

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE

Secondary Three

Planning and Preparation Toolkit

A for Effort



Secondary Three

Sometimes we can over-complicate how to develop our mindset. This module looks at the simple relationship between effort and success.

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
- Ambition
- Positive Action

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

- Imagination
- Idea Generation

Sense-making

- Opportunity Recognition

Captain of Your Ownership



Secondary Three

We all have to be captains now and then. We all have to take control of our own boats and decide how much effort we want to put in, and in what direction. It's not always easy, but, just like anything else, it gets better with practice.

Resources Required | n/a

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

- Responsibility
- Leadership
- Maturity

Wellbeing Indicator

- Responsible
- Achieving

Meta Skills

SELF-MANAGEMENT:

Manage the now

Integrity

- Ethics

Adapting

- Openness
- Critical Reflection

SOCIAL INTELLIGENCE:

Connect with the world

Leading

- Inspiring Others
- Change Catalyst

INNOVATION:

Create our own change

Creativity

- Visualising
- Maker Mentality

Fixing The Fixed Mindset



Secondary Three

There will always come a point at which we need to shift from natural talent, to hard work and effort. For many, this actually becomes the point of giving up. This module discusses how we can push beyond the Fixed Mindset.

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

- Resilience
- Mindset
- Persistence

Wellbeing Indicator

- Responsible
- Achieving

Meta Skills

SELF-MANAGEMENT:

Manage the now

Adapting

- Critical Reflection
- Resilience

Initiative

- Courage
- Enterprising

SOCIAL INTELLIGENCE:

Connect with the world

Leading

- Developing Others
- Change Catalyst

INNOVATION:

Create our own change

Curiosity

- Observation
- Questioning

Sense-making

- Opportunity Recognition

History of LGBT Rights and Stonewall



Secondary Three















The Growth Mindset has been in education for many years now. Often, we merely explain it to each other by merely describing what it is, rather than analysing our own mindset.

Resources Required | Writing resources

I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different contexts of such relationships including marriage.

HWB 3-04a/4-04a

Additional Es &Os: HWB 4-44a, SOC 4-02a, SOC 4-04a, SOC 4-04b

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">  Stonewall  Equality  Legal Protections 		<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">  Sorting  Filtering <p>Integrity</p> <ul style="list-style-type: none">  Ethics 	<p>Communicating</p> <ul style="list-style-type: none">  Receiving Information  Giving Information <p>Feeling</p> <ul style="list-style-type: none">  Social Conscience 	<p>Curiosity</p> <ul style="list-style-type: none">  Information-sourcing <p>Sense-making</p> <ul style="list-style-type: none">  Holistic Thinking 	

Making Yourself Comfortable



Secondary Three

Being comfortable sounds lovely but it has a time and a place. All too often we put this comfort before our growth and development. It's time to change that!

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

- 🌿 Comfort Zones
- 🌿 Challenges
- 🌿 Mindset

Wellbeing Indicator

- 🌿 Achieving
- 🌿 Responsible

Meta Skills

SELF-MANAGEMENT:

Manage the now

Initiative

- 🌿 Courage
- 🌿 Risk-taking
- 🌿 Self-motivation

Adapting

- 🌿 Openness

SOCIAL INTELLIGENCE:

Connect with the world

Leading

- 🌿 Change Catalyst

Communicating

- 🌿 Receiving Information

INNOVATION:

Create our own change

Creativity

- 🌿 Visualising

Sense-making

- 🌿 Opportunity Recognition

Open Your Eyes



Secondary Three

Open your eyes to the career available to you, explore some job descriptions and start planning the path to your future

Resources Required | n/a

I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life.

HWB 3-20a/4-20a

Key Themes

- Career Planning
- Skills
- Attributes

Wellbeing Indicator

- Achieving

Meta Skills

SELF-MANAGEMENT:

Manage the now

Focusing

- Sorting

Integrity

- Self-awareness

Initiative

- Self-belief

SOCIAL INTELLIGENCE:

Connect with the world

Communicating

- Receiving Information
- Giving Information

INNOVATION:

Create our own change

Curiosity

- Questioning
- Information-sourcing

Overthunked!



Secondary Three

Our brains are busy places full of all sorts weird and wonderful things. But sometimes they can get a little overcrowded leading us to spend a little too much time in our own heads with our own thoughts.

Resources Required | n/a

Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community

HWB 3-13a/4-13a

Key Themes

- Mindset
- Creativity
- Simplicity

Wellbeing Indicator

- Responsible
- 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

Curiosity

- Problem Recognition

Creativity

- Imagination
- Idea Generation

Critical Thinking

- Logical Thinking

Small Yet Mighty



Secondary Three

All too often people overlook the 'everyday' in favour of the 'spectacular'. We think about, dream of, and yearn toward great goals and achievements. When in reality, the only way to reach the spectacular is to focus on the everyday.

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

- Self-improvement
- Habits
- Discipline

Wellbeing Indicator

- Achieving
- Responsible
- Healthy

Meta Skills

SELF-MANAGEMENT:

Manage the now

Focusing

- Attention
- Filtering

SOCIAL INTELLIGENCE:

Connect with the world

Leading

- Change Catalyst

Communicating

- Giving Information

INNOVATION:

Create our own change

Critical Thinking

- Logical Thinking
- Judgement

Creativity

- Visualising

The Great Orange Giveaway!



Secondary Three

There's nothing wrong with daring to stand out or to be different, but sometimes we need to look inside first.

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

- Bravery
- Confidence
- Mindset

Wellbeing Indicator

- Included
- Respected
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Initiative

- Risk-taking
- Enterprising

SOCIAL INTELLIGENCE:
Connect with the world

Leading

- Motivating Others
- Inspiring Others

INNOVATION:
Create our own change

Creativity

- Imagination
- Idea Generation



Secondary Three















Explore how 'not being racist' and being 'anti-racist' are two different things.

