

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE

Primary Five

Planning and Preparation Toolkit

Accept Yourself



Primary Five

It can be so easy to want things we don't have. True happiness lies in learning to accept and appreciate what we do have in life.

Resources Required | n/a

I understand the importance of mental wellbeing and this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.

HWB 2-06a

Key Themes

- 🌿 Confidence
- 🌿 Happiness
- 🌿 Mental Health

Wellbeing Indicator

- 🌿 Respected
- 🌿 Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

- 🌿 Self-awareness
- 🌿 Self-control

Adapting

- 🌿 Resilience

SOCIAL INTELLIGENCE:
Connect with the world

Feeling

- 🌿 Empathy
- 🌿 Social Conscience

Collaborating

- 🌿 Social Perceptiveness

INNOVATION:
Create our own change

Sense-making

- 🌿 Holistic Thinking

Critical Thinking

- 🌿 Judgement

Be a Friend



Primary Five

If someone is being left out and not enjoying school, should you help them? And how can you manage that?

Resources Required | n/a

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.

HWB 2-08a

Key Themes

-  Friendship
-  Support
-  Wellbeing

Wellbeing Indicator

-  Included
-  Respected
-  Safe

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

-  Ethics
-  Self-awareness

Adapting

-  Adaptability

Initiative

-  Courage

SOCIAL INTELLIGENCE:
Connect with the world

Collaborating

-  Relationship Building
-  Social Perceptiveness

Feeling

-  Empathy
-  Social Conscience

INNOVATION:
Create our own change

Curiosity

-  Observation
-  Problem Recognition

Creativity

-  Maker Mentality
-  Imagination

Becoming Bionic



Primary Five

This module focuses on the link between a growth mindset and creating healthy habits. It connects the wellbeing of our body and mind to the daily choices we make. By developing the idea of becoming BIONIC (Believe It Or Not I Can...) the child is able to identify and set a goal for themselves relating to some basic (but important) health choices.

Resources Required | Writing Materials

<p>By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan.</p> <p style="text-align: right;">HWB 2-30a</p>		
<p>Key Themes</p> <ul style="list-style-type: none"> Building Good Habits Healthy Choices Personal Goal Setting 	<p>Wellbeing Indicator</p> <ul style="list-style-type: none"> Achieving Responsible Healthy 	
<p style="text-align: center;">Meta Skills</p>		
<p>SELF-MANAGEMENT: Manage the now</p>	<p>SOCIAL INTELLIGENCE: Connect with the world</p>	<p>INNOVATION: Create our own change</p>
<p>Adapting</p> <ul style="list-style-type: none"> Openness <p>Initiative</p> <ul style="list-style-type: none"> Decision-making Self-motivation 	<p>Leading</p> <ul style="list-style-type: none"> Inspiring Others Change Catalyst 	<p>Creativity</p> <ul style="list-style-type: none"> Maker Mentality <p>Sense-making</p> <ul style="list-style-type: none"> Opportunity Recognition

Everyone's an Explorer!



Primary Five

The module draws a clear connection between how the child 'sees' themselves compared to how they 'see' others - in this case, how they 'see' scientists. By broadening the child's understanding of what it means to be a scientist (and the various areas in which they work) the teacher can start to dispel any myths or stereotypes about scientists.

Resources Required | Writing Materials

I can describe some of the kinds of work that people do and I am finding out about the wider world of work.		
		HWB 2-20a
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none">  Aspirations  Strengths  Career Planning 	<ul style="list-style-type: none">  Respected  Achieving  Responsible 	
Meta Skills		
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
<p>Focusing</p> <ul style="list-style-type: none">  Attention <p>Focusing</p> <ul style="list-style-type: none">  Self-awareness <p>Initiative</p> <ul style="list-style-type: none">  Courage  Self-belief 	<p>Leading</p> <ul style="list-style-type: none">  Motivating Others  Developing Others 	<p>Curiosity</p> <ul style="list-style-type: none">  Questioning <p>Creativity</p> <ul style="list-style-type: none">  Idea Generation

Flipping Your Lid



Primary Five

Sometimes our emotions get the better of us. Explore what happens when we flip our lids, and learn how to regain control.

