An Online Tool for Showing Kids Their Brilliance

TREHDUSE

The third best thing in education

Secondary One

Planning and Preparation Toolkit

A Life Sandwich



Secondary One

We're born, we live and then we die. But it's the bit in the middle of this life sandwich that really counts. The ingredients that you choose to fill yours with matter, and in your life, you're in charge of the kitchen!

Resources Required n/a

I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.

HWB 3-10a/4-10a

Key Themes		Wellbeing Indicator		
<i>M</i>indset<i>Experiences</i><i>Relationships</i>		HealthyRespectedNurtured		
	Meta	Skills		
SELF-MANAGEMENT: Manage the now	SOCIAL INTELL Connect with th		INNOVATION: Create our own change	
Focusing Sorting Adapting Critical Reflection	Communicating J Storytelling Collaborating J Social Perce		Creativity Imagination Idea Generation	
J Adaptability				

Black History Month



Secondary One

This is the first of six secondary school modules based on Race. This lesson focusses on the importance of black people and people of colour throughout history. We will also share reasons why we celebrate Black History Month in October each year.

Resources Required Writing resources



Branded

Secondary One

Sometimes in life we need to stand out and put ourselves forward for things. It's not always easy but no one knows you better than you, and with time and energy we can all become that bit more confident in communicating exactly what makes us unique!

Resources Required n/a

I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning. HWB 3-19

Key Themes	Wellbein	Wellbeing Indicator		
<i>S</i> CommunicationConfidenceStrengths	🍠 Respon 🝠 Achievi 🍠 Healthy	ng		
	Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change		
Focusing Ø Sorting	Communicating <i>fiving</i> Information	Creativity <i>M</i> Visualising		
Integrity	🍠 Storytelling	🍠 Maker Mentality		
Self-awareness Ethics	Leading			



Emotional Intelligence



Secondary One

Emotional Intelligence has been shown to be a bigger factor in an individual's success than academic intelligence. This module discusses how to improve both EQ and IQ without impacting the other.

Resources Required Pen and Paper



Gratitude

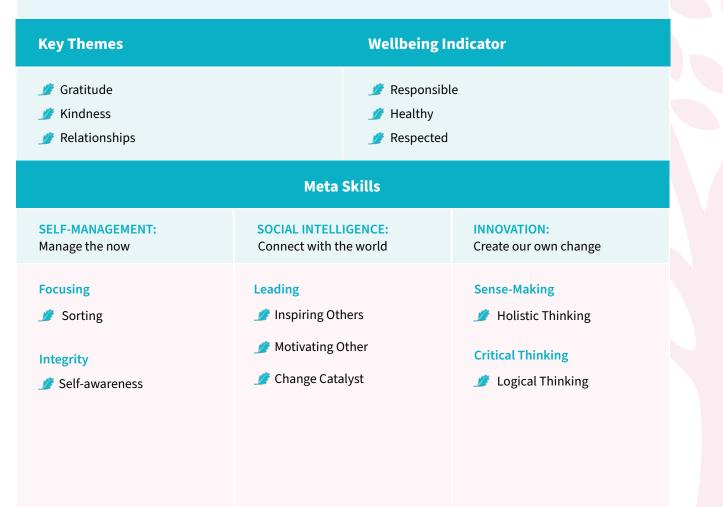


In a world where we can often focus on what we want or what we don't have, it's important to appreciate who and what we do have in our lives.

Resources Required Pen and Paper

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 3-05a/4-05a





Grit



Secondary One

A key part of defining our character is our ability to demonstrate hard work even in the face of adversity.

Resources Required Pen and Paper



Hide 'n' Seek



Secondary One

We often associate playfulness with young children but it's so much more than that. Did you know play is at the heart of all things that light a fire in your belly?

Resources Required n/a

I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.

HWB 3-11a/4-11a

Key Themes	Wellbeing Indicator			
ImaginationCreativityInnovation	ResponsibleHealthyActive		e	
	Meta	Skills		
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world		INNOVATION: Create our own change	
Initiative Courage Risk-taking Enterprising	Collaborating Relationship Building Social Perceptiveness		Creativity Imagination Maker Mentality	
Adapting Ø Openness	Leading <i>f</i> Inspiring Oth	ers		

History of Women's Rights up to 2021



Secondary One

Explore how women's rights have changed and why there are still issues.

Resources Required Writing resources

As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.

