

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE

Secondary Five

Planning and Preparation Toolkit

Be Prepared!



Secondary Five

Rightly or wrongly, taking part in an interview can be nerve-wracking. Just the word “interview” can make people quake in their boots. There are many things you can’t predict but there is a lot you can prepare for.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Interview PreparationCareer PlanningConfidence		<ul style="list-style-type: none">AchievingResponsible	
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">Self-awareness	<p>Communicating</p> <ul style="list-style-type: none">Giving InformationListening	<p>Creativity</p> <ul style="list-style-type: none">ImaginationIdea Generation	

Birds On A Washing Line



Secondary Five

Just why are some people more successful than others? Is it luck, or is it just good old effort and self-belief.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Decision MakingTaking ActionMindset		<ul style="list-style-type: none">AchievingResponsible	
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">Courage	<p>Leading</p> <ul style="list-style-type: none">Inspiring OthersMotivating Others	<p>Creativity</p> <ul style="list-style-type: none">ImaginationVisualising	

Boys will be Boys and Toxic Masculinity



Secondary Five

Why toxic masculinity is such a problem and why challenging the view that 'boys will be boys' is so important for all.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Mental HealthMasculinityChange		<ul style="list-style-type: none">HealthySafeNurtured	
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">Self-awarenessEthics	Communicating <ul style="list-style-type: none">ListeningStorytelling Feeling <ul style="list-style-type: none">Empathy	Creativity <ul style="list-style-type: none">Idea GenerationMaker Mentality	

Fee-Fi-Fo-Fum



Secondary Five

We're all scared of something and sometimes it gets in the way of truly living. Time to be brave!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Bravery🌿 Wellbeing🌿 Resilience			
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">🌿 Courage🌿 Independent Thinking🌿 Risk-taking🌿 Self-belief	Feeling <ul style="list-style-type: none">🌿 Empathy Communicating <ul style="list-style-type: none">🌿 Listening	Sense-making <ul style="list-style-type: none">🌿 Holistic Thinking Critical Thinking <ul style="list-style-type: none">🌿 Deconstruction	

Hate Crimes



Secondary Five

What is a Hate Crime? This lesson defines the term and how it affects LGBT people in Scotland, the UK and round the world.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">LGBTLawAllyship		<ul style="list-style-type: none">SafeRespectedIncluded	
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">Self-awarenessEthics	Communicating <ul style="list-style-type: none">Listening Feeling <ul style="list-style-type: none">Empathy	Sense-making <ul style="list-style-type: none">Holistic Thinking Curiosity <ul style="list-style-type: none">Problem Recognition	

Illusions & Conclusions



Secondary Five

You've seen people do the high jump before. And the long jump. And maybe even the triple jump. But if there was an Olympic event dedicated to jumping to conclusions, then your brain would be right up there with the best of the best, potentially even the gold medal winner!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Self-awarenessProblem SolvingEmotional Regulation		<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>Focusing</p> <ul style="list-style-type: none">Sorting <p>Adapting</p> <ul style="list-style-type: none">Critical Reflection	<p>Communicating</p> <ul style="list-style-type: none">Receiving InformationListening	<p>Curiosity</p> <ul style="list-style-type: none">QuestioningInformation-sourcing <p>Curiosity</p> <ul style="list-style-type: none">Logical Thinking	

It Was(n't) Me



Secondary Five

From a young age, whenever things don't go well, we often point the finger at someone or something else. Many of us appear to have an in-built blame shield. It's often easier to blame others but is this good for us? Does it help us grow and develop?

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">OwnershipResponsibilityLeadership		<ul style="list-style-type: none">ResponsibleAchieving	
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-awareness Adapting <ul style="list-style-type: none">Critical ReflectionResponsibility	Feeling <ul style="list-style-type: none">Social ConscienceChange Catalyst	Critical Thinking <ul style="list-style-type: none">DeconstructionLogical Thinking	

It's All About You



Secondary Five

Just how will you keep yourself motivated and energised at this important time? The end is in sight, time to dig deep!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">StrengthsGoal-settingMotivation		<ul style="list-style-type: none">AchievingResponsibleHealthy	
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">Openness <p>Initiative</p> <ul style="list-style-type: none">CourageRisk-taking	<p>Communicating</p> <ul style="list-style-type: none">Giving InformationStorytelling	<p>Curiosity</p> <ul style="list-style-type: none">Questioning <p>Creativity</p> <ul style="list-style-type: none">Visualising <p>Sense-making</p> <ul style="list-style-type: none">Opportunity Recognition	

Laughter



Secondary Five

Laughter is one of the greatest feelings in the world yet as we get older we do it less and less. It's time to get back in touch with that sense of humour.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">HappinessMental HealthHumour		<ul style="list-style-type: none">HealthyNurtured	
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">Ethics Adapting <ul style="list-style-type: none">Critical Reflection	Leading <ul style="list-style-type: none">Inspiring OthersMotivating Others	Creativity <ul style="list-style-type: none">ImaginationIdea Generation	