Resources Required | n/a

I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.

HWB 2-02a

Key Themes

-  Self Regulation
-  Self Awareness
-  Emotional Intelligence

Wellbeing Indicator

-  Healthy
-  Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

-  Self-awareness
-  Ethics

SOCIAL INTELLIGENCE:
Connect with the world

Feeling

-  Social Conscience

Communicating

-  Receiving Information

INNOVATION:
Create our own change

Sense-making

-  Holistic Thinking

Critical Thinking

-  Deconstruction

Late to the Meeting



Primary Five

Creativity is a skill that serves us well in many situations, and the magic really happens when you combine it with some first class attention and decision making skills. Join us for a game of Late to the Meeting and put your skills to the test.

Resources Required | n/a

<p>I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.</p> <p style="text-align: right;">HWB 2-11a</p>		
<p>Key Themes</p>		<p>Wellbeing Indicator</p>
<ul style="list-style-type: none"> Creativity Attention Decision Making 		<ul style="list-style-type: none"> Included Achieving
<p>Meta Skills</p>		
<p>SELF-MANAGEMENT: Manage the now</p>	<p>SOCIAL INTELLIGENCE: Connect with the world</p>	<p>INNOVATION: Create our own change</p>
<p>Focusing</p> <ul style="list-style-type: none"> Filtering <p>Initiative</p> <ul style="list-style-type: none"> Independent Thinking Decision-making 	<p>Leading</p> <ul style="list-style-type: none"> Influence Developing Others <p>Collaborating</p> <ul style="list-style-type: none"> Social Perceptiveness 	<p>Sense-making</p> <ul style="list-style-type: none"> Pattern Recognition <p>Critical Thinking</p> <ul style="list-style-type: none"> Judgement

Learning is a Team Game



Primary Five

To learn effectively we need to know how to work well with others. It's time see if team work really does make the dream work?!

Resources Required | Writing Materials

I value the opportunities I am given to make friends and be part of a group in a range of situations.

HWB 2-14a

Key Themes

- 🌿 Learning
- 🌿 Co-operative Learning
- 🌿 Self Regulation

Wellbeing Indicator

- 🌿 Included
- 🌿 Respected

Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting

- 🌿 Openness
- 🌿 Self-learning

Initiative

- 🌿 Independent Thinking

SOCIAL INTELLIGENCE:
Connect with the world

Collaborating

- 🌿 Relationship Building
- 🌿 Teamworking and Collaboration

INNOVATION:
Create our own change

Curiosity

- 🌿 Questioning
- 🌿 Information-sourcing

Making the Most of Now



Primary Five

It can be easy to let our minds drift to the future or dwell on the past. It's time to start focussing on the present!

Resources Required | Writing Materials

I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one, which values individuals equally and is a welcoming place for all.

HWB 2-10a

Key Themes

-  Mindfulness
-  Gratitude
-  Enthusiasm

Wellbeing Indicator

-  Achieving
-  Healthy
- 

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing

-  Attention

Integrity

-  Self-control

Adapting

-  Resilience

SOCIAL INTELLIGENCE:
Connect with the world

Collaborating

-  Cultural Competence

INNOVATION:
Create our own change

Curiosity

-  Observation

Sense-making

-  Holistic Thinking
-  Opportunity Recognition



Primary Five

Times of change and loss are difficult for us all. Memories of happy moments and important people can often help us through.