Additional Es &Os: SOC 3-16a, SOC 3-04a, SOC 3-05a HWB 3-09a/4-09a

Key Themes		Wellbeing Ir	ndicator		
Women's RightsEqualities		 Included Respected Responsible 			
Meta Skills					
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world		INNOVATION: Create our own change		
FocusingIntegrityEthicsAdaptingOpenness	Communicating Certified Receiving Inform Giving Inform Feeling Empathy Social Conse	formation nation	Sense-making Molistic Thinking Critical Thinking Mudgement		

Keep The Magic Alive



Secondary One

It can be easy to let the one-time new, exciting school become the new normal. Normal becomes boring, so how do we keep school magical and exciting?

Resources Required Pen and Paper

I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.

IWB 3-11/4-11a

Key Themes

Wellbeing Indicator

Finthusiasm

Fifort

Achieving

🍠 Achieving 🌽 Attitude **Meta Skills** SOCIAL INTELLIGENCE: **SELF-MANAGEMENT: INNOVATION:** Connect with the world Manage the now Create our own change Initiative Feeling Creativity 🍠 Imagination 💋 Self-motivation 🍠 Social Conscience Responsibility 🍠 Idea Generation <u>J</u> Collaborating 🍠 Teamworking and Collaboration

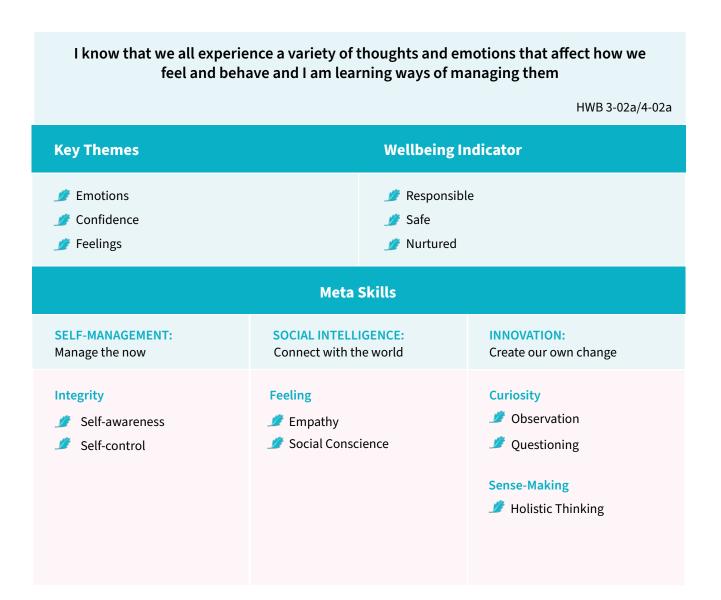
Love Farts



Secondary One

Some things are easy to talk about and yet some things just aren't. Farts and emotions are two of the most natural things a human does and yet... AWKWARD!

Resources Required n/a



Optimising Optimism



Secondary One

We can often determine our success before we even give something a try. What if we made that a positive?

Resources Required Pen and Paper

I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.

3-11/4-11a

Key Themes	Wellbeing Indicator		
 Positivity Mindset Attitude 		🍠 Healthy 🍠 Achieving	
	Meta Sl	kills	
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIG Connect with the		INNOVATION: Create our own change
AdaptingImage: Image of the second sec	Leading <i>1</i> Inspiring Other <i>1</i> Motivating Oth		Creativity Visualising Sense-Making Opportunity Recognition

Positively Plastic



Secondary One

This module focuses on developing a child's approach to learning. By looking at skills already acquired, plus biological evidence of how our brains grow, individuals can set goals for themselves for future learning.

The module also reinforces the attitude behind a growth mindset and the fact that our brains continue to respond to new learning and challenges throughout our lives.

Resources Required Pen and Paper

As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.

HWB 3-09a/4-09a

Key Themes	Wellbeing Indicator			
 Mindset Brain Development Self-awareness 	🍠 Achievin 🍠 Healthy			
	Meta	Skills		
SELF-MANAGEMENT: Manage the now	SOCIAL INTELL Connect with th		INNOVATION: Create our own change	
Adapting Ø Openness Adaptability Ø Self-learning	Leading Developing Change Cata		Creativity Idea Generation Maker Mentality	

Stretchyness



Secondary One

Stretching ourselves physically is definitely important but stretching ourselves in life is importanter! So important we even made up a word, it's time to stretch!



I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.

Key Themes	Wellbeing Indicator		
Comfort ZonesMindsetDecision Making	لا لا لا	HealthyAchievingResponsibl	e
	Meta Skills	5	
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world		INNOVATION: Create our own change
Adapting Ø Openness Adaptability Resilience Initiative Risk-taking	Collaborating Cultural Competen Leading Inspiring Others	ce	Critical Thinking Deconstruction Sense-Making Holistic Thinking Synthesis

Suss Out Your Skills



Secondary One

Sometimes we don't realise just how amazing we are. We have strengths, skills and talents that we take for granted but these shape who we are and how we respond in certain situations. They can even determine which path we follow later in life.

