The ability to notice behaviour or information and register it as being significant Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Flourishing Pt 3 Finding your Flow	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Adapting: Critical reflection The ability to critically reflect on new knowledge and experiences in order to gain a deeper understanding, embed and extend learning</p>	<p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p> <p>Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Flourishing Pt 4 Discovering Your Purpose	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Ethics Being aware of and acting upon personal values and principles</p> <p>Focussing: Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p>	<p>Communicating: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit to both one's self and others</p> <p>Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p>	<p>Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience</p> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>

Pick 'N' Mix Modules A selection of bonus modules

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Make the Mundane Magnificent	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Initiative: Self motivation The ability to act without influence or encouragement from others</p> <p>Responsibility The ability to follow through on commitments, be proactive and take responsibility</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Collaborating: Global and cross cultural competence The ability to operate in different cultural settings</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>
M&Ps Professional Etiquette	<p>Integrity: Self awareness (reflexivity) The ability to understand and manage emotions, strengths, belief systems and limitations, and the effects of these on behaviours and the way they impact on others</p> <p>Ethics Being aware of and acting upon personal values and principles</p> <p>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</p> <p>Enterprising Willingness to take risks, show initiative and undertake new ventures</p>	<p>Collaborating: Global and cross cultural competence The ability to operate in different cultural settings</p> <p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Influencing Working to gain the agreement of others to a particular course of action</p>	<p>Creativity: Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p> <p>Sense-making: Synthesis The process of organising, manipulating, pruning and filtering gathered data into cohesive structures for information building</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Balloon Monday	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Risk taking Doing something that involves danger or risk in order to achieve a goal</p>	<p>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</p> <p>Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p>	<p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p> <p>Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>