

An Online Tool for Showing Kids Their Brilliance



# TREEHOUSE

The third best thing in education

**Primary One**

Planning and Preparation Toolkit















# Big Dreamers



## Primary One

*By inspiring children with the story of Mae Jemison, the first African-American female astronaut, the module looks to encourage children to come up with bold dreams for their own happiness.*

Resources Required | Junk modelling resources to allow children to build their own rocket. Plus glue, scissors and tape.

<p><b>I am aware of my own and others' needs and feelings, especially when taking turns and sharing resources. I recognise the need to follow rules.</b></p> <p style="text-align: right;">HWB 0-23a</p>		
<p><b>Key Themes</b></p>	<p><b>Wellbeing Indicator</b></p>	
<ul style="list-style-type: none"> <li> Mindset</li> <li> Confidence</li> <li> Choices</li> </ul>	<ul style="list-style-type: none"> <li> Achieving</li> <li> Included</li> </ul>	
<p><b>Meta Skills</b></p>		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Openness</li> <li> Self-Learning</li> </ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"> <li> Independent Thinking</li> <li> Self-motivation</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> <li> Storytelling</li> </ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Imagination</li> <li> Idea Generation</li> <li> Maker Mentality</li> </ul>

# Cha Cha the Chameleon



## Primary One



*Cha Cha likes to blend in, sometime she blends in too much. Can you help her true colours shine through?*

Resources Required | Art materials to create a picture i.e colouring pens, pencils, paint



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 0-02a

### Key Themes

-  Stress
-  Anxiety


### Wellbeing Indicator

-  Included
-  Respected


### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Adapting


-  Resilience

#### Initiative


-  Courage

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating


-  Giving Information

#### Leading

-  Motivating Others

**INNOVATION:**  
Create our own change

#### Critical Thinking

-  Deconstruction

# Freddy the Feelings Fairy



## Primary One

Meet Freddy the Feelings Fairy as he learns how to recognise and handle his emotions.

Resources Required | Art materials to create a picture i.e colouring pens, pencils, paint

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

HWB 0-04a

### Key Themes

- 🌿 Emotional Intelligence
- 🌿 Communication
- 🌿 Confidence

### Wellbeing Indicator

- 🌿 Achieving
- 🌿 Respected
- 🌿 Safe

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

- 🌿 Self-awareness
- 🌿 Self-control

#### Adapting

- 🌿 Adaptability

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Feeling

- 🌿 Empathy

**INNOVATION:**  
Create our own change

#### Curiosity

- 🌿 Observation

#### Creativity

- 🌿 Imagination

# Gemima the Guinea Pig and the Big Wave



## Primary One

Meet Gemima the swimming guinea pig as she faces her fears.

Resources Required | n/a

<p><b>I am learning skills and strategies, which will support me in challenging times, particularly in relations to change and loss.</b></p> <p style="text-align: right;">HWB 0-07a</p>		
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Bravery</li> <li> Perseverance</li> <li> Managing Fear</li> </ul>	<ul style="list-style-type: none"> <li> Respected</li> <li> Responsible</li> <li> Achieving</li> </ul>	
Meta Skills		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Integrity</b></p> <ul style="list-style-type: none"> <li> Self-awareness</li> </ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Critical Reflection</li> </ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"> <li> Courage</li> </ul>	<p><b>Collaborating</b></p> <ul style="list-style-type: none"> <li> Teamworking and Collaboration</li> </ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"> <li> Questioning</li> <li> Problem Recognition</li> </ul> <p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Logical Thinking</li> </ul>



## Primary One



*Harris is having a tough time because a cat in his club is not letting him play with his favourite toy.*

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 0-05a

### Key Themes

-  Respect
-  Confidence



### Wellbeing Indicator

-  Respected
-  Responsible

### Meta Skills



**SELF-MANAGEMENT:**  
Manage the now

#### Adapting


-  Sorting
-  Resilience

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Collaborating


-  Relationship Building
-  Receiving Information

#### Leading


-  Influence

**INNOVATION:**  
Create our own change

#### Creativity

-  Imagination

#### Critical Thinking

-  Logical Thinking

# Horace Pierre the Guitar Playing Donkey



## Primary One

*Horace Pierre is having a crisis of confidence and would benefit from a lift and kind words from others.*

Resources Required | n/a

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

HWB 0-08a

### Key Themes

- 🌿 Helping Others
- 🌿 Emotional Intelligence
- 🌿 Communication

### Wellbeing Indicator

- 🌿 Respected
- 🌿 Achieving
- 🌿 Nurtured

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Adapting

- 🌿 Openness

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Feeling

- 🌿 Empathy
- 🌿 Social Conscience

**INNOVATION:**  
Create our own change

#### Creativity

- 🌿 Imagination
- 🌿 Idea Generation

# I've Got This



## Primary One

*Slow and steady wins the race. Resilience is all about trying your best, coping with change and thinking before you react. Let's explore!*

Resources Required | n/a

<p><b>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.</b></p> <p style="text-align: right;">HWB 0-02a</p>		
<p><b>Key Themes</b></p> <ul style="list-style-type: none"> <li> Resilience</li> <li> Mindfulness</li> <li> Wellbeing</li> </ul>	<p><b>Wellbeing Indicator</b></p> <ul style="list-style-type: none"> <li> Nurtured</li> <li> Safe</li> <li> Achieving</li> </ul>	
<p style="text-align: center;"><b>Meta Skills</b></p>		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Focusing</b></p> <ul style="list-style-type: none"> <li> Filtering</li> </ul> <p><b>Integrity</b></p> <ul style="list-style-type: none"> <li> Self-awareness</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> </ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"> <li> Problem Recognition</li> </ul> <p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Holistic Thinking</li> </ul>













