

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE

The third best thing in education

Primary Three

Planning and Preparation Toolkit

5 Things



Primary Three

Not everything in life is fun all the time, sometimes we can't escape the things that worry us. BUT we can use the power of imagination to transport us into a place where we feel safe, calm and happy!

Resources Required | Writing Materials

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 1-04a
Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none">🌿 Worry🌿 Wellbeing🌿 Senses		<ul style="list-style-type: none">🌿 Safe🌿 Nurtured🌿 Healthy	
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🌿 Self-control	Communicating <ul style="list-style-type: none">🌿 Receiving Information🌿 Listening	Curiosity <ul style="list-style-type: none">🌿 Observation Creativity <ul style="list-style-type: none">🌿 Imagination	

And Breathe...



Primary Three

Did you know blowing bubbles can calm you down? Discover the magical powers of breathing...

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 1-02a

Key Themes

- 🌿 Self Regulation
- 🌿 Mindfulness
- 🌿 Wellbeing

Wellbeing Indicator

- 🌿 Healthy
- 🌿 Safe
- 🌿 Active

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing

- 🌿 Attention
- 🌿 Filtering

SOCIAL INTELLIGENCE:
Connect with the world

Leading

- 🌿 Change Catalyst

Communicating

- 🌿 Receiving Information
- 🌿 Listening

INNOVATION:
Create our own change

Curiosity

- 🌿 Observation

Creativity

- 🌿 Imagination













Could You Help Me Please?



Primary Three

There are lots of people in our lives who can help us. Explore the ways in which these people help to keep us safe everyday.

Resources Required | n/a

<p>I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.</p> <p style="text-align: right;">HWB 1-08a</p>		
<p>Key Themes</p> <ul style="list-style-type: none">  Helping Others  Communication  Confidence 		<p>Wellbeing Indicator</p> <ul style="list-style-type: none">  Responsible  Safe
<p style="text-align: center;">Meta Skills</p>		
<p>SELF-MANAGEMENT: Manage the now</p>	<p>SOCIAL INTELLIGENCE: Connect with the world</p>	<p>INNOVATION: Create our own change</p>
<p>Focusing</p> <ul style="list-style-type: none">  Sorting <p>Adapting</p> <ul style="list-style-type: none">  Critical Reflection <p>Initiative</p> <ul style="list-style-type: none">  Decision-making 	<p>Collaborating</p> <ul style="list-style-type: none">  Teamworking and Collaboration <p>Leading</p> <ul style="list-style-type: none">  Influence 	<p>Sense-making</p> <ul style="list-style-type: none">  Pattern Recognition <p>Critical Thinking</p> <ul style="list-style-type: none">  Logical Thinking  Judgement

It Doesn't Matter



Primary Three




When you are not feeling great, or worried about something, who can you speak to and how can they help?

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 1-03a

Key Themes

-  Emotions
-  Wellbeing
-  Relationships



Wellbeing Indicator

-  Healthy
-  Safe
-  Nurtured

Meta Skills



SELF-MANAGEMENT:
Manage the now

Focusing


-  Attention
-  Filtering

SOCIAL INTELLIGENCE:
Connect with the world

Feeling



-  Empathy
-  Social Conscience

Collaborating

-  Teamworking and Collaboration

INNOVATION:
Create our own change

Creativity

-  Idea Generation
-  Imagination














Kindness is Key



Primary Three

Sometimes it feels like we have different sides of ourselves competing to control us. The one that wins is usually the one we listen to the most.

Resources Required | n/a

<p>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.</p> <p style="text-align: right;">HWB 1-04a</p>		
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none">  Kindness  Emotional Intelligence  Wellbeing 	<ul style="list-style-type: none">  Responsible  Achieving  Healthy 	
Meta Skills		
<p>SELF-MANAGEMENT: Manage the now</p>	<p>SOCIAL INTELLIGENCE: Connect with the world</p>	<p>INNOVATION: Create our own change</p>
<p>Integrity</p> <ul style="list-style-type: none">  Self-awareness  Ethics 	<p>Feeling</p> <ul style="list-style-type: none">  Empathy <p>Leading</p> <ul style="list-style-type: none">  Change Catalyst 	<p>Curiosity</p> <ul style="list-style-type: none">  Observation <p>Creativity</p> <ul style="list-style-type: none">  Idea Generation  Visualising

Mixed-Up Me



Primary Three

We are all a big jumble of strengths and skills, sometimes we recognise them, sometimes we don't. Take some time to reflect on the skills you would love to have, and how to develop them.

Resources Required | Pens, paper, magazines, glue and scissors.

I recognise that we have similarities and differences but are all unique.		
HWB 1-47a		
Key Themes	Wellbeing Indicator	
<ul style="list-style-type: none"> Self-Awareness Strengths Being Unique 	<ul style="list-style-type: none"> Achieving Included 	
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 	<p>Leading</p> <ul style="list-style-type: none"> Inspiring Others Motivating Others 	<p>Critical Thinking</p> <ul style="list-style-type: none"> Judgement <p>Curiosity</p> <ul style="list-style-type: none"> Observation

Pirate Pete Drops His Anchor



Primary Three




Pirate Pete is a very chilled out Pirate. He can't wait to share his mindfulness secrets with you! Get ready to drop your anchor.

