

An Online Tool for Showing Kids Their Brilliance



# TREEHOUSE

**Primary Three**

Planning and Preparation Toolkit

# 5 Things



## Primary Three

*Not everything in life is fun all the time, sometimes we can't escape the things that worry us. BUT we can use the power of imagination to transport us into a place where we feel safe, calm and happy!*

Resources Required | Writing Materials

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.

HWB 1-04a

### Key Themes

- 🌿 Worry
- 🌿 Wellbeing
- 🌿 Senses

### Wellbeing Indicator

- 🌿 Safe
- 🌿 Nurtured
- 🌿 Healthy

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

- 🌿 Self-awareness
- 🌿 Self-control

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating

- 🌿 Receiving Information
- 🌿 Listening

**INNOVATION:**  
Create our own change

#### Curiosity

- 🌿 Observation

#### Creativity

- 🌿 Imagination

# And Breathe...



## Primary Three

*Did you know blowing bubbles can calm you down? Discover the magical powers of breathing...*

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 1-02a

### Key Themes

- Self Regulation
- Mindfulness
- Wellbeing

### Wellbeing Indicator

- Healthy
- Safe
- Active

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing

- Attention
- Filtering

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

- Change Catalyst

#### Communicating

- Receiving Information
- Listening

**INNOVATION:**  
Create our own change

#### Curiosity

- Observation

#### Creativity

- Imagination

# Could You Help Me Please?



## Primary Three

*There are lots of people in our lives who can help us. Explore the ways in which these people help to keep us safe everyday.*

Resources Required | n/a

<p><b>I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.</b></p> <p style="text-align: right;">HWB 1-08a</p>		
<p><b>Key Themes</b></p> <ul style="list-style-type: none"> <li> Helping Others</li> <li> Communication</li> <li> Confidence</li> </ul>		<p><b>Wellbeing Indicator</b></p> <ul style="list-style-type: none"> <li> Responsible</li> <li> Safe</li> </ul>
<p style="text-align: center;"><b>Meta Skills</b></p>		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Focusing</b></p> <ul style="list-style-type: none"> <li> Sorting</li> </ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Critical Reflection</li> </ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"> <li> Decision-making</li> </ul>	<p><b>Collaborating</b></p> <ul style="list-style-type: none"> <li> Teamworking and Collaboration</li> </ul> <p><b>Leading</b></p> <ul style="list-style-type: none"> <li> Influence</li> </ul>	<p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Pattern Recognition</li> </ul> <p><b>Critical Thinking</b></p> <ul style="list-style-type: none"> <li> Logical Thinking</li> <li> Judgement</li> </ul>

# It Doesn't Matter



## Primary Three




*When you are not feeling great, or worried about something, who can you speak to and how can they help?*

Resources Required | n/a

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.

HWB 1-03a

### Key Themes

-  Emotions
-  Wellbeing
-  Relationships



### Wellbeing Indicator

-  Healthy
-  Safe
-  Nurtured

### Meta Skills



**SELF-MANAGEMENT:**  
Manage the now

#### Focusing


-  Attention
-  Filtering

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Feeling



-  Empathy
-  Social Conscience

#### Collaborating

-  Teamworking and Collaboration

**INNOVATION:**  
Create our own change

#### Creativity

-  Idea Generation
-  Imagination














# Kindness is Key



## Primary Three

*Sometimes it feels like we have different sides of ourselves competing to control us. The one that wins is usually the one we listen to the most.*

Resources Required | n/a

<p><b>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.</b></p> <p style="text-align: right;">HWB 1-04a</p>		
<p><b>Key Themes</b></p> <ul style="list-style-type: none"> <li> Kindness</li> <li> Emotional Intelligence</li> <li> Wellbeing</li> </ul>		<p><b>Wellbeing Indicator</b></p> <ul style="list-style-type: none"> <li> Responsible</li> <li> Achieving</li> <li> Healthy</li> </ul>
<p style="text-align: center;"><b>Meta Skills</b></p>		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Integrity</b></p> <ul style="list-style-type: none"> <li> Self-awareness</li> <li> Ethics</li> </ul>	<p><b>Feeling</b></p> <ul style="list-style-type: none"> <li> Empathy</li> </ul> <p><b>Leading</b></p> <ul style="list-style-type: none"> <li> Change Catalyst</li> </ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"> <li> Observation</li> </ul> <p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Idea Generation</li> <li> Visualising</li> </ul>

# Mixed-Up Me



## Primary Three

*We are all a big jumble of strengths and skills, sometimes we recognise them, sometimes we don't. Take some time to reflect on the skills you would love to have, and how to develop them.*

Resources Required | Pens, paper, magazines, glue and scissors.

I recognise that we have similarities and differences but are all unique.

