

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE

Secondary One

Planning and Preparation Toolkit

A Life Sandwich



Secondary One

We're born, we live and then we die. But it's the bit in the middle of this life sandwich that really counts. The ingredients that you choose to fill yours with matter, and in your life, you're in charge of the kitchen!

Resources Required | n/a

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 3-10a/4-10a

Key Themes

- Mindset
- Experiences
- Relationships

Wellbeing Indicator

- Healthy
- Respected
- Nurtured

Meta Skills

SELF-MANAGEMENT:

Manage the now

Focusing

- Sorting

Adapting

- Critical Reflection
- Adaptability

SOCIAL INTELLIGENCE:

Connect with the world

Communicating

- Storytelling

Collaborating

- Social Perceptiveness

INNOVATION:

Create our own change

Creativity

- Imagination
- Idea Generation

Black History Month



Secondary One

This is the first of six secondary school modules based on Race. This lesson focusses on the importance of black people and people of colour throughout history. We will also share reasons why we celebrate Black History Month in October each year.




Resources Required | Writing resources

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 3-10a/4-10a

Additional Es &Os: HWB 3-12a/4-12a, SOC 3-05a, SOC 3-06a

Key Themes

-  Race
-  History
-  Visibility

Wellbeing Indicator



-  Included
-  Respected
-  Responsible

Meta Skills


SELF-MANAGEMENT:

Manage the now


Integrity

-  Self-awareness
-  Ethics

Adapting

-  Openness



Initiative

-  Independent Thinking


SOCIAL INTELLIGENCE:

Connect with the world

Communicating

-  Receiving Information
-  Giving Information


Feeling

-  Social Conscience

INNOVATION:

Create our own change

Curiosity

-  Information-sourcing

Sense-making

-  Holistic Thinking

















Secondary One

Sometimes in life we need to stand out and put ourselves forward for things. It's not always easy but no one knows you better than you, and with time and energy we can all become that bit more confident in communicating exactly what makes us unique!

Resources Required | n/a

I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning. HWB 3-19

HWB 3-19a

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">  Communication  Confidence  Strengths 		<ul style="list-style-type: none">  Responsible  Achieving  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>Integrity</p> <ul style="list-style-type: none">  Self-awareness  Ethics 	<p>Communicating</p> <ul style="list-style-type: none">  Giving Information  Storytelling <p>Leading</p> <ul style="list-style-type: none">  Influence 	<p>Creativity</p> <ul style="list-style-type: none">  Visualising  Maker Mentality 	

Emotional Intelligence



Secondary One

Emotional Intelligence has been shown to be a bigger factor in an individual's success than academic intelligence. This module discusses how to improve both EQ and IQ without impacting the other.

Resources Required | Pen and Paper

I am aware of and able to express my feelings and am developing the ability to talk about them.

HWB 3-01a/4-01a

Key Themes

- Emotional Intelligence
- Relationships
- Communication

Wellbeing Indicator

- Nurtured
- Respected
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

- Self-awareness
- Ethics
- Self-control

SOCIAL INTELLIGENCE:
Connect with the world

Feeling

- Empathy
- Social Conscience

INNOVATION:
Create our own change

Curiosity

- Observation
- Sense-making**
- Holistic Thinking

Gratitude



Secondary One

In a world where we can often focus on what we want or what we don't have, it's important to appreciate who and what we do have in our lives.

Resources Required | Pen and Paper

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 3-05a/4-05a

Key Themes

- Gratitude
- Kindness
- Relationships

Wellbeing Indicator

- Responsible
- Healthy
- Respected

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing

- Sorting

Integrity

- Self-awareness

SOCIAL INTELLIGENCE:
Connect with the world

Leading

- Inspiring Others
- Motivating Other
- Change Catalyst

INNOVATION:
Create our own change

Sense-Making

- Holistic Thinking

Critical Thinking

- Logical Thinking



Secondary One




A key part of defining our character is our ability to demonstrate hard work even in the face of adversity.

Resources Required | Pen and Paper



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

3-07a/4-07a

Key Themes

-  Resilience
-  Mindset
-  Determination



Wellbeing Indicator

-  Responsible
-  Achieving

Meta Skills


SELF-MANAGEMENT:
Manage the now

Adapting


-  Openness
-  Resilience

SOCIAL INTELLIGENCE:
Connect with the world

Leading


-  Change Catalyst

Collaborating


-  Cultural Competence

INNOVATION:
Create our own change

Creativity

-  Visualising

Critical Thinking

-  Judgement

Hide 'n' Seek



Secondary One

We often associate playfulness with young children but it's so much more than that. Did you know play is at the heart of all things that light a fire in your belly?

