

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE














Secondary Four

Planning and Preparation Toolkit

Channel Your Inner Chainsaw!

Secondary Four

It is time to channel your inner chainsaw. Yes you read that right. Get comfortable recognising your strengths and singing your own praises.

Key Themes		Wellbeing Indicator
<ul style="list-style-type: none">  Marketing Yourself  Self-belief  Confidence 		<ul style="list-style-type: none">  Responsible  Healthy  Achieving
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>Initiative</p> <ul style="list-style-type: none">  Self-belief  Self-motivation 	<p>Communicating</p> <ul style="list-style-type: none">  Giving Information <p>Leading</p> <ul style="list-style-type: none">  Developing Others 	<p>Curiosity</p> <ul style="list-style-type: none">  Observation  Information-sourcing

Chillaxing 101



Secondary Four

The basics of relaxation. It's easy to confuse mindfulness and relaxation with just sitting around doing nothing. We need to actually learn and practise how to relax.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">StressMindfulnessResilience		<ul style="list-style-type: none">HealthyResponsibleActive	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Focusing <ul style="list-style-type: none">AttentionFiltering	Communicating <ul style="list-style-type: none">Receiving InformationListening	Curiosity <ul style="list-style-type: none">Problem Recognition Sense-making <ul style="list-style-type: none">Holistic Thinking Critical Thinking <ul style="list-style-type: none">Computational Thinking	

Choose Your Character



Secondary Four

It's well known that we should start working towards becoming the type of person we would like to be. This module discusses the first step we take in that process.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">CharacterPositive ThinkingImagination		<ul style="list-style-type: none">ResponsibleHealthyAchieving	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Integrity <ul style="list-style-type: none">Self-awarenessEthics Initiative <ul style="list-style-type: none">CourageRisk-taking	Communicating <ul style="list-style-type: none">Receiving InformationGiving Information	Curiosity <ul style="list-style-type: none">Observation Creativity <ul style="list-style-type: none">Imagination	

Deciding to Make Better Decisions



Secondary Four

Decisions are everywhere. Young people are faced with more choices, options, and alternatives than ever before. Sometimes we decide not to make important choices, ironically, that in itself is a decision. But are all these decisions truly your own to make?

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Decision-makingSelf-awarenessMindset		<ul style="list-style-type: none">HealthyResponsibleAchieving	
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 ThinkingDecision-makingSelf-belief	Communicating <ul style="list-style-type: none">Giving Information Collaborating <ul style="list-style-type: none">Social Perceptiveness	Curiosity <ul style="list-style-type: none">Information-sourcing Sense-making <ul style="list-style-type: none">Pattern Recognition	

Enthuse It Or Lose It!



Secondary Four

When life seems boring, it's often because we're being boring! It's time to start approaching school with the enthusiasm it deserves.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">EnthusiasmAttitudeMotivation		<ul style="list-style-type: none">ResponsibleAchievingHealthy	
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">Self-beliefSelf-motivation	Leading <ul style="list-style-type: none">Inspiring OthersMotivating Others	Sense-making <ul style="list-style-type: none">Opportunity RecognitionHolistic Thinking	

Enthuse It Or Lose It!



Secondary Four

When life seems boring, it's often because we're being boring! It's time to start approaching school with the enthusiasm it deserves.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">EnthusiasmAttitudeMotivation		<ul style="list-style-type: none">ResponsibleAchievingHealthy	
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">Self-beliefSelf-motivation	Leading <ul style="list-style-type: none">Inspiring OthersMotivating Others	Sense-making <ul style="list-style-type: none">Opportunity RecognitionHolistic Thinking	

Everyday Sexism and Misogyny



Secondary Four

An explanation of the terms misogyny and sexism. As well as discussions about how to recognise and how to challenge them.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">PrejudiceMisogynySexism		<ul style="list-style-type: none">IncludedRespectedSafe	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Focusing <ul style="list-style-type: none">AttentionFiltering Integrity <ul style="list-style-type: none">EthicsSelf-awareness	Communicating <ul style="list-style-type: none">Listening Feeling <ul style="list-style-type: none">EmpathySocial Conscience	Curiosity <ul style="list-style-type: none">Problem Recognition Sense-making <ul style="list-style-type: none">Holistic Thinking	

Imagine That!



