



TREEHOUSE

Secondary Modules (Age 11-17)

mapped to the

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.

Meta-Skills Mapping Contents Page

Click the required year group below to jump to the relevant section.

- [S1 Modules](#) (age 11-12)
- [S2 Modules](#) (age 12-13)
- [S3 Modules](#) (age 13-14)
- [S4 Modules](#) (age 14-15)
- [S5 Modules](#) (age 15-16)
- [S6 Modules](#) (age 16-17)
- [Staff modules](#)
- [Pick 'N' Mix](#) – a few bonus modules

S1 (age 11-12) Modules

This section relates to modules specifically designed for S1 students (age 11-12).

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Love Farts	<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>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>
A Life Sandwich	<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>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: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</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
Branded	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</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>Ethics Being aware of and acting upon personal values and principles</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>Leading: Influencing Working to gain the agreement of others to a particular course of action</p>	<p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
Hide n Seek	<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>Adapting:” Openness Being open to new ideas and approaches – having a growth mindset</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>Social perceptiveness Being aware of others’ reactions and understanding why they react as they do</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>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
Stretchyness	<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>Initiative: Risk taking Doing something that involves danger or risk in order to achieve a goal</p>	<p>Collaborating: Global and cross cultural competence The ability to operate in different cultural settings</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: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p> <p>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
Suss out your skills	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</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: Independent thinking The ability to think for one's self and trust one's own judgement</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>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>Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
Vote of Confidence	<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>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>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>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: Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Hero to Ourselves	<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: 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>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>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Positively Plastic	<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>Self-learning The ability to self educate without the guidance of others</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>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>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
Time is Ticking	<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>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>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>Computational thinking The ability to translate vast amounts of data into abstract concepts and to understand data-based reasoning</p>
Zest for Life	<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>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>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>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Optimising optimism	<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>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: Visualising Translating information and thought into accessible expressions, readable and recognisable image</p> <p>Sense-Making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Keep the Magic Alive	<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>Feeling: Social conscience A sense of responsibility and concern for wider society</p> <p>Collaboration: 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>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>
Grit	<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>Leading: Change catalyst Having the ability to ignite change</p> <p>Collaborating: Global and cross cultural competence The ability to operate in different cultural settings</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>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Gratitude	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</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>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>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>Critical Thinking: Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>
Emotional Intelligence	<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>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>
Black history and Decolonising the curriculum	<p>Initiative: Decision making The act of making a considered choice after appropriately using intuition and careful thought</p> <p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</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>Feeling: 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>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>

S2 (age 12-13) Modules

This section relates to modules specifically designed for S2 (age 12-13) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Be more Hilary	<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: Sorting The ability to sort information into categories and to understand the relationship between information</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>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</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>
Tear and Share	<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>Self control The ability to exercise control over your own impulses, emotions and desires</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>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>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Make Your Bed	<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: 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: 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>
The Sun Lounger Principle	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Self motivation The ability to act without influence or encouragement from others</p>	<p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
What would you do?	<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>Resilience Ability to respond positively and constructively to constantly evolving challenges and complexity</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>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>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
Embrace the Awkward	<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>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</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>Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Staying Active	<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: Courage The ability to manage and overcome fear in order to take action</p>	<p>Collaborating: Teamworking and collaboration Working with others toward shared goals. Creating group synergy in pursuing collective goals</p> <p>Change catalyst Having the ability to ignite change</p>	<p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p> <p>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
Choices Choices	<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>Curiosity: Information sourcing The ability to filter resources and information to find information relevant to an issue or topic</p> <p>Questioning The ability to ask questions in order to increase understanding about a subject or experience</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Grow up to Show Up	<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: Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</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>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>
The Fable of the Fox and the Lion	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</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: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</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>
Why feeling bad is good for us	<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>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>Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
The Good, the Bad and the silly	<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: 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>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>
Your pet chimp	<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>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>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</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> <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>
Emotional Intelligence	<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>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p> <p>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
S2 Unconscious bias and institutional racism	<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: Independent thinking The ability to think for one's self and trust one's own judgement</p>	<p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</p> <p>Feeling: 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>Judgement The act or process of forming an opinion after careful thought</p>