Resources Required | n/a

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 3-11a/4-11a

Key Themes

- Imagination
- Creativity
- Innovation

Wellbeing Indicator

- Responsible
- Healthy
- Active

Meta Skills

SELF-MANAGEMENT:
Manage the now

Initiative

- Courage
- Risk-taking
- Enterprising

Adapting

- Openness

SOCIAL INTELLIGENCE:
Connect with the world

Collaborating

- Relationship Building
- Social Perceptiveness

Leading

- Inspiring Others

INNOVATION:
Create our own change

Creativity

- Imagination
- Maker Mentality

History of Women's Rights up to 2021

















Secondary One

Explore how women's rights have changed and why there are still issues.

Resources Required | Writing resources

As I explore the rights to which I and others 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.

Additional Es &Os: SOC 3-16a, SOC 3-04a, SOC 3-05a HWB 3-09a/4-09a

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">  Women's Rights  Equalities 	<ul style="list-style-type: none">  Included  Respected  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>Integrity</p> <ul style="list-style-type: none">  Ethics <p>Adapting</p> <ul style="list-style-type: none">  Openness 	<p>Communicating</p> <ul style="list-style-type: none">  Receiving Information  Giving Information <p>Feeling</p> <ul style="list-style-type: none">  Empathy  Social Conscience 	<p>Sense-making</p> <ul style="list-style-type: none">  Holistic Thinking <p>Critical Thinking</p> <ul style="list-style-type: none">  Judgement 	

Keep The Magic Alive



Secondary One

It can be easy to let the one-time new, exciting school become the new normal. Normal becomes boring, so how do we keep school magical and exciting?

Resources Required | Pen and 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 3-11/4-11a

Key Themes

- Enthusiasm
- Effort
- Attitude

Wellbeing Indicator

- Responsible
- Achieving

Meta Skills

SELF-MANAGEMENT:
Manage the now

Initiative

- Self-motivation
- Responsibility

SOCIAL INTELLIGENCE:
Connect with the world

Feeling

- Social Conscience

Collaborating

- Teamworking and Collaboration

INNOVATION:
Create our own change

Creativity

- Imagination
- Idea Generation



Secondary One




Some things are easy to talk about and yet some things just aren't. Farts and emotions are two of the most natural things a human does and yet... AWKWARD!

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 3-02a/4-02a

Key Themes

-  Emotions
-  Confidence
-  Feelings



Wellbeing Indicator

-  Responsible
-  Safe
-  Nurtured

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
-  Questioning

Sense-Making

-  Holistic Thinking

Optimising Optimism



Secondary One

We can often determine our success before we even give something a try. What if we made that a positive?

Resources Required | Pen and 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.

3-11/4-11a

Key Themes

- Positivity
- Mindset
- Attitude

Wellbeing Indicator

- Healthy
- Achieving

Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting

- Openness
- Resilience

Initiative

- Courage
- Risk-taking

SOCIAL INTELLIGENCE:
Connect with the world

Leading

- Inspiring Others
- Motivating Others

INNOVATION:
Create our own change

Creativity

- Visualising

Sense-Making

- Opportunity Recognition



Secondary One













This module focuses on developing a child's approach to learning. By looking at skills already acquired, plus biological evidence of how our brains grow, individuals can set goals for themselves for future learning.

The module also reinforces the attitude behind a growth mindset and the fact that our brains continue to respond to new learning and challenges throughout our lives.

Resources Required | Pen and Paper

As I explore the rights to which I and others 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 3-09a/4-09a

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">  Mindset  Brain Development  Self-awareness 		<ul style="list-style-type: none">  Achieving  Healthy 	
Meta Skills			
<p>SELF-MANAGEMENT: Manage the now</p> <p>Adapting</p> <ul style="list-style-type: none">  Openness  Adaptability  Self-learning 	<p>SOCIAL INTELLIGENCE: Connect with the world</p> <p>Leading</p> <ul style="list-style-type: none">  Developing Others  Change Catalyst 	<p>INNOVATION: Create our own change</p> <p>Creativity</p> <ul style="list-style-type: none">  Idea Generation  Maker Mentality 	

Stretchyness



Secondary One

Stretching ourselves physically is definitely important but stretching ourselves in life is importanter! So important we even made up a word, it's time to stretch!