Secondary Four

Whilst we don't use the left and right brain theory any more, we do need still use our logic and creativity. Rather than seeing them as opposite, we need to see them as team mates, working towards our self-development.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Creativity🌿 Enthusiasm🌿 Positivity		<ul style="list-style-type: none">🌿 Responsible🌿 Achieving	
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🌿 Enterprising	Communicating <ul style="list-style-type: none">🌿 Giving Information🌿 Storytelling	Creativity <ul style="list-style-type: none">🌿 Imagination🌿 Idea Generation	

Is This Seat Mistaken?



Secondary Four

“To err is human”, a quote that we can’t help but agree with. The more you look into it, the more you’ll realise that our days are absolutely full to the brim with miscalculations, misjudgements, and misinterpretations.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Problem SolvingSelf-awarenessEmotional Regulation		<ul style="list-style-type: none">RespectedIncludedResponsible	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Focusing <ul style="list-style-type: none">AttentionFiltering	Communicating <ul style="list-style-type: none">Receiving Information Feeling <ul style="list-style-type: none">EmpathySocial Conscience	Curiosity <ul style="list-style-type: none">Information-sourcing Sense-making <ul style="list-style-type: none">Analysis Critical Thinking <ul style="list-style-type: none">Logical Thinking	

Laldy Mondays



Secondary Four

Truth time – Monday's are awesome. Well, they are if you think they are!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">MindsetWellbeingPositivity		<ul style="list-style-type: none">ResponsibleHealthy	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p>Adapting</p> <ul style="list-style-type: none">Openness <p>Initiative</p> <ul style="list-style-type: none">Self-motivation	<p>Leading</p> <ul style="list-style-type: none">InfluenceChange Catalyst	<p>Creativity</p> <ul style="list-style-type: none">Idea GenerationMaker Mentality	

LGBT and Representation



Secondary Four

The importance of visibility and representation in society for LGBT.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Culture🌿 Representation🌿 Acceptance		<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	
Focusing <ul style="list-style-type: none">🌿 Attention Integrity <ul style="list-style-type: none">🌿 Ethics	Communicating <ul style="list-style-type: none">🌿 Listening Feeling <ul style="list-style-type: none">🌿 Empathy🌿 Social Conscience	Creativity <ul style="list-style-type: none">🌿 Maker Mentality🌿 Visualising	

Meet Hasan



Secondary Four

Hasan has experienced multiple culture shocks throughout his educational journey. He reflects on what he learnt, how he adapted and how to stay flexible when it comes to planning your future.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Culture Shock🌿 Emotional Intelligence🌿 Career Planning		<ul style="list-style-type: none">🌿 Included🌿 Responsible🌿 Healthy	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Adapting <ul style="list-style-type: none">🌿 Openness🌿 Adaptability🌿 Resilience	Communicating <ul style="list-style-type: none">🌿 Receiving Information Leading <ul style="list-style-type: none">🌿 Change Catalyst	Curiosity <ul style="list-style-type: none">🌿 Questioning🌿 Information-sourcing Sense-making <ul style="list-style-type: none">🌿 Holistic Thinking	

Meet Max



Secondary Four

We caught up with Max, a graduate software engineer who has battled anxiety, depression and social exclusion throughout his life. He reflects on how he has overcome some of the biggest challenges he's experienced so far.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Emotional IntelligenceSelf-awarenessAnxiety		<ul style="list-style-type: none">IncludedRespectedResponsible	
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>Initiative</p> <ul style="list-style-type: none">Courage	<p>Feeling</p> <ul style="list-style-type: none">EmpathySocial Conscience <p>Leading</p> <ul style="list-style-type: none">Change Catalyst	<p>Sense-making</p> <ul style="list-style-type: none">Holistic Thinking <p>Critical Thinking</p> <ul style="list-style-type: none">DeconstructionLogical Thinking	