# Moff the cheery Chinchilla



## Primary One

*Moff, who is usually very cheerful is feeling down. Can you help cheer him up?*

Resources Required | n/a

I am aware of and able to express my feelings and am developing the ability to talk about them.		
		HWB 0-01a
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Emotional Intelligence</li> <li> Confidence</li> <li> Communication</li> </ul>	<ul style="list-style-type: none"> <li> Included</li> <li> Respected</li> </ul>	
Meta Skills		
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
<b>Adapting</b> <ul style="list-style-type: none"> <li> Resilience</li> </ul>	<b>Feeling</b> <ul style="list-style-type: none"> <li> Empathy</li> <li> Social Conscience</li> </ul>	<b>Creativity</b> <ul style="list-style-type: none"> <li> Imagination</li> <li> Idea Generation</li> </ul>

# People Who Help



## Primary One




*Sometimes pupils need someone in school to help them out, someone to talk to. But if you are new to a school, it can sometimes be tricky to work out who they are.*

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 0-03a

### Key Themes

-  Friendship
-  Support
-  School Community



### Wellbeing Indicator

-  Safe
-  Responsible


### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing



-  Sorting
-  Attention

#### Initiative


-  Decision-making

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating


-  Listening
-  Giving Information

#### Collaborating


-  Teamworking and Collaboration

**INNOVATION:**  
Create our own change

#### Sense-making

-  Holistic Thinking

#### Critical Thinking

-  Judgement

# Push the Button!














## Primary One

*We are surrounded by all sorts of incredible inventions. Sometimes we have ideas that could make them even better. Time to do some inventing of our own and bring some excitement to the everyday.*

Resources Required | n/a

**In everyday activity and play, I explore and make choices to develop my learning and interests. I am encouraged to use and share my experiences.**

HWB 0-19a

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Creativity</li> <li> Problem Solving</li> <li> Confidence</li> </ul>		<ul style="list-style-type: none"> <li> Active</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> Openness</li> </ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"> <li> Independent Thinking</li> <li> Enterprising</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> <li> Listening</li> </ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Imagination</li> <li> Idea Generation</li> </ul>	












# That's My Chair



## Primary One

*What can you do when more than one person wants the same toy, or to sit in the same place? Maybe it is time to learn about compromising.*

Resources Required | n/a

<p><b>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my behaviour and the way others behave.</b></p> <p style="text-align: right;">HWB 0-04a</p>		
<p><b>Key Themes</b></p>	<p><b>Wellbeing Indicator</b></p>	
<ul style="list-style-type: none"> <li> Compromise</li> <li> Friendship</li> <li> Sharing</li> </ul>	<ul style="list-style-type: none"> <li> Respected</li> <li> Responsible</li> </ul>	
<p><b>Meta Skills</b></p>		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<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> Self-control</li> </ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Resilience</li> </ul>	<p><b>Feeling</b></p> <ul style="list-style-type: none"> <li> Empathy</li> </ul> <p><b>Collaborating</b></p> <ul style="list-style-type: none"> <li> Relationship Building</li> </ul>	<p><b>Critical Thinking</b></p> <ul style="list-style-type: none"> <li> Judgement</li> </ul>

# The Magic Breathing Balloon



## Primary One




*Breathing is awesome. When you find yourself OUT OF CONTROL and your body is going C-R-A-Z-Y... the magic breathing balloon really can help you feel much better!*

Resources Required | Paper, pencils and colouring pens/pencils.



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 0-02a

### Key Themes

-  Wellbeing
-  Mindfulness
-  Happiness



### Wellbeing Indicator

-  Safe
-  Nurtured
-  Healthy

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing


-  Attention
-  Filtering

#### Integrity

-  Self-control



**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating



-  Receiving Information

**INNOVATION:**  
Create our own change

#### Curiosity

-  Observation
-  Observation

#### Creativity

-  Holistic Thinking
- Creativity**
-  Deconstruction

# When I Grow Up



## Primary One

*What jobs would you like to do when you are older? Have a think about all the great and exciting opportunities for us all!*

Resources Required | n/a

<p><b>I can describe some of the kinds of work that people do and I am finding out about the wider world of work.</b></p> <p style="text-align: right;">HWB 0-20a</p>		
<p><b>Key Themes</b></p> <ul style="list-style-type: none"> <li> Ambition</li> <li> Creativity</li> <li> Future</li> </ul>	<p><b>Wellbeing Indicator</b></p> <ul style="list-style-type: none"> <li> Achieving</li> <li> Respected</li> </ul>	
<p style="text-align: center;"><b>Meta Skills</b></p>		
<p><b>SELF-MANAGEMENT:</b> Manage the now</p>	<p><b>SOCIAL INTELLIGENCE:</b> Connect with the world</p>	<p><b>INNOVATION:</b> Create our own change</p>
<p><b>Focusing</b></p> <ul style="list-style-type: none"> <li> Sorting</li> <li> Attention</li> </ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Openness</li> </ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"> <li> Courage</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Giving Information</li> <li> Receiving Information</li> </ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Imagination</li> <li> Idea Generation</li> </ul> <p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Opportunity</li> <li> Recognition</li> </ul>



full tool kit

COMING SOON

[treeof.com](http://treeof.com)