

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE

Secondary Six

Planning and Preparation Toolkit

Age of Leverage



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What if we told you that there were some top secret tools that you could use to achieve all of your goals far quicker? Would you be interested in finding out more about them? What if we then told you that these tools were actually not top secret at all...

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Habits🌿 Discipline🌿 Self-improvement		<ul style="list-style-type: none">🌿 Achieving🌿 Responsible🌿 Healthy	
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">🌿 Self-control Initiative <ul style="list-style-type: none">🌿 Decision-making🌿 Responsibility	Communicating <ul style="list-style-type: none">🌿 Giving Information Leading <ul style="list-style-type: none">🌿 Change Catalyst	Critical Thinking <ul style="list-style-type: none">🌿 Deconstruction🌿 Judgement	

Callus Your Mind



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It's not easy being great. If it was, then everyone would be great. And if everyone was great, would great even be a thing? Or would great just be another word for normal?

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Self-improvementConscientiousnessDiscipline		<ul style="list-style-type: none">AchievingHealthyResponsible	
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">CourageRisk-takingSelf-motivationResponsibility	Leading <ul style="list-style-type: none">Inspiring OthersChange Catalyst	Critical Thinking <ul style="list-style-type: none">Deconstruction Creativity <ul style="list-style-type: none">Visualising	



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Studies have shown that we can have a dip in motivation during our teenage years. In terms of school, this is when we need that motivation more than ever. This module challenges us to rediscover that inspiration.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">  Boredom  Apathy  Enthusiasm 		<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>Adapting</p> <ul style="list-style-type: none">  Openness  Resilience 	<p>Leading</p> <ul style="list-style-type: none">  Inspiring Others  Change Catalyst <p>Collaborating</p> <ul style="list-style-type: none">  Relationship Building 	<p>Creativity</p> <ul style="list-style-type: none">  Imagination  Maker Mentality 	

Dreamers Unite



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So it's nearly time to leave school. There's no better time to get your head well and truly back in the clouds!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">✻ Creativity✻ Confidence✻ Motivation		<ul style="list-style-type: none">✻ Healthy✻ 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">✻ Courage✻ Risk-taking	Communicating <ul style="list-style-type: none">✻ Storytelling Feeling <ul style="list-style-type: none">✻ Empathy	Creativity <ul style="list-style-type: none">✻ Imagination✻ Maker Mentality	

Express Yourself



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Let's face it... CV's aren't the most exciting thing in the world. But sometimes a little creativity can go a long way!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Career Planning🌿 Creativity🌿 Strengths		<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	
<p>Integrity</p> <ul style="list-style-type: none">🌿 Self-awareness <p>Initiative</p> <ul style="list-style-type: none">🌿 Independent Thinking🌿 Enterprising	<p>Communicating</p> <ul style="list-style-type: none">🌿 Giving Information <p>Leading</p> <ul style="list-style-type: none">🌿 Influence	<p>Creativity</p> <ul style="list-style-type: none">🌿 Imagination🌿 Idea Generation	

Find Your Flow



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Decades of research have led towards the concept of Flow. A state of productivity and complete immersion in an activity. This module discusses how we get there and how we stay there.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">EngagementFlowMindset		<ul style="list-style-type: none">AchievingHealthyResponsible	
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 Adapting <ul style="list-style-type: none">Openness Integrity <ul style="list-style-type: none">Self-awareness	Collaborating <ul style="list-style-type: none">Cultural Competence Feeling <ul style="list-style-type: none">Social Conscience	Curiosity <ul style="list-style-type: none">Observation Critical Thinking <ul style="list-style-type: none">Judgement Sense-making <ul style="list-style-type: none">Holistic Thinking	

Find Your Why



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Part of getting to know yourself is understanding what you see your purpose to be. This underpins the difference we hope to make in the world one day.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Purpose🌿 Values🌿 Emotional Intelligence		<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🌿 Ethics	Feeling <ul style="list-style-type: none">🌿 Social Conscience Leading <ul style="list-style-type: none">🌿 Inspiring Others	Curiosity <ul style="list-style-type: none">🌿 Observation🌿 Questioning Creativity <ul style="list-style-type: none">🌿 Visualising	

Intersectionality



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Understanding what intersectionality is and the way in which this understanding can impact the ways in which we view each other.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">IdentityEducationUnderstanding		<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	
Focusing <ul style="list-style-type: none">AttentionFiltering Integrity <ul style="list-style-type: none">Self-awarenessEthics	Communicating <ul style="list-style-type: none">ListeningGiving Information Feeling <ul style="list-style-type: none">EmpathySocial Conscience	Sense-making <ul style="list-style-type: none">Holistic Thinking	

Making Decisions



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Having to make decisions can result in a lot of anxiety. The more we can develop the skill of making decisions, the better we feel making them.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Decision MakingResponsibilityProductivity		<ul style="list-style-type: none">AchievingHealthyResponsible	
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">Decision-makingIndependent ThinkingSelf-belief	Communicating <ul style="list-style-type: none">Receiving Information Leading <ul style="list-style-type: none">Influence	Critical Thinking <ul style="list-style-type: none">Logical ThinkingJudgement	

Meet Carlton



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Carlton is the Operation Director at Manorview Hotel Group, his family's business. He has fast tracked into a leadership position and learned some important lessons along the way.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">LeadershipSkills DevelopmentWork Ethic		<ul style="list-style-type: none">AchievingRespectedResponsible	
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-motivationEnterprisingSelf-belief	Leading <ul style="list-style-type: none">Inspiring OthersMotivating OthersDeveloping Others	Creativity <ul style="list-style-type: none">Visualising Sense-making <ul style="list-style-type: none">Opportunity Recognition	

