

An Online Tool for Showing Kids Their Brilliance



# TREEHOUSE

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

- Mindset
- Experiences
- Relationships

### Wellbeing Indicator

- Healthy
- Respected
- Nurtured

### Meta Skills

#### SELF-MANAGEMENT:

Manage the now

#### Focusing

- Sorting

#### Adapting

- Critical Reflection
- Adaptability

#### SOCIAL INTELLIGENCE:

Connect with the world

#### Communicating

- Storytelling

#### Collaborating

- Social Perceptiveness

#### INNOVATION:

Create our own change

#### Creativity

- Imagination
- Idea Generation

# 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

**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

Additional Es &Os: HWB 3-12a/4-12a, SOC 3-05a, SOC 3-06a

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Race</li> <li> History</li> <li> Visibility</li> </ul>		<ul style="list-style-type: none"> <li> Included</li> <li> Respected</li> <li> Responsible</li> </ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Integrity</b></p> <ul style="list-style-type: none"> <li> Self-awareness</li> <li> Ethics</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> Independent Thinking</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> <li> Giving Information</li> </ul> <p><b>Feeling</b></p> <ul style="list-style-type: none"> <li> Social Conscience</li> </ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"> <li> Information-sourcing</li> </ul> <p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Holistic Thinking</li> </ul>	

















## 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

HWB 3-19a

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Communication</li> <li> Confidence</li> <li> Strengths</li> </ul>		<ul style="list-style-type: none"> <li> Responsible</li> <li> Achieving</li> <li> Healthy</li> </ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Focusing</b></p> <ul style="list-style-type: none"> <li> Sorting</li> </ul> <p><b>Integrity</b></p> <ul style="list-style-type: none"> <li> Self-awareness</li> <li> Ethics</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Giving Information</li> <li> Storytelling</li> </ul> <p><b>Leading</b></p> <ul style="list-style-type: none"> <li> Influence</li> </ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Visualising</li> <li> Maker Mentality</li> </ul>	

# 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

**I am aware of and able to express my feelings and am developing the ability to talk about them.**

HWB 3-01a/4-01a

### Key Themes

- Emotional Intelligence
- Relationships
- Communication

### Wellbeing Indicator

- Nurtured
- Respected
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

- Self-awareness
- Ethics
- Self-control

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Feeling

- Empathy
- Social Conscience

**INNOVATION:**  
Create our own change

#### Curiosity

- Observation
- Sense-making**
- Holistic Thinking

# Gratitude



## Secondary One

*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

### Key Themes

- Gratitude
- Kindness
- Relationships

### Wellbeing Indicator

- Responsible
- Healthy
- Respected

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing

- Sorting

#### Integrity

- Self-awareness

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

- Inspiring Others
- Motivating Other
- Change Catalyst

**INNOVATION:**  
Create our own change

#### Sense-Making

- Holistic Thinking

#### Critical Thinking

- Logical Thinking



## 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



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

3-07a/4-07a

### Key Themes

-  Resilience
-  Mindset
-  Determination



### Wellbeing Indicator

-  Responsible
-  Achieving

### Meta Skills


**SELF-MANAGEMENT:**  
Manage the now

#### Adapting


-  Openness
-  Resilience

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading


-  Change Catalyst

#### Collaborating


-  Cultural Competence

**INNOVATION:**  
Create our own change

#### Creativity

-  Visualising

#### Critical Thinking

-  Judgement

# 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

- Imagination
- Creativity
- Innovation

### Wellbeing Indicator

- Responsible
- Healthy
- Active

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Initiative

- Courage
- Risk-taking
- Enterprising

#### Adapting

- Openness

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Collaborating

- Relationship Building
- Social Perceptiveness

#### Leading

- Inspiring Others

**INNOVATION:**  
Create our own change

#### Creativity

- Imagination
- Maker Mentality



# 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 Indicator	
<ul style="list-style-type: none"> <li> Women's Rights</li> <li> Equalities</li> </ul>	<ul style="list-style-type: none"> <li> Included</li> <li> Respected</li> <li> Responsible</li> </ul>		
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<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> Ethics</li> </ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Openness</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> <li> Giving Information</li> </ul> <p><b>Feeling</b></p> <ul style="list-style-type: none"> <li> Empathy</li> <li> Social Conscience</li> </ul>	<p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Holistic Thinking</li> </ul> <p><b>Critical Thinking</b></p> <ul style="list-style-type: none"> <li> Judgement</li> </ul>	