S3 (age 13-14) Modules

This section relates to modules specifically designed for S3 (age 13-14) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Overthunked!	<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: Problem recognition The acknowledgement and definition of a 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>Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</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>
The Shopping Trolley Theory	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p> <p>Integrity: Ethics Being aware of and acting upon personal values and principles</p>	<p>Feeling: 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>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>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Your Loss	<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>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</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>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>
Happy in your own skin	<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: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</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>Global and cross cultural competence The ability to operate in different cultural settings</p> <p>Leading: Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</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> <p>Creativity: Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
Captain of your ownership	<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>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: 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: Visualising Translating information and thought into accessible expressions, readable and recognisable images</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
Small yet mighty	<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: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</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> <p>Creativity: Visualising Translating information and thought into accessible expressions, readable and recognisable images</p>
Think fast?...Or Slow?	<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>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>Critical Thinking: Computational thinking The ability to translate vast amounts of data into abstract concepts and to understand data-based reasoning</p> <p>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>
Open your eyes	<p>Focusing: Sorting The ability to sort information into categories and to understand the relationship between information</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: Self belief A feeling of trust in one's abilities, qualities and judgement</p>	<p>Communication: 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>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>

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>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 Great Orange Givaway	<p>Initiative: 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: Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p> <p>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>
What matters?	<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: Courage The ability to manage and overcome fear in order to take action</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: 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
Making Yourself Comfortable	<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>Self motivation The ability to act without influence or encouragement from others</p> <p>Adapting:</p> <p>Openness Being open to new ideas and approaches – having a growth mindset</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>
A For Effort	<p>Focussing: Attention The ability to focus on the present and deflect/avoid distractions</p> <p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Self motivation The ability to act without influence or encouragement from others</p>	<p>Leading: Change catalyst Having the ability to ignite change</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>Sense-Making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Growing the Growth Mindset	<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: 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>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>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Fixing the Fixed Mindset	<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>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>Enterprising Willingness to take risks, show initiative and undertake new ventures</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>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>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>
S3 Anti Racism and Civil Rights	<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: Social conscience A sense of responsibility and concern for wider society</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>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>

S4 (age 14-15) Modules

This section relates to modules specifically designed for S4 (age 14-15) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Paying it Forward	<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: 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>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> <p>Critical Thinking</p> <p>Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Healthy Risks	<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>Leading: Inspiring others The ability to energise and create a sense of direction, purpose, excitement and momentum</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>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> <p>Critical Thinking</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
Positive Outlook	<p>Adaptability: 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>Integrity: 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>Influencing Working to gain the agreement of others to a particular course of action</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>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Deciding to make better decisions	<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>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>Leading: Influencing Working to gain the agreement of others to a particular course of action</p>	<p>Curiosity: 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>
Is this Seat Mistaken?	<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>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: Information sourcing The ability to filter resources and information to find information relevant to an issue or topic</p> <p>Sense-making: Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</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
Probable Possibilities	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <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>Communicating: Receiving information Understanding and mentally processing verbal or written communication</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>Computational Thinking: Computational thinking The ability to translate vast amounts of data into abstract concepts and to understand data-based reasoning</p>
Meet Max	<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>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>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>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>
Meet Hasan	<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>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: 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: 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
Channel your inner chainsaw!	<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>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>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>Information sourcing The ability to filter resources and information to find information relevant to an issue or topic</p>
Screenage Kicks	<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>Initiative: Responsibility The ability to follow through on commitments, be proactive and take responsibility</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>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>Critical Thinking: Computational thinking The ability to translate vast amounts of data into abstract concepts and to understand data-based reasoning</p>
The Thing that changes Everything	<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>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>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> <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
The F Word	<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>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: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Leading: Motivating others Encouraging others to achieve goals, accomplish tasks, and complete objectives</p>	<p>Sense-making: Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</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>
Laldy Mondays	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: Self motivation The ability to act without influence or encouragement from others</p>	<p>Leading: Influencing Working to gain the agreement of others to a particular course of action</p> <p>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>Maker mentality The ability to explore, through tinkering and making, in order to arrive at new ideas and solutions</p>
Enthuse it or Lose it	<p>Initiative: 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>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>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p> <p>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
Choose your character	<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: 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: 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>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>
Chillaxing 101	<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: 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> <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
The Secret of Studying	<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>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: 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>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> <p>Creativity: Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>
Imagine that!	<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: 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>Idea generation Proficiency at thinking and coming up with solutions and responses beyond that which is rote or rule-based</p>
S4 Racism in Society and White Privilege	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</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>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>Curiosity: Information sourcing The ability to filter resources and information to find information relevant to an issue or topic</p> <p>Sense-making: Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>