Resources Required | Writing Materials

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 1-02a

Key Themes

-  Mindfulness
-  Self Regulation
-  Wellbeing



Wellbeing Indicator

-  Active
-  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

Creativity

-  Imagination
-  Visualising

Respect Headlines



Primary Three



Can you tell the difference between being respectful and being disrespectful?

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 1-05a

Key Themes

-  Respect
-  Communication



Wellbeing Indicator

-  Respected
-  Responsible
-  Safe

Meta Skills



SELF-MANAGEMENT:
Manage the now

Adapting

-  Openness
-  Adaptability



SOCIAL INTELLIGENCE:
Connect with the world

Communicating


-  Storytelling
- Collaborating**
-  Teamworking and Collaboration

INNOVATION:
Create our own change

Critical Thinking

-  Deconstruction
-  Judgement

Creativity

-  Idea Generation












Teamwork Makes the Dream Work



Primary Three

*It is not always easy to see the value in teamwork – why bother when you can do it all by yourself?
But sometimes teamwork really does make the dream work!*

Resources Required | Art materials

<p>I value the opportunities I am given to make friends and be part of a group in a range of situations.</p> <p style="text-align: right;">HWB 1-14a</p>		
<p>Key Themes</p> <ul style="list-style-type: none">  Teamwork  Cooperation  Communication 		<p>Wellbeing Indicator</p> <ul style="list-style-type: none">  Included  Respected
<p style="text-align: center;">Meta Skills</p>		
<p>SELF-MANAGEMENT: Manage the now</p>	<p>SOCIAL INTELLIGENCE: Connect with the world</p>	<p>INNOVATION: Create our own change</p>
<p>Focusing</p> <ul style="list-style-type: none">  Sorting  Attention 	<p>Collaborating</p> <ul style="list-style-type: none">  Relationship Building  Teamworking and Collaboration  Social Perceptiveness <p>Communicating</p> <ul style="list-style-type: none">  Listening 	<p>Creativity</p> <ul style="list-style-type: none">  Imagination  Maker Mentality <p>Sense-making</p> <ul style="list-style-type: none">  Analysis

Thank You!



Primary Three

Gratitude is a simple act, but when we practice it regularly, it can leave us feeling great!

Resources Required | Writing Materials

I understand the importance of mental wellbeing and this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support

HWB 1-06a

Key Themes

- Wellbeing
- Mental Health
- Support

Wellbeing Indicator

- Healthy
- Achieving
- Active

Meta Skills

SELF-MANAGEMENT:
Manage the now

- Integrity**
 - Self-awareness
- Adapting**
 - Openness
- Initiative**
 - Self-motivation

SOCIAL INTELLIGENCE:
Connect with the world

- Communicating**
 - Receiving Information
 - Giving Information
- Collaborating**
 - Social Perceptiveness

INNOVATION:
Create our own change

- Sense-making**
 - Holistic Thinking

The Worry Jar



Primary Three



Worrying is totally normal, we all do it! But a worry jar can help you keep a lid on things...

Resources Required | Glass jars. Art materials/pens/pencils. Glitter and bottles for calm jar.



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

HWB 1-07a

Key Themes

-  Anxiety
-  Mindfulness
-  Wellbeing

Wellbeing Indicator

-  Healthy
-  Safe

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing


-  Attention

Integrity


-  Self-control

SOCIAL INTELLIGENCE:
Connect with the world

Communicating


-  Giving Information

Feeling


-  Empathy

INNOVATION:
Create our own change

Curiosity

-  Observation

Creativity

-  Visualising

Sense-making

-  Holistic Thinking












You Can't Throw Me Out



Primary Three

Stuff! Stuff! Stuff! What do we do with it when we don't need it anymore and what should we keep hold of. Lets explore through some fun role-play, and hope no-one ends up in the bin bag!

Resources Required | n/a

<p style="text-align: center;">Through contributing my views, time and talents, I play a part in bringing about positive change to my school and wider community.</p> <p style="text-align: right;">HWB 1-13a</p>		
<p>Key Themes</p> <ul style="list-style-type: none">  Creativity  Responsibility  Choices 		<p>Wellbeing Indicator</p> <ul style="list-style-type: none">  Responsible
<p>Meta Skills</p>		
<p>SELF-MANAGEMENT: Manage the now</p>	<p>SOCIAL INTELLIGENCE: Connect with the world</p>	<p>INNOVATION: Create our own change</p>
<p>Focusing</p> <ul style="list-style-type: none">  Attention <p>Adapting</p> <ul style="list-style-type: none">  Critical Reflection 	<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">  Questioning <p>Critical Thinking</p> <ul style="list-style-type: none">  Logical Thinking

When I Grow Up



Primary Three

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



full tool kit

COMING SOON

treeof.com