# 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.**

HWB 3-11/4-11a

### Key Themes

- Enthusiasm
- Effort
- Attitude

### Wellbeing Indicator

- Responsible
- Achieving

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Initiative

- Self-motivation
- Responsibility

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Feeling

- Social Conscience

#### Collaborating

- Teamworking and Collaboration

**INNOVATION:**  
Create our own change

#### Creativity

- Imagination
- Idea Generation



## 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




**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 3-02a/4-02a

### Key Themes

-  Emotions
-  Confidence
-  Feelings



### Wellbeing Indicator

-  Responsible
-  Safe
-  Nurtured

### Meta Skills



**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

-  Self-awareness
-  Self-control



**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Feeling


-  Empathy
-  Social Conscience

**INNOVATION:**  
Create our own change

#### Curiosity

-  Observation
-  Questioning

#### Sense-Making

-  Holistic Thinking

# 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

- Positivity
- Mindset
- Attitude

### Wellbeing Indicator

- Healthy
- Achieving

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Adapting

- Openness
- Resilience

#### Initiative

- Courage
- Risk-taking

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

- Inspiring Others
- Motivating Others

**INNOVATION:**  
Create our own change

#### Creativity

- Visualising

#### Sense-Making

- Opportunity Recognition



## 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	
<ul style="list-style-type: none"> <li> Mindset</li> <li> Brain Development</li> <li> Self-awareness</li> </ul>		<ul style="list-style-type: none"> <li> Achieving</li> <li> Healthy</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> <li> Adaptability</li> <li> Self-learning</li> </ul>	<p><b>Leading</b></p> <ul style="list-style-type: none"> <li> Developing Others</li> <li> Change Catalyst</li> </ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Idea Generation</li> <li> Maker Mentality</li> </ul>	

# 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!*

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 3-19a

### Key Themes

- Comfort Zones
- Mindset
- Decision Making

### Wellbeing Indicator

- Healthy
- Achieving
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Adapting

- Openness
- Adaptability
- Resilience

#### Initiative

- Risk-taking

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Collaborating

- Cultural Competence

#### Leading

- Inspiring Others

**INNOVATION:**  
Create our own change

#### 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.**

HWB 3-19a

### Key Themes

- Skills
- Strengths
- Behaviours

### Wellbeing Indicator

- Achieving
- Respected
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing

- Sorting

#### Integrity

- Self-awareness

#### Initiative

- Independent Thinking

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating

- Giving Information

**INNOVATION:**

Create our own change

#### Curiosity

- Observation

#### 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.

HWB 3-19a

### Key Themes

- Social Media
- Time Management
- Wellbeing

### Wellbeing Indicator

- Healthy
- Achieving
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Focusing

- Sorting
- Attention

#### Integrity

- Self-control

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

- Change Catalyst

**INNOVATION:**  
Create our own change

#### 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

**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

- Confidence
- Positivity
- Success

### Wellbeing Indicator

- Healthy
- Achieving

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Initiative

- Courage
- Risk-taking
- Self-belief
- Self-motivation

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

- Inspiring Others
- Motivating Others
- Developing Others

#### Communicating

- Giving Information

**INNOVATION:**

Create our own change

#### Curiosity

- Observation

#### Sense-Making

- Opportunity Recognition

# 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

**I understand the importance of being cared for and caring for others in relationships, and can explain why.**

Additional Es &Os: SOC 3-04a, SOC 3-05a

HWB 3-44a

### Key Themes

- Pride
- Education
- Mental Health

### Wellbeing Indicator

- Included
- Respected
- Responsible

### Meta Skills

**SELF-MANAGEMENT:**  
Manage the now

#### Integrity

- Ethics

#### Adapting

- Openness

#### Initiative

- Independent Thinking

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Communicating

- Receiving Information
- Giving Information

#### Feeling

- Social Conscience

**INNOVATION:**  
Create our own change

#### Creativity

- Idea Generation

#### Sense-making

- Holistic Thinking

#### Critical Thinking

- Judgement



## 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

### Key Themes

-  Character
-  Enthusiasm
-  Happiness



### Wellbeing Indicator

-  Healthy
-  Responsible

### Meta Skills



**SELF-MANAGEMENT:**  
Manage the now

#### Initiative

-  Courage
-  Risk-taking

**SOCIAL INTELLIGENCE:**  
Connect with the world

#### Leading

-  Inspiring Others
-  Motivating Others

**INNOVATION:**  
Create our own change

#### Sense-Making

-  Opportunity Recognition

#### Critical Thinking

-  Deconstruction



full tool kit

**COMING SOON**

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