S5 (age 15-16) Modules This section relates to modules specifically designed for S5 (age 15-16) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Personal Brand	<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: 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>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>Critical Thinking: Judgement The act or process of forming an opinion after careful thought</p>
Illusions and Conclusions	<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>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>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
It Was(n't) 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>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>Responsibility The ability to follow through on commitments, be proactive and take responsibility</p>	<p>Feeling: Social conscience A sense of responsibility and concern for wider society</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>Logical thinking The ability to identify, analyse and evaluate situations, ideas and information in order to formulate responses to problems</p>
The Super Power of Single Tasking	<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>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</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>Computational thinking The ability to translate vast amounts of data into abstract concepts and to understand data-based reasoning</p>
Be Prepared!	<p>Focussing: 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>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>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
Meet Rimsha	<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>Collaborating: Global and cross cultural competence The ability to operate in different cultural settings</p> <p>Feeling: Social conscience A sense of responsibility and concern for wider society</p>	<p>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p> <p>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>
Meet Ben	<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: 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>Risk taking Doing something that involves danger or risk in order to achieve a goal</p> <p>Decision making The act of making a considered choice after appropriately using intuition and careful thought</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>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
Tips to Kick Anxiety's Ass	<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: Ethics Being aware of and acting upon personal values and principles</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>Sense-making: Pattern recognition The process of classifying information into objects or classes based on key features</p> <p>Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
The Warm	<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>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>Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Playtime isn't just for kids	<p>Initiative: 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>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: 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
Fe-Fi-Fo-Fum	<p>Initiative: Courage The ability to manage and overcome fear in order to take action</p> <p>Independent thinking The ability to think for one's self and trust one's own judgement</p> <p>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>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</p> <p>Communicating: 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>
It's All about 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>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>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: 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>
Birds on a washing line	<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>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>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 are what you think	<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: 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>Leading: 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>Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>
The Great Jigsaw of 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>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>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> <p>Sense-making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
Superhero v Sidekick	<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: 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>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
Laughter	<p>Integrity: Ethics Being aware of and acting upon personal values and principles</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: 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>
S5 Systemic racism and BLM	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Integrity: 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>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>Curiosity: Questioning The ability to ask questions in order to increase understanding about a subject or experience</p>

S6 (age 16-17) Modules

This section relates to modules specifically designed for S6 (age 16-17) students.