Resources Required Pen and Paper

I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.

Key Themes		Wellbeing Ir	ndicator
SkillsStrengthsBehaviours		 Achieving Respected Responsible 	
	Meta	Skills	
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world		INNOVATION: Create our own change
FocusingIntegritySelf-awarenessInitiativeIndependent Thinking	Communicating Giving Information		Curiosity Deservation Sense-Making Pattern Recognition Holistic Thinking

Time Is Ticking!



Secondary One

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

Resources Required Pen and Paper

I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.

Key Themes		Wellbeing Ir	ndicator
Social MediaTime ManagementWellbeing	lanagement		e
	Meta	Skills	
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world		INNOVATION: Create our own change
FocusingImage: SortingImage: AttentionIntegrityImage: Self-control	Leading Change Catalyst		Critical Thinking Deconstruction Computational Thinking

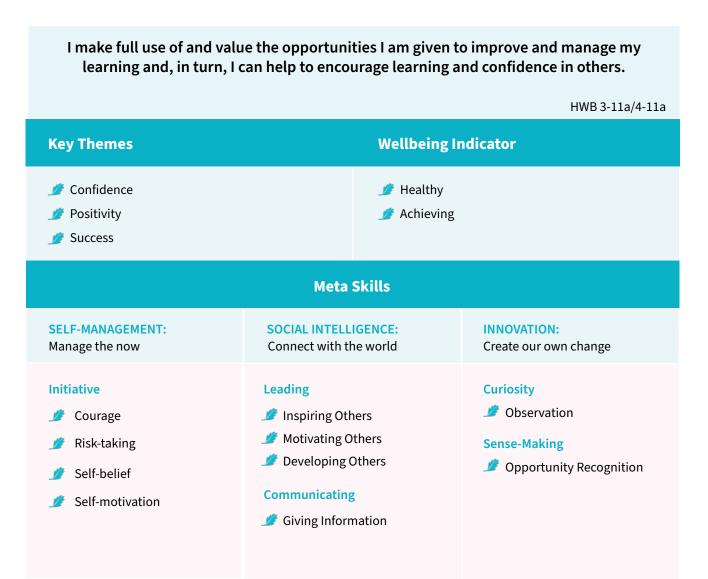
Vote of Confidence



Secondary One

Self-Confidence can help improve every aspect in your life. From speaking your mind to letting your individuality organically shine, others are drawn to those who are completely comfortable in their own skin.

Resources Required n/a



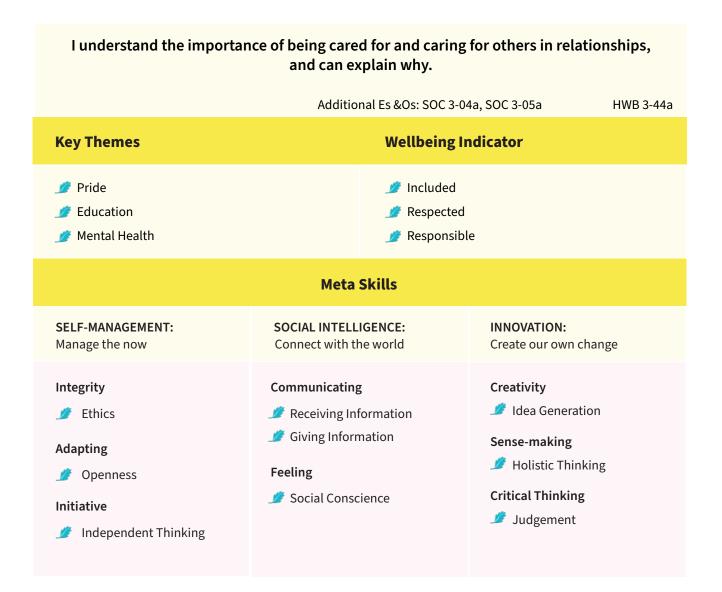
What is Pride?



Secondary One

Why is there an LGBT history month? An explanation of why there is a LGBT history month and why celebrating Pride is important.

Resources Required Writing resources



Zest For Life

Secondary One

There are a lot of challenges in life that everyone has to face. Especially in school where students will go through the same course content as others. We can choose how we approach it. This module challenges learners to challenge their own approach.

Resources Required Pen and Paper

I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.

HWB 3-10a/4-10a





full tool kit COMING SOON

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