Resources Required | n/a

I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.

HWB 3-19a

Key Themes

- Comfort Zones
- Mindset
- Decision Making

Wellbeing Indicator

- Healthy
- Achieving
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting

- Openness
- Adaptability
- Resilience

Initiative

- Risk-taking

SOCIAL INTELLIGENCE:
Connect with the world

Collaborating

- Cultural Competence

Leading

- Inspiring Others

INNOVATION:
Create our own change

Critical Thinking

- Deconstruction

Sense-Making

- Holistic Thinking
- Synthesis

Suss Out Your Skills



Secondary One

Sometimes we don't realise just how amazing we are. We have strengths, skills and talents that we take for granted but these shape who we are and how we respond in certain situations. They can even determine which path we follow later in life.

Resources Required | Pen and Paper

I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.

HWB 3-19a

Key Themes

- Skills
- Strengths
- Behaviours

Wellbeing Indicator

- Achieving
- Respected
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing

- Sorting

Integrity

- Self-awareness

Initiative

- Independent Thinking

SOCIAL INTELLIGENCE:
Connect with the world

Communicating

- Giving Information

INNOVATION:
Create our own change

Curiosity

- Observation

Sense-Making

- Pattern Recognition
- Holistic Thinking

Time Is Ticking!



Secondary One

It's incredible what we can achieve by switching off our screens and directing our efforts elsewhere!

Resources Required | Pen and Paper

I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.

HWB 3-19a

Key Themes

- Social Media
- Time Management
- Wellbeing

Wellbeing Indicator

- Healthy
- Achieving
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing

- Sorting
- Attention

Integrity

- Self-control

SOCIAL INTELLIGENCE:
Connect with the world

Leading

- Change Catalyst

INNOVATION:
Create our own change

Critical Thinking

- Deconstruction
- Computational Thinking

Vote of Confidence



Secondary One

Self-Confidence can help improve every aspect in your life. From speaking your mind to letting your individuality organically shine, others are drawn to those who are completely comfortable in their own skin.

Resources Required | n/a

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 3-11a/4-11a

Key Themes

- Confidence
- Positivity
- Success

Wellbeing Indicator

- Healthy
- Achieving

Meta Skills

SELF-MANAGEMENT:
Manage the now

Initiative

- Courage
- Risk-taking
- Self-belief
- Self-motivation

SOCIAL INTELLIGENCE:
Connect with the world

Leading

- Inspiring Others
- Motivating Others
- Developing Others

Communicating

- Giving Information

INNOVATION:

Create our own change

Curiosity

- Observation

Sense-Making

- Opportunity Recognition

What is Pride?



Secondary One

Why is there an LGBT history month? An explanation of why there is a LGBT history month and why celebrating Pride is important.

Resources Required | Writing resources

I understand the importance of being cared for and caring for others in relationships, and can explain why.

Additional Es &Os: SOC 3-04a, SOC 3-05a

HWB 3-44a

Key Themes

- Pride
- Education
- Mental Health

Wellbeing Indicator

- Included
- Respected
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

- Ethics

Adapting

- Openness

Initiative

- Independent Thinking

SOCIAL INTELLIGENCE:
Connect with the world

Communicating

- Receiving Information
- Giving Information

Feeling

- Social Conscience

INNOVATION:
Create our own change

Creativity

- Idea Generation

Sense-making

- Holistic Thinking

Critical Thinking

- Judgement



Secondary One




There are a lot of challenges in life that everyone has to face. Especially in school where students will go through the same course content as others. We can choose how we approach it. This module challenges learners to challenge their own approach.

Resources Required | Pen and Paper



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 3-10a/4-10a

Key Themes

-  Character
-  Enthusiasm
-  Happiness



Wellbeing Indicator

-  Healthy
-  Responsible

Meta Skills



SELF-MANAGEMENT:
Manage the now

Initiative

-  Courage
-  Risk-taking

SOCIAL INTELLIGENCE:
Connect with the world

Leading

-  Inspiring Others
-  Motivating Others

INNOVATION:
Create our own change

Sense-Making

-  Opportunity Recognition

Critical Thinking

-  Deconstruction



full tool kit

COMING SOON

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