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Proud Moments	<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>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>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</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>
Callus Your Mind	<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>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: 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>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: 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
Age of Leverage	<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>Initiative: Decision making The act of making a considered choice after appropriately using intuition and careful thought</p> <p>Responsibility The ability to follow through on commitments, be proactive and take responsibility</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: 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>Judgement The act or process of forming an opinion after careful thought</p>
Thinking about thinking	<p>Focussing: Filtering The ability to filter out non-essential information and focus on the essential problem at hand</p> <p>Adapting: 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>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</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>Sense-making: Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p>
Your Irrational Brain	<p>Focussing: Sorting The ability to sort information into categories and to understand the relationship between information</p> <p>Filtering The ability to filter out non-essential information and focus on the essential problem at hand</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>Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p>	<p>Critical Thinking: Computational thinking The ability to translate vast amounts of data into abstract concepts and to understand data-based reasoning</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
Express 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>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>Communication: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p> <p>Leading: Influencing Working to gain the agreement of others to a particular course of action</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>
Meet Carlton	<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>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>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>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>
Meet Kels	<p>Adapting: 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>Risk taking Doing something that involves danger or risk in order to achieve a goal</p>	<p>Communicating: Receiving information Understanding and mentally processing verbal or written communication</p> <p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</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
Wear Sunscreen	<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>Collaborating: Relationship building The ability to identify and initiate connections and to develop and maintain them in a way that is of mutual benefit</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> <p>Creativity: Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p>
Screenagers Fomo v Jomo	<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>Initiative: Self belief A feeling of trust in one's abilities, qualities and judgement</p> <p>Independent thinking The ability to think for one's self and trust one's own judgement</p>	<p>Collaborating: Social perceptiveness Being aware of others' reactions and understanding why they react as they do</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>Curiosity: Observation The ability to notice behaviour or information and register it as being significant</p> <p>Information sourcing The ability to filter resources and information to find information relevant to an issue or topic</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>
Dreamers Unite	<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: 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>Feeling: Empathy The ability to take the perspective of others to understand their feelings/motivations</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</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>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
What It's Like to Move Out	<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>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>Feeling: Social conscience A sense of responsibility and concern for wider society</p> <p>Leading: Change catalyst Having the ability to ignite change</p>	<p>Curiosity: Information sourcing The ability to filter resources and information to find information relevant to an issue or topic</p> <p>Sense-making: Opportunity recognition The ability to identify areas of opportunity for innovation</p>
Making Decisions	<p>Initiative: Decision making The act of making a considered choice after appropriately using intuition and careful thought</p> <p>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>Leading: Influencing Working to gain the agreement of others to a particular course of action</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>
CBA	<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>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>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>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>

MODULE	SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
Find Your Why	<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: Social conscience A sense of responsibility and concern for wider society</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>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>
Find your Flow	<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>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</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>Collaborating: Global and cross cultural competence The ability to operate in different cultural settings</p> <p>Feeling: 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>Critical Thinking: Judgement The act or process of forming an opinion after careful thought</p> <p>Sense-Making: Holistic thinking The ability to see the big picture and understand subtle nuances of complex situations</p>
Stressing Out!	<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>Adapting: Adaptability Flexibility when handling the unexpected, adapting to circumstances as they arise</p>	<p>Feeling: Empathy The ability to take the perspective of others in order to understand their feelings and motivations</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>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
S6 Microaggressions and othering	<p>Initiative: Responsibility The ability to follow through on commitments, be proactive and take responsibility</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>Integrity: Ethics Being aware of and acting upon personal values and principles</p>	<p>Leading: Influencing Working to gain the agreement of others to a particular course of action</p> <p>Change catalyst Having the ability to ignite change</p>	<p>Sense-making: Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</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	<p>Adapting: Openness Being open to new ideas and approaches – having a growth mindset</p> <p>Initiative: 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>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>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> <p>Creativity Imagination The ability to explore ideas of things that are not in our present environment, or perhaps not even real</p>
Flourishing Pt 1 Learned Optimism	<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>Communication: Giving information Giving written or verbal communication in a way that can be best understood by those receiving the communication</p>	<p>Sense-making: Analysis A systematic examination and evaluation of data or information, by breaking it into its component parts to uncover their interrelationships</p> <p>Critical Thinking: Judgement The act or process of forming an opinion after careful thought</p>
Flourishing Pt 2 Beyond Happiness	<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>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>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
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>