Meet Kels



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We caught up with Kels, an Audio Engineer who has wrestled with her mental health and reassessed her career aspirations as she has moved from school, to college, to university and beyond.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Mental Health🌿 Perfectionism🌿 Identity		<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	
Adapting <ul style="list-style-type: none">🌿 Resilience Initiative <ul style="list-style-type: none">🌿 Courage🌿 Risk-taking	Communicating <ul style="list-style-type: none">🌿 Receiving Information Feeling <ul style="list-style-type: none">🌿 Empathy	Sense-making <ul style="list-style-type: none">🌿 Holistic Thinking Critical Thinking <ul style="list-style-type: none">🌿 Deconstruction	

Micro-Aggressions and Othering



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Discovering what micro-aggressions are and how to challenge them, and how to recognise othering at an individual and societal level.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">RacismEqualities		<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	
Focusing <ul style="list-style-type: none">AttentionFiltering Integrity <ul style="list-style-type: none">Ethics	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 ThinkingOpportunity Recognition	

Not All Men



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Why it is important to acknowledge gender when we talk about violence against women and how all men can help.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">GenderMisogynyPositive Change		<ul style="list-style-type: none">RespectedSafeResponsible	
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">ListeningReceiving Information Feeling <ul style="list-style-type: none">Social Conscience	Sense-making <ul style="list-style-type: none">Holistic ThinkingAnalysis	

Screenagers – FOMO v JOMO



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We've all heard of FOMO. You might even have felt it. Now it's time to shift our thinking and enjoy JOMO.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">WellbeingRelationships		<ul style="list-style-type: none">ResponsibleHealthyRespected	
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-awarenessSelf-control <p>Initiative</p> <ul style="list-style-type: none">Self-beliefIndependent Thinking	<p>Collaborating</p> <ul style="list-style-type: none">Social Perceptiveness <p>Communicating</p> <ul style="list-style-type: none">Storytelling	<p>Curiosity</p> <ul style="list-style-type: none">ObservationInformation-sourcing <p>Critical Thinking</p> <ul style="list-style-type: none">Logical Thinking	

Stressing Out!



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Stress is a growing problem at all ages. Learning how to manage it at a young age can be a vital part in our future success.














Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">StressAnxietyEmotional Intelligence		<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	
<p>Focusing</p> <ul style="list-style-type: none">AttentionFiltering <p>Adapting</p> <ul style="list-style-type: none">Adaptability	<p>Feeling</p> <ul style="list-style-type: none">Empathy <p>Collaborating</p> <ul style="list-style-type: none">Social Perceptiveness	<p>Sense-making</p> <ul style="list-style-type: none">Pattern RecognitionHolistic Thinking	

Thinking About Thinking



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Biases. Errors. Approximations. Fallacies. When you really look into it, you'll realise that our mind is a minefield of mistakes. Mistakes which, believe it or not, are fully responsible for generating millions of pounds in one particular industry.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">  Intelligence  Confidence  Mindset 		<ul style="list-style-type: none">  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">  Filtering <p>Adapting</p> <ul style="list-style-type: none">  Self-learning <p>Initiative</p> <ul style="list-style-type: none">  Independent Thinking 	<p>Communicating</p> <ul style="list-style-type: none">  Receiving Information <p>Collaborating</p> <ul style="list-style-type: none">  Social Perceptiveness 	<p>Curiosity</p> <ul style="list-style-type: none">  Observation  Questioning <p>Sense-making</p> <ul style="list-style-type: none">  Analysis 	

Wear Sunscreen



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They say we only live once. Nonsense, we only die once. We get to live every single day with purpose and meaning.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">RelationshipsOwnershipMindset		<ul style="list-style-type: none">HealthyNurturedRespected	
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">EmpathySocial Conscience Collaborating <ul style="list-style-type: none">Relationship Building	Sense-making <ul style="list-style-type: none">Holistic ThinkingAnalysis Creativity <ul style="list-style-type: none">Imagination	

What It's Like To Move Out



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Whether it's for university, college or work and whether it's now or in a few years, moving out for the first time can be one of the biggest challenges we face.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Responsibility🌿 Maturity🌿 Transitioning		<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	
Adapting <ul style="list-style-type: none">🌿 Openness Initiative <ul style="list-style-type: none">🌿 Independent Thinking🌿 Self-motivation🌿 Responsibility	Feeling <ul style="list-style-type: none">🌿 Social Conscience Leading <ul style="list-style-type: none">🌿 Change Catalyst	Curiosity <ul style="list-style-type: none">🌿 Information-sourcing Sense-making <ul style="list-style-type: none">🌿 Opportunity Recognition	

Your Irrational Brain



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Your brain is incredible. But it's also irrational. Let's go for a walk around the inside of your head and see what we find. Just be wary of the various trapdoors, pitfalls and corners to cut along the way!

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">Problem SolvingConfidenceSelf-control		<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	
Focusing <ul style="list-style-type: none">SortingFiltering	Communicating <ul style="list-style-type: none">StorytellingGiving Information	Critical Thinking <ul style="list-style-type: none">Computational Thinking	Sense-making <ul style="list-style-type: none">Synthesis



full tool kit

COMING SOON

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