

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE

Primary Four

Planning and Preparation Toolkit













Authors to the Rescue



Primary Four

Understanding the challenges we face and being able to help others is a really important skill. This lesson will allow pupils to use their creative talents to offer help and advice.

Resources Required | Writing Materials

<p>I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.</p> <p style="text-align: right;">HWB 1-08a</p>		
<p>Key Themes</p> <ul style="list-style-type: none">  Helping Others  Emotional Intelligence  Communication 	<p>Wellbeing Indicator</p> <ul style="list-style-type: none">  Achieving  Responsible 	
<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">  Enterprising 	<p>Collaborating</p> <ul style="list-style-type: none">  Teamworking and Collaboration  Cultural Competence 	<p>Creativity</p> <ul style="list-style-type: none">  Imagination  Maker Mentality <p>Sense-making</p> <ul style="list-style-type: none">  Opportunity Recognition

Building a Treehouse



Primary Four

When you watch a Treehouse video, you get to see a speaker on screen. But who else is involved in the process and what jobs do they do?

Resources Required | n/a

<p>I can describe some of the kinds of work that people do and I a finding out about the wider world of work.</p> <p style="text-align: right;">HWB 1-20a</p>		
<p>Key Themes</p>		<p>Wellbeing Indicator</p>
<ul style="list-style-type: none"> Skills Ambition Teamwork 		<ul style="list-style-type: none"> Responsible 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"> Sorting 	<p>Communicating</p> <ul style="list-style-type: none"> Giving Information <p>Collaborating</p> <ul style="list-style-type: none"> Relationship Building Teamworking and Collaboration 	<p>Sense-making</p> <ul style="list-style-type: none"> Pattern Recognition Holistic Thinking

Change the Recipe



Primary Four

We are all a special mix of skills and abilities that make us unique. However, some times we maybe need to change the recipe to get the best out of ourselves.

Resources Required | Writing Materials

<p>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.</p> <p style="text-align: right;">HWB 1-10a</p>		
<p>Key Themes</p> <ul style="list-style-type: none"> Confidence Skills Self Awareness 	<p>Wellbeing Indicator</p> <ul style="list-style-type: none"> Healthy Nurtured 	
<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>Focusing</p> <ul style="list-style-type: none"> Sorting <p>Initiative</p> <ul style="list-style-type: none"> Independent Thinking Self-belief 	<p>Communicating</p> <ul style="list-style-type: none"> Listening Giving Information 	<p>Creativity</p> <ul style="list-style-type: none"> Imagination Maker Mentality Visualising

Colour Breathing



Primary Four

In this Treehouse lesson, pupils will explore their emotions through mindfulness practice. This lesson will allow pupils to think about the calming effect of colour breathing, and when it may be useful for them.

Resources Required | n/a

<p>I am aware of and able to express my feelings and am developing the ability to talk about them.</p> <p style="text-align: right;">HWB 1-01a</p>		
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none"> Emotional Intelligence Wellbeing Communication 	<ul style="list-style-type: none"> Safe Nurtured Healthy 	
Meta Skills		
<p>SELF-MANAGEMENT: Manage the now</p>	<p>SOCIAL INTELLIGENCE: Connect with the world</p>	<p>INNOVATION: Create our own change</p>
<p>Integrity</p> <ul style="list-style-type: none"> Self-awareness Self-control 	<p>Feeling</p> <ul style="list-style-type: none"> Empathy Social Conscience 	<p>Critical Thinking</p> <ul style="list-style-type: none"> Deconstruction <p>Creativity</p> <ul style="list-style-type: none"> Imagination Visualising

Food For Thought



Primary Four

Imagine you had a brand new super-duper sports car that required a lot of looking after. What would happen if you filled it with Sprite? How far would it go? Now imagine your body was a high-performance machine like that – how would you treat it? Would you take care of it as much as you take care of the car?

Resources Required | n/a



I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.

HWB 1-15a

Key Themes

-  Health
-  Wellbeing
-  Habits


Wellbeing Indicator

-  Healthy
-  Responsible


Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing



-  Sorting

Adapting

-  Critical Reflection




SOCIAL INTELLIGENCE:
Connect with the world

Communicating

-  Receiving Information
-  Listening

INNOVATION:
Create our own change

Sense-making

-  Pattern Recognition
-  Analysis
-  Visualising



Primary Four



What are your super skills? Can you sing? Can you juggle? Are you super kind? Lets find out!

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 1-05a

Key Themes

-  Respect
-  Confidence


Wellbeing Indicator

-  Achieving
-  Respected
-  Active




Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting



-  Critical Reflection

Initiative

-  Independent Thinking
-  Decision-making
-  Self-belief


SOCIAL INTELLIGENCE:
Connect with the world

Leading


-  Motivating Others
-  Developing Others

INNOVATION:
Create our own change

Curiosity

-  Observation

Creativity

-  Idea Generation

Sweep the Sheds



Primary Four

Some of the greatest sports teams in the world are successful not just because of their talent, but also because of the time they commit to every aspect of the game. What can we learn from them?