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.

HWB 4-09a

Additional Es &Os: HWB 4-08a, SOC 4-04a, SOC 4-04b

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">  Racism  Equalities  Civil Rights Movement 		<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  Sorting <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">  Giving Information <p>Feeling</p> <ul style="list-style-type: none">  Social Conscience 	<p>Curiosity</p> <ul style="list-style-type: none">  Information-sourcing <p>Sense-making</p> <ul style="list-style-type: none">  Holistic Thinking 	

The Shopping Trolley Theory



Secondary Three

Doing the right thing in life might not always be fun or make you friends, but it most definitely gives us a peace of mind knowing that we have made the right decision.

Resources Required | n/a

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

- Kindness
- Respect
- Decision Making

Wellbeing Indicator

- Respected
- Responsible

Meta Skills

SELF-MANAGEMENT:

Manage the now

Focusing

- Sorting
- Filtering

Integrity

- Ethics

SOCIAL INTELLIGENCE:

Connect with the world

Feeling

- Social Conscience

Collaborating

- Social Perceptiveness

INNOVATION:

Create our own change

Critical Thinking

- Deconstruction
- Judgement

Captain of Your Ownership



Secondary Three




We all have to be captains now and then. We all have to take control of our own boats and decide how much effort we want to put in, and in what direction. It's not always easy, but, just like anything else, it gets better with practice.

Resources Required | n/a



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

-  Responsibility
-  Leadership
-  Maturity

Wellbeing Indicator


-  Responsible
-  Achieving

Meta Skills



SELF-MANAGEMENT:

Manage the now

Integrity

-  Ethics



Adapting

-  Openness
-  Critical Reflection

SOCIAL INTELLIGENCE:

Connect with the world



Leading

-  Inspiring Others
-  Change Catalyst

INNOVATION:

Create our own change

Creativity

-  Visualising
-  Maker Mentality

Thiis Much Excited!



Secondary Three

There are so many incredible moments in life. Sometimes we just need to stop and notice them!

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 3-05a/4-05a

Key Themes

- Mindset
- Gratitude
- Happiness

Wellbeing Indicator

- Healthy
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Initiative

- Self-motivation
- Enterprising

SOCIAL INTELLIGENCE:
Connect with the world

Collaborating

- Social Perceptiveness
- Relationship Building

INNOVATION:
Create our own change

Curiosity

- Observation

Sense-making

- Holistic Thinking

Think Fast?... Or Slow?















Secondary Three

Don't take this the wrong way... but your brain is LAZY. And we mean seriously lazy. There are scientists out there who prefer to use the term 'efficient'. But we think that's just a fancy way of saying lazy.

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		Wellbeing Indicator	
<ul style="list-style-type: none">  Self-awareness  Self-control  Emotional Regulation 		<ul style="list-style-type: none">  Achieving  Healthy 	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Initiative <ul style="list-style-type: none">  Independent Thinking  Decision-making 	Communicating <ul style="list-style-type: none">  Receiving Information  Storytelling 	Critical Thinking <ul style="list-style-type: none">  Computational Thinking  Deconstruction  Logical Thinking 	

What is Feminism?



Secondary Three

Discover what feminism is and why it's important we are all feminists.

Resources Required | Writing resources

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 4-05a

Additional Es &Os: HWB 4-01a, SOC 4-04a, SOC 4-04b, SOC 4-04c, SOC 4-17a

Key Themes

- 🌿 Equality
- 🌿 Support
- 🌿 Expectations

Wellbeing Indicator

- 🌿 Included
- 🌿 Respected
- 🌿 Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting

- 🌿 Openness
- 🌿 Critical Reflection

Initiative

- 🌿 Responsibility

SOCIAL INTELLIGENCE:
Connect with the world

Communicating

- 🌿 Listening

Feeling

- 🌿 Social Conscience

INNOVATION:
Create our own change

Curiosity

- 🌿 Problem Recognition

Sense-making

- 🌿 Holistic Thinking

What Matters?



Secondary Three

Adults tell you that your high school years are the best years of your life. Truth is, they don't always feel like it at the time.

Resources Required | Writing resources

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

HWB 3-07a/4-07a

Key Themes

- Resilience
- Mindset
- Emotional Intelligence

Wellbeing Indicator

- Included
- Respected
- Healthy

Meta Skills

SELF-MANAGEMENT:

Manage the now

Integrity

- Self-awareness
- Ethics

Initiative

- Courage

SOCIAL INTELLIGENCE:

Connect with the world

Leading

- Inspiring Others
- Change Catalyst

INNOVATION:

Create our own change

Creativity

- Idea Generation
- Visualising
















Secondary Three

Experiencing loss is not fun and talking about it definitely isn't exciting. But it's real and it impacts us all, affecting us in different ways at different times throughout our lives. Ironically, talking about it is one of the few things that makes it easier to deal with.

Resources Required | n/a

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

HWB 3-07a/4-07a

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">  Loss  Change  Emotions 		<ul style="list-style-type: none">  Responsible  Healthy  Nurtured 	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p>Integrity</p> <ul style="list-style-type: none">  Self-awareness <p>Adapting</p> <ul style="list-style-type: none">  Critical Reflection 	<p>Feeling</p> <ul style="list-style-type: none">  Empathy <p>Collaborating</p> <ul style="list-style-type: none">  Social Perceptiveness 	<p>Curiosity</p> <ul style="list-style-type: none">  Pattern Recognition  Holistic Thinking <p>Critical Thinking</p> <ul style="list-style-type: none">  Deconstruction 	



full tool kit

COMING SOON

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