Resources Required | n/a

I am learning skills and strategies, which will support me in challenging times, particularly in relations to change and loss.		
HWB 2-07a		
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none">  Change  Emotional Wellbeing  Support 	<ul style="list-style-type: none">  Nurtured  Healthy 	
Meta Skills		
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
<p>Focusing</p> <ul style="list-style-type: none">  Sorting <p>Adapting</p> <ul style="list-style-type: none">  Openness  Adaptability 	<p>Communicating</p> <ul style="list-style-type: none">  Receiving Information  Listening <p>Feeling</p> <ul style="list-style-type: none">  Empathy 	<p>Creativity</p> <ul style="list-style-type: none">  Visualising <p>Critical Thinking</p> <ul style="list-style-type: none">  Logical Thinking

The Review Mirror



Primary Five

Have you ever noticed the difference in the size of the rearview mirror of a car vs. the size of a windscreen? By constantly reminding ourselves of past failures, negative feedback or what we think we fear, we are driving through life as if we're only using the rearview mirror... So what can we do to make sure we look ahead and use the windscreen instead?

Resources Required | Writing Materials

I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one, which values individuals equally and is a welcoming place for all.

HWB 2-10a

Key Themes

-  Mindset
-  Perspective
-  Confidence

Wellbeing Indicator

-  Achieving
-  Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

-  Self-awareness

Adapting

-  Critical Reflection

SOCIAL INTELLIGENCE:
Connect with the world

Communicating

-  Receiving Information

Leading

-  Change Catalyst

INNOVATION:
Create our own change

Curiosity

-  Observation

Sense-making

-  Pattern Recognition
-  Analysis

Those Voices In Your Head



Primary Five

One of the most effective ways to develop ourselves is to find out whats happening inside your brains. It's time to explore some fundamentals of emotional intelligence.

Resources Required | Writing Materials

<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</p> <p style="text-align: right;">HWB 2-02a</p>		
<p>Key Themes</p>	<p>Wellbeing Indicator</p>	
<ul style="list-style-type: none">  Emotional Intelligence  Behaviours  Self Regulation 	<ul style="list-style-type: none">  Respected  Achieving 	
<p>Meta Skills</p>		
<p>SELF-MANAGEMENT: Manage the now</p>	<p>SOCIAL INTELLIGENCE: Connect with the world</p>	<p>INNOVATION: Create our own change</p>
<p>Focusing</p> <ul style="list-style-type: none">  Attention <p>Initiative</p> <ul style="list-style-type: none">  Independent Thinking 	<p>Feeling</p> <ul style="list-style-type: none">  Social Conscience <p>Collaborating</p> <ul style="list-style-type: none">  Relationship Building 	<p>Critical Thinking</p> <ul style="list-style-type: none">  Logical Thinking <p>Sense-making</p> <ul style="list-style-type: none">  Holistic Thinking

Turning Up For Practice



Primary Five

When we are learning how our minds work, it's important to apply it to our lives. It's time to develop your emotional intelligence!

Resources Required | n/a

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

HWB 2-05a

Key Themes

-  Emotional Intelligence
-  Compassion
-  Empathy

Wellbeing Indicator

-  Respected
-  Healthy
-  Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

-  Self-awareness
-  Self-control

SOCIAL INTELLIGENCE:
Connect with the world

Feeling

-  Empathy
-  Social Conscience

INNOVATION:
Create our own change

Curiosity

-  Observation

Sense-making

-  Holistic Thinking
-  Analysis

Who Am I?



Primary Five

Looking at Article 29 of the UNCRC, this module discusses the importance of being you and feeling comfortable sharing your passions and personality with others.

Resources Required | n/a

As I explore the rights to which others and I are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.

HWB 2-09a

Key Themes

- Confidence
- Respect
- Aspiration

Wellbeing Indicator

- Included
- Nurtured
- Respected

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

- Ethics
- Self-awareness

Initiative

- Independent Thinking
- Courage

SOCIAL INTELLIGENCE:
Connect with the world

Communicating

- Giving Information
- Receiving Information

Feeling

- Social Conscience

INNOVATION:
Create our own change

Critical Thinking

- Judgement



full tool kit

COMING SOON

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