Resources Required | n/a

<p style="text-align: center;">Through contributing my views, time and talents, I play a part in bringing about positive change to my school and wider community.</p> <p style="text-align: right;">HWB 1-13a</p>		
<p>Key Themes</p> <ul style="list-style-type: none"> Respect Care Positive Change 	<p>Wellbeing Indicator</p> <ul style="list-style-type: none"> Responsible Responsible Included 	
<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>Integrity</p> <ul style="list-style-type: none"> Ethics Self-awareness 	<p>Feeling</p> <ul style="list-style-type: none"> Social Conscience <p>Collaborating</p> <ul style="list-style-type: none"> Relationship Building Teamworking and Collaboration 	<p>Sense-making</p> <ul style="list-style-type: none"> Holistic Thinking <p>Critical Thinking</p> <ul style="list-style-type: none"> Judgement

The Statue Shop



Primary Four

This module asks pupils to make considered decisions about various characters and situations. The improvisation within this module allows pupils the chance to think on their feet and take leadership over their own words and actions while listening and responding to their teammates.

Resources Required | n/a

<p>Through taking part in a variety of events and activities, I am learning to recognise my own skills and abilities as well as those of others.</p> <p style="text-align: right;">HWB 1-19a</p>		
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none"> Creativity Communication Confidence 	<ul style="list-style-type: none"> Achieving Active 	
Meta Skills		
<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 Adaptability 	<p>Collaborating</p> <ul style="list-style-type: none"> Relationship Building <p>Leading</p> <ul style="list-style-type: none"> Inspiring Others 	<p>Creativity</p> <ul style="list-style-type: none"> Imagination Idea Generation














This is How I See It



Primary Four

This module focuses on perspective and that we each have a different view on pretty much everything. Through tasks where images are to be described, children are encouraged to understand that it is our own knowledge and personal experiences that help us form our opinions and our perspectives.

Resources Required | n/a

<p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my behaviour and the way others behave.</p> <p style="text-align: right;">HWB 1-04a</p>		
<p>Key Themes</p>	<p>Wellbeing Indicator</p>	
<ul style="list-style-type: none">  Perspective  Compassion  Listening Skills 	<ul style="list-style-type: none">  Respected  Responsible 	
<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>Initiative</p> <ul style="list-style-type: none">  Independent Thinking  Self-belief 	<p>Communicating</p> <ul style="list-style-type: none">  Receiving Information  Giving Information <p>Feeling</p> <ul style="list-style-type: none">  Empathy 	<p>Curiosity</p> <ul style="list-style-type: none">  Questioning <p>Creativity</p> <ul style="list-style-type: none">  Visualising <p>Sense-making</p> <ul style="list-style-type: none">  Holistic Thinking

Trees and Me



Primary Four




What's happening on the outside and what's happening on the inside are often two very different things. Uncover the secrets that lie beneath the surface.

Resources Required | Measuring tape, 2 sticks/twigs per child. String, thread, sellotape, pencils or skewers, coloured pencils.

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 1-02a

Key Themes

-  Strengths
-  Emotional Intelligence
-  Mindfulness


Wellbeing Indicator

-  Respected
-  Included
-  Healthy

Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting



-  Critical Reflection

Initiative

-  Self-belief


SOCIAL INTELLIGENCE:
Connect with the world

Feeling


-  Empathy
-  Social Conscience

INNOVATION:
Create our own change


Curiosity

-  Observation

Creativity

-  Visualising

Critical Thinking

-  Judgement

Try and Try Again...



Primary Four




Being able to pick up the pieces and start again is key to success. So is your ability to trust others. It's time to put your skills to the test!

Resources Required | Building blocks or other materials to build a tower. Loose parts to build an obstacle course.

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.

HWB 1-11a

Key Themes

-  Resilience
-  Trust
-  Teamwork



Wellbeing Indicator

-  Achieving
-  Respected
-  Safe


Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting



-  Openness
-  Resilience

Initiative

-  Courage


SOCIAL INTELLIGENCE:
Connect with the world

Collaborating


-  Relationship Building
-  Teamworking and Collaboration

INNOVATION:
Create our own change

Creativity

-  Visualising

Critical Thinking

-  Logical Thinking

Turning on Your Headlights



Primary Four




Our attention is a bit like trying to see in the dark... you need to make sure your headlights are pointing in the right direction

Resources Required | Yellow paper


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.

HWB 1-11a

Key Themes

-  Self Regulation
-  Focus
-  Goal Setting



Wellbeing Indicator

-  Achieving

Meta Skills



SELF-MANAGEMENT:
Manage the now

Focusing

-  Attention
-  Filtering



SOCIAL INTELLIGENCE:
Connect with the world

Communicating

-  Receiving Information
-  Listening

INNOVATION:
Create our own change

Creativity

-  Idea Generation
-  Maker Mentality

Who Tells Your Story?



Primary Four


He said, that she said, that she said, that he said... stories can easily get out of hand. Find out how to put a stop to rumours.

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 105a

Key Themes

-  Communication
-  Rumours
-  Friendship



Wellbeing Indicator

-  Respected
-  Responsible

Meta Skills



SELF-MANAGEMENT:
Manage the now

Integrity


-  Self-awareness
-  Ethics

SOCIAL INTELLIGENCE:
Connect with the world

Communicating



-  Listening
-  Giving Information

Feeling

-  Empathy

INNOVATION:
Create our own change

Critical Thinking

-  Logical Thinking
-  Judgement



full tool kit

COMING SOON

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