Meet Ben



Secondary Five

Ben has had a very rocky journey to where he is today. He has made some difficult decisions, made important promises, been inspired by lego and shown true grit along the way.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Grit🌿 Mental Health		<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	
Integrity <ul style="list-style-type: none">🌿 Self-awareness Adapting <ul style="list-style-type: none">🌿 Openness🌿 Resilience Initiative <ul style="list-style-type: none">🌿 Courage🌿 Risk-taking	Feeling <ul style="list-style-type: none">🌿 Empathy Leading <ul style="list-style-type: none">🌿 Change Catalyst	Sense-making <ul style="list-style-type: none">🌿 Holistic Thinking Critical Thinking <ul style="list-style-type: none">🌿 Deconstruction	

Meet Rimsha



Secondary Five

We caught up with Rimsha, who has just landed her first job as a Continuous Improvement Technician. She shares her experiences of school, racism and exam stress and its impact on her as she worked toward her future career.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">RacismExam StressCareer Planning		<ul style="list-style-type: none">RespectedResponsibleIncluded	
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	Collaborating <ul style="list-style-type: none">Cultural Competence Feeling <ul style="list-style-type: none">Social Conscience	Sense-making <ul style="list-style-type: none">Pattern RecognitionHolistic Thinking Critical Thinking <ul style="list-style-type: none">Deconstruction	

Playtime Isn't Just For Little Kids



Secondary Five

There's so much more to play than meets the eye. Turns out we need it in order to live!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Creativity🌿 Relationships🌿 Mindset		<ul style="list-style-type: none">🌿 Healthy🌿 Active🌿 Responsible	
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">🌿 Risk-taking🌿 Enterprising	Collaborating <ul style="list-style-type: none">🌿 Relationship Building🌿 Teamworking and Collaboration	Creativity <ul style="list-style-type: none">🌿 Imagination🌿 Idea Generation	

Superhero vs Sidekick



Secondary Five

We're told not all superheroes wear capes, but do all heroes really need to be super?

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">WellbeingKindnessMindset		<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	
Integrity <ul style="list-style-type: none">Self-awarenessEthics	Feeling <ul style="list-style-type: none">Social Conscience Collaborating <ul style="list-style-type: none">Relationship Building	Creativity <ul style="list-style-type: none">ImaginationIdea Generation	

Systemic Racism and BLM



Secondary Five

Explore the meaning of systemic racism, what this means and how it has entered common discourse after recent events in both the US and the UK. Exploring how the BLM movement seeks to expose systemic racism and its roots in British society.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">RacismEqualitiesCulture		<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">Ethics	Communicating <ul style="list-style-type: none">ListeningReceiving 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">Holistic ThinkingSynthesis	

The Great Jigsaw of Life



Secondary Five

Not many stop to really think about why they're here and what they want out of life. Let's put some of the pieces together now!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">ResilienceEmotional IntelligenceHappiness		<ul style="list-style-type: none">HealthyResponsible	
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-awarenessSelf-control	Feeling <ul style="list-style-type: none">Empathy	Critical Thinking <ul style="list-style-type: none">DeconstructionLogical Thinking Sense-making <ul style="list-style-type: none">Holistic Thinking	

The Superpower of Single-Tasking

Secondary Five

It's a busy world out there. There's lots happening and it seems like everyone has an endless 'to-do' list. It can be a bit overwhelming at times. Best that you arm yourself with a superpower that you rarely see these days.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Time Management🌿 Self-management🌿 Productivity		<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	
Focusing <ul style="list-style-type: none">🌿 Attention🌿 Filtering	Communicating <ul style="list-style-type: none">🌿 Receiving Information🌿 Giving Information	Critical Thinking <ul style="list-style-type: none">🌿 Deconstruction🌿 Computational Thinking	

The Warm



Secondary Five

We've all had the common cold before, it's catching. What about the less common warm?

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">WellbeingKindnessMindset		<ul style="list-style-type: none">HealthyResponsible	
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 Integrity <ul style="list-style-type: none">Self-control	Feeling <ul style="list-style-type: none">EmpathySocial Conscience	Sense-making <ul style="list-style-type: none">Holistic ThinkingOpportunity Recognition	

You Are What You Think



Secondary Five

They say thoughts become things, so with big decisions coming down the line, this module challenges users to really think about how they think!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">PositivityResilienceDecision Making		<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	
Adapting <ul style="list-style-type: none">OpennessSelf-learning Initiative <ul style="list-style-type: none">CourageSelf-beliefSelf-motivation	Leading <ul style="list-style-type: none">Change Catalyst	Sense-making <ul style="list-style-type: none">Opportunity RecognitionAnalysis	



full tool kit

COMING SOON

treeof.com