HWB 1-47a

### Key Themes

- Self-Awareness
- Strengths
- Being Unique

### Wellbeing Indicator

- Achieving
- Included

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

- Self-awareness

#### Initiative

- Self-belief

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

- Inspiring Others
- Motivating Others

**INNOVATION:**  
Create our own change

#### Critical Thinking

- Judgement

#### Curiosity

- Observation

# Pirate Pete Drops His Anchor



## Primary Three




*Pirate Pete is a very chilled out Pirate. He can't wait to share his mindfulness secrets with you! Get ready to drop your anchor.*

Resources Required | Writing Materials


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

-  Mindfulness
-  Self Regulation
-  Wellbeing



### Wellbeing Indicator

-  Active
-  Healthy

### 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

-  Imagination
-  Visualising



# Respect Headlines



## Primary Three

*Can you tell the difference between being respectful and being disrespectful?*

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
- Communication

### Wellbeing Indicator

- Respected
- Responsible
- Safe

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Adapting

- Openness
- Adaptability

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating

- Storytelling
- #### Collaborating
- Teamworking and Collaboration

**INNOVATION:**  
Create our own change

#### Critical Thinking

- Deconstruction
- Judgement

#### Creativity

- Idea Generation



# Teamwork Makes the Dream Work



## Primary Three

*It is not always easy to see the value in teamwork – why bother when you can do it all by yourself?  
But sometimes teamwork really does make the dream work!*

Resources Required | Art materials

<p><b>I value the opportunities I am given to make friends and be part of a group in a range of situations.</b></p> <p style="text-align: right;">HWB 1-14a</p>		
<p><b>Key Themes</b></p> <ul style="list-style-type: none"> <li> Teamwork</li> <li> Cooperation</li> <li> Communication</li> </ul>		<p><b>Wellbeing Indicator</b></p> <ul style="list-style-type: none"> <li> Included</li> <li> Respected</li> </ul>
<p style="text-align: center;"><b>Meta Skills</b></p>		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Focusing</b></p> <ul style="list-style-type: none"> <li> Sorting</li> <li> Attention</li> </ul>	<p><b>Collaborating</b></p> <ul style="list-style-type: none"> <li> Relationship Building</li> <li> Teamworking and Collaboration</li> <li> Social Perceptiveness</li> </ul> <p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Listening</li> </ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Imagination</li> <li> Maker Mentality</li> </ul> <p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Analysis</li> </ul>

# Thank You!



## Primary Three

*Gratitude is a simple act, but when we practice it regularly, it can leave us feeling great!*

Resources Required | Writing Materials

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

HWB 1-06a

### Key Themes

- Wellbeing
- Mental Health
- Support

### Wellbeing Indicator

- Healthy
- Achieving
- Active

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

- Self-awareness

#### Adapting

- Openness

#### Initiative

- Self-motivation

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating

- Receiving Information
- Giving Information

#### Collaborating

- Social Perceptiveness

**INNOVATION:**  
Create our own change

#### Sense-making

- Holistic Thinking

# The Worry Jar



## Primary Three



*Worrying is totally normal, we all do it! But a worry jar can help you keep a lid on things...*

Resources Required | Glass jars. Art materials/pens/pencils. Glitter and bottles for calm jar.



**I am learning skills and strategies, which will support me in challenging times, particularly in relations to change and loss.**

HWB 1-07a

### Key Themes

-  Anxiety
-  Mindfulness
-  Wellbeing

### Wellbeing Indicator

-  Healthy
-  Safe

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing


-  Attention

#### Integrity


-  Self-control

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating


-  Giving Information

#### Feeling


-  Empathy

**INNOVATION:**  
Create our own change


#### Curiosity

-  Observation

#### Creativity

-  Visualising

#### Sense-making

-  Holistic Thinking

# You Can't Throw Me Out



## Primary Three

*Stuff! Stuff! Stuff! What do we do with it when we don't need it anymore and what should we keep hold of. Lets explore through some fun role-play, and hope no-one ends up in the bin bag!*

Resources Required | n/a

<p><b>Through contributing my views, time and talents, I play a part in bringing about positive change to my school and wider community.</b></p> <p style="text-align: right;">HWB 1-13a</p>		
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Creativity</li> <li> Responsibility</li> <li> Choices</li> </ul>	<ul style="list-style-type: none"> <li> Responsible</li> </ul>	
Meta Skills		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Focusing</b></p> <ul style="list-style-type: none"> <li> Attention</li> </ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Critical Reflection</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> <li> Giving Information</li> </ul> <p><b>Feeling</b></p> <ul style="list-style-type: none"> <li> Social Conscience</li> </ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"> <li> Questioning</li> </ul> <p><b>Critical Thinking</b></p> <ul style="list-style-type: none"> <li> Logical Thinking</li> </ul>
















# When I Grow Up



## Primary Three

*What jobs would you like to do when you are older? Have a think about all the great and exciting opportunities for us all!*

Resources Required | n/a

<p><b>I can describe some of the kinds of work that people do and I am finding out about the wider world of work.</b></p> <p style="text-align: right;">HWB 0-20a</p>		
<p><b>Key Themes</b></p> <ul style="list-style-type: none"> <li> Ambition</li> <li> Creativity</li> <li> Future</li> </ul>	<p><b>Wellbeing Indicator</b></p> <ul style="list-style-type: none"> <li> Achieving</li> <li> Respected</li> </ul>	
<p><b>Meta Skills</b></p>		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Focusing</b></p> <ul style="list-style-type: none"> <li> Sorting</li> <li> Attention</li> </ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Openness</li> </ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"> <li> Courage</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Giving Information</li> <li> Receiving Information</li> </ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Imagination</li> <li> Idea Generation</li> </ul> <p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Opportunity</li> <li> Recognition</li> </ul>



full tool kit

COMING SOON

[treeof.com](http://treeof.com)