Probable Possibilities



Secondary Four

There are many ways in which our brains are superior to our very own computer creations. But one area in which there is no doubt that computers are king is that of calculating risk and probability. In short, we suck at it.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">▸ Probability▸ Self-control▸ Mindset		<ul style="list-style-type: none">▸ Responsible	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Focusing <ul style="list-style-type: none">▸ Sorting Adapting <ul style="list-style-type: none">▸ Adaptability▸ Resilience	Communicating <ul style="list-style-type: none">▸ Receiving Information Collaborating <ul style="list-style-type: none">▸ Social Perceptiveness	Sense-making <ul style="list-style-type: none">▸ Pattern Recognition Critical Thinking <ul style="list-style-type: none">▸ Computational Thinking	

Racism in Society and White Privilege



Secondary Four

Explore how racism and white privilege affects society in Scotland and the UK.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">RacismEqualitiesPrivilege		<ul style="list-style-type: none">IncludedRespectedResponsible	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Integrity <ul style="list-style-type: none">Self-awarenessEthics Adapting <ul style="list-style-type: none">Critical Reflection	Communicating <ul style="list-style-type: none">ListeningReceiving Information Feeling <ul style="list-style-type: none">EmpathySocial Conscience	Critical Thinking <ul style="list-style-type: none">Judgement Sense-making <ul style="list-style-type: none">Holistic Thinking	

Screenage Kicks



Secondary Four

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

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Time Management🌿 Social Media🌿 Decision Making		<ul style="list-style-type: none">🌿 Achieving🌿 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🌿 Filtering <p>Initiative</p> <ul style="list-style-type: none">🌿 Responsibility🌿 Self-motivation	<p>Communicating</p> <ul style="list-style-type: none">🌿 Receiving Information🌿 Listening	<p>Curiosity</p> <ul style="list-style-type: none">🌿 Observation <p>Critical Thinking</p> <ul style="list-style-type: none">🌿 Computational Thinking	

The F Word!



Secondary Four

Some of us only like to hear when we've done well at something, but feedback is an essential part of success.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">ResilienceConfidenceSelf-awareness		<ul style="list-style-type: none">RespectedResponsibleAchieving	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Adapting <ul style="list-style-type: none">Critical ReflectionResilience Initiative <ul style="list-style-type: none">Self-motivation	Communicating <ul style="list-style-type: none">Receiving Information Leading <ul style="list-style-type: none">Motivating Others	Sense-making <ul style="list-style-type: none">Analysis Critical Thinking <ul style="list-style-type: none">Deconstruction	

The Secret Of Studying



Secondary Four

There is no 'one size fits all' approach to studying. However, there are common themes that exist with regards to the brain's ability to retain and recall information. This module looks into those very themes.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Study Skills🌿 Creativity🌿 Time Management		<ul style="list-style-type: none">🌿 Responsible🌿 Achieving🌿 Active	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Focusing <ul style="list-style-type: none">🌿 Attention🌿 Filtering Initiative <ul style="list-style-type: none">🌿 Self-motivation🌿 Responsibility	Communicating <ul style="list-style-type: none">🌿 Giving Information🌿 Storytelling	Critical Thinking <ul style="list-style-type: none">🌿 Deconstruction🌿 Logical Thinking Creativity <ul style="list-style-type: none">🌿 Idea Generation	

The Thing That Changes Everything



Secondary Four

Inspiration comes in all shapes and sizes. Sometimes we just need to make more of an effort to notice it.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">MindsetWellbeing			
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
Adapting <ul style="list-style-type: none">Openness Initiative <ul style="list-style-type: none">CourageSelf-belief	Leading <ul style="list-style-type: none">Inspiring OthersMotivating Others	Curiosity <ul style="list-style-type: none">Observation Creativity <ul style="list-style-type: none">Imagination Sense-making <ul style="list-style-type: none">Opportunity Recognition	



full tool kit

COMING SOON

treeof.com