

An Online Tool for Showing Kids Their Brilliance



# TREEHOUSE

**Secondary Two**

Planning and Preparation Toolkit



## Secondary Two

*An explanation of what being an ally is and why it is important to the LGBT community and others.*

Resources Required | Writing Resources

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

Additional Es &Os: SOC 3-04a/4-04a

HWB 3-08a/4-08a

### Key Themes

-  Allyship
-  Prejudice
-  Hate Crime



### Wellbeing Indicator

-  Included
-  Respected
-  Responsible



### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now


#### Focusing

-  Sorting
-  Attention

#### Integrity



-  Self-control
-  Ethics

#### Adapting


-  Openness

**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

# Be More Hilary



## Secondary Two

*The world is a busy place, and these days so are our heads. Let's take some time to stop and reflect on just what/who matters most and why.*

Resources Required | Writing Resources

**I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.**

HWB 3-04a/4-04a

### Key Themes

- 🌿 Values
- 🌿 Priorities
- 🌿 Focus

### Wellbeing Indicator

- 🌿 Responsible
- 🌿 Healthy

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing

- 🌿 Sorting

#### Integrity

- 🌿 Self-awareness
- 🌿 Ethics

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

- 🌿 Inspiring Others
- 🌿 Motivating Others

**INNOVATION:**  
Create our own change

#### Curiosity

- 🌿 Observation

#### Sense-making

- 🌿 Opportunity Recognition
- 🌿 Analysis

# Choices Choices














## Secondary Two

*Just why do we want to do certain things when we grow up? Is it money? Fame? Success? Or simply because it lights a fire in your belly? Let's explore career options and find out what the dream job really entails!*

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		Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Career Planning</li> <li> Attributes</li> <li> Skills</li> </ul>		<ul style="list-style-type: none"> <li> Responsible</li> <li> Achieving</li> </ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<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>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> <li> Listening</li> </ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"> <li> Information-sourcing</li> <li> Questioning</li> </ul>	

# Emotional Intelligence And Stress



## Secondary Two

*Us humans love to pretend that we are in control of ourselves. But when it comes down to it, each and every one of us are a walking talking cocktail of chemical reactions. Sometimes we feel great, sometimes not so much – the only thing that stays the same is change.*

Resources Required | Writing Resources

**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

- Emotional Intelligence
- Stress

### Wellbeing Indicator

- 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

#### Sense-making

- Pattern Recognition
- Holistic Thinking

# Grow Up To Show Up



## Secondary Two

*The early years of high school can be a daunting time for everyone due to physical changes our bodies go through. Whilst we can't control those changes, it can impact our body language – something that we can control.*

Resources Required | Writing Resources

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

HWB 3-15a/4-15a

### Key Themes

- Physical Development
- Body Language
- Body Confidence

### Wellbeing Indicator

- Healthy
- Included
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

- Self-awareness

#### Adapting

- Adaptability

#### Initiative

- Self-belief

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Feeling

- Empathy

**INNOVATION:**  
Create our own change

#### Sense-Making

- Holistic Thinking

#### Critical Thinking

- Logical Thinking

# Tear and Share



## Secondary Two




*Sometimes life can throw all sorts of weird and embarrassing moments at us that leave us feeling awkward and angry. But with the right mindset we can look back, embrace it and even laugh about it!*

Resources Required | n/a



**I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.**

HWB 3-04a/4-04a

### Key Themes

-  Feelings
-  Confidence
-  Kindness




### Wellbeing Indicator

-  Respected
-  Responsible

### Meta Skills



**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

-  Self-awareness
-  Ethics
-  Self-control

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Collaborating


-  Relationship Building
-  Social Perceptiveness

**INNOVATION:**  
Create our own change

#### Sense-making

-  Holistic Thinking

#### Critical Thinking

-  Logical Thinking

# The Fable Of The Fox And The Lion



## Secondary Two

*It can be easy to settle into a rhythm during school. This rhythm, however, needs to playing a reasonable beat otherwise things become slow and predictable. This module explores how we can pick up the pace when this starts to happen.*

Resources Required | Writing Resources

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

- Effort
- Mindset
- Challenges

### Wellbeing Indicator

- Achieving
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Adapting

- Openness

#### Initiative

- Self-motivation
- Responsibility

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating

- Giving Information

#### Leading

- Change Catalyst

**INNOVATION:**  
Create our own change

#### Creativity

- Visualising

#### Critical Thinking

- Deconstruction



# The Good, The Bad & The Silly



## Secondary Two


*Stress is one of life's big challenges that we will all have to wrestle with now and then. As with anything though, arming yourself with knowledge of how and why it arises will stand you in a much better position to take it on.*

Resources Required | Writing Resources

**I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.**

HWB 3-04a/4-04a

### Key Themes

 Stress

### Wellbeing Indicator

 Healthy  
 Responsible  
 Active

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity


 Self-control

#### Adapting


 Resilience

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Collaborating


 Social Perceptiveness

#### Leading


 Change Catalyst

**INNOVATION:**  
Create our own change

#### Curiosity

 Observation

#### Critical Thinking

 Deconstruction
















# The Importance of Consent



## Secondary Two

*Discuss the importance of consent in our relationships with each other.*

Resources Required | n/a

I recognise that power can exist within relationships and can be used positively as well as negatively.		
Additional Es &Os: HWB 3-44a		HWB 3-09a/4-09a
Key Themes		Wellbeing Indicator
<ul style="list-style-type: none"> <li> Consent</li> <li> Choice</li> <li> Relationships</li> </ul>		<ul style="list-style-type: none"> <li> Safe</li> <li> Respected</li> <li> Responsible</li> </ul>
Meta Skills		
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
<p><b>Focusing</b></p> <ul style="list-style-type: none"> <li> Attention</li> </ul> <p><b>Integrity</b></p> <ul style="list-style-type: none"> <li> Ethics</li> </ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"> <li> Independent Thinking</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Listening</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> Problem Recognition</li> <li> Questioning</li> </ul> <p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Holistic Thinking</li> </ul>

# The Sun Lounger Principle



## Secondary Two




*Sometimes in life we can end up pouring all our energy into the wrong things. It's time to consider what would happen if we were to shift our thinking and focus our energy on the things that really matter!*

Resources Required | Writing Resources



**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

-  Mindset
-  Focus
-  Priorities

### Wellbeing Indicator

-  Achieving
-  Responsible


### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now


#### Focusing

-  Attention

#### Adapting


-  Openness

#### Initiative

-  Self-motivation



**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

-  Change Catalyst

**INNOVATION:**  
Create our own change

#### Creativity

-  Visualising
-  Maker Mentality

# What is Unconscious Bias?



## Secondary Two

The second of six secondary lessons focusing on Race. This lesson explores the concept of unconscious bias and how to tackle it.

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.

Additional Es &Os: SOC 3-16a, SOC 3-17b

HWB 3-02a/4-02a

### Key Themes

- Racism
- Attitudes
- Stephen Lawrence

### Wellbeing Indicator

- Included
- Respected
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing

- Attention

#### Integrity

- Ethics

#### Initiative

- Independent Thinking

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating

- Receiving Information
- Listening
- Giving Information

#### Feeling

- Social Conscience

**INNOVATION:**  
Create our own change

#### Curiosity

- Information-sourcing
- Problem Recognition

#### Sense-Making

- Holistic Thinking

# What Would You Do?



## Secondary Two

*Often we don't know how much we value life until something changes, or someone threatens to take something away from us. How we choose to think about things really does matter and occasionally it's healthy to remind ourselves of just what's important.*

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 3-03a/4-03a

### Key Themes

- Mindset
- Bravery
- Relationships

### Wellbeing Indicator

- Nurtured
- Healthy
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Adapting

- Critical Reflection
- Resilience

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating

- Giving Information

#### Feeling

- Social Conscience

**INNOVATION:**  
Create our own change

#### Creativity

- Imagination
- Visualising

# Why Feeling Bad Is Good For Us



## Secondary Two

*It is very important to be able to recognise how we are feeling, and why, as we grow older. This lesson discusses how pupils can better verbalise their emotions.*

Resources Required | Writing Resources

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

- Self Awareness
- Self Regulation
- Relationships

### Wellbeing Indicator

- Healthy
- Responsible
- Nurtured

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

- Self-awareness
- Self-control

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Feeling

- Empathy

#### Collaborating

- Social Perceptiveness

**INNOVATION:**  
Create our own change

#### Sense-making

- Holistic Thinking
- Analysis

















## Secondary Two

*Maybe you're more of a dog or a cat person, but for this module we're going to introduce you to a brand new pet of yours. A pet that's actually been with you for quite a while, and doesn't seem to be going anywhere anytime soon.*

Resources Required | Writing Resources

**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		Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Gratification</li> <li> Self Regulation</li> <li> Emotional Intelligence</li> </ul>		<ul style="list-style-type: none"> <li> Healthy</li> <li> Responsible</li> </ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Critical Reflection</li> <li> Adaptability</li> </ul> <p><b>Integrity</b></p> <ul style="list-style-type: none"> <li> Self-awareness</li> <li> Self-control</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> <li> Giving Information</li> </ul>	<p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Holistic Thinking</li> <li> Analysis</li> </ul> <p><b>Critical Thinking</b></p> <ul style="list-style-type: none"> <li> Deconstruction</li> </ul>	



full tool kit

